

## Session 2—Relationships

**Icebreaker** - Play a round of 'Get-To-Know-You Tumbling Tower'. Try not to knock it down and make a hot mess!

### Play the Video—Session 2

1. Was there anything from the video that stuck out to you? Could you relate to Josie's story in any way?
2. Chris shared a story from the Bible about a hot mess relationship that David had with Saul. What are some signs that a relationship has become toxic? How was David able to guard his heart, his peace, and his safety in that relationship?
3. Chris shared the importance of "guarding your heart" when you are in a hot mess relationship, and not allowing it to become hardened by unforgiveness. Has your heart ever become hard as a result of an unhealthy relationship? What effect did that have on your life?
4. Chris also encouraged us to "guard our peace" when it comes to hot mess relationships. Jesus gives us a process for making peace with another person in Matthew 18:15-17

**15** "If another believer sins against you, go privately and point out the offense. If the other person listens and confesses it, you have won that person back. **16** But if you are unsuccessful, take one or two others with you and go back again, so that everything you say may be confirmed by two or three witnesses. **17** If the person still refuses to listen, take your case to the church. Then if he or she won't accept the church's decision, treat that person as a pagan or a corrupt tax collector.

What does verse 15 say about who we should go to and how we should go to them when we are hurt?

In verse 17, Jesus said if a person refuses to apologize, we should treat them as a pagan or a tax collector. How did Jesus treat pagans and tax collectors (see Luke 7:34).

5. There are times that we try to make peace with someone, but they refuse to apologize or accept our apology. In that case, Chris encouraged us to set a boundary in order to have peace. What are some ways we can set a boundary with someone without being unloving?
6. It could be said that when Jesus came to earth, humans were in a hot mess relationship with God. What did God do to make peace with us?
7. Would you say that your relationship with God is healthy, a hot mess, or somewhere in between? Do you want to have a better relationship with him? If so, how can we pray for you?

### Prayer

Who would you like to have a healthier relationship with? Write their name on this handout or on another piece of paper. If you don't want to be specific, you can simply write "family member, friend, co-worker, etc." Pass your paper to the person on your right. Go around in a circle and pray for the person who handed you their paper. You can use the prayer below or pray your own prayer.

"God, please bring peace and healing to the relationship that \_\_\_\_\_ has with \_\_\_\_\_ . Amen."