



Notes | June 9, 2024

Prayers and Practices for Healthy Relationships: Honesty

We have many different types of relationships in our lives. Our communities are filled with friendships, coworkers, marriage, parenting, family, and church relationships. Relationship is a God designed and God ordained matter. When we corrupt God's design for healthy relationships, we become dysfunctional, unhealthy, and unsafe. Its important that we learn the difference between healthy and unhealthy relationships, not just for ourselves, but for the generations after us as well.

Key Scripture | Genesis 25:23-34

The LORD said to her, "Two nations are in your womb, and two peoples from within you will be separated; one people will be stronger than the other and the older will serve the younger. 'When the time came for her to give birth, there were twin boys in her womb. The first to come out was red, and his whole body was like a hairy garment; so they named him Esau. After this, his brother came out, with his hand grasping Esau's heel; so he was named Jacob. Isaac was sixty years old when Rebekah gave birth to them.

The boys grew up, and Esau became a skillful hunter, a man of the open country, while Jacob was content to stay at home among the tents. Isaac, who had a taste for wild game loved Esau, but Rebekah loved Jacob

Once when Jacob was cooking some stew, Esau came in from the open country, famished. He said to Jacob, "Quick, let me have some of that red stew! I'm famished!"

Jacob replied, "First sell me your birthright."

"Look, I am about to die," Esau said. "What good is the birthright to me?"

But Jacob said, "Swear to me first." So, he swore an oath to him, selling his birthright to Jacob. Then Jacob gave Esau some bread and some lentil stew. He ate and drank, and then got up and left. So, Esau despised his birthright.

Related Scriptures

James 1:27; Proverbs 13:5

Icebreakers:

Q: What is your favorite summer activity?



Key Thoughts and Reflections:

I. Safe People are mostly healthy people who help us become who God intend us to be. Though not perfect, they are honest without being condemning, they know how to give & take without being narcissistic or co-dependent, and they practice what they preach (authentic to their values).

Q: Can you think of one safe person in your life? How has that safe person impacted you?

Q: Are you a safe person to someone else? How? If not, how can you become one?

Q: There is a fine line between reaching out to someone to help and reaching out to them to condemn. How do you navigate that line?

II. Safe people are honest. They honestly own their stuff and often address it before others address it. Unsafe people are selectively honest. They often deceive themselves and expect others to pretend with them.

Q: Does your family of origin exemplify honesty or dishonesty?

Q: Is it easier for you to be honest in relationships or dishonest? Do you find yourself being the people pleaser or prideful if you struggle with dishonesty?

Q: Was there a time in your life where you had to be honest and own something that you didn't want to in a relationship? Was it easy or hard? What fruit came from that?

III. Safe people have a stopwatch. They have something that can help show them the facts of the situation without getting too emotional so they can be freed up to own it.

Q: Whatever is NOT honestly addressed in the marriage, will tend to become the dishonesty & dysfunction of the family. It is the same with friendships. Is there something your struggle with in your relationships? Dishonesty? Anger? Pride? Doubt? Etc.

Q: Safe people aren't perfect. They fall short too. But they have the ability to talk about their shortcomings. Is there one relationship where you haven't been that safe person? Why?

Q: Where are you lying to yourself about your choices in life and ignoring the stopwatch?

Get Practical

Today we learned about the importance of honesty in our relationships. To be a safe person, we need to be able to have honest conversations and own our weighty decisions. Take time each day this week to pray and ask God for help to become an honest person and own your stuff. Reach out to your close relationships and have a conversation about honesty!

