



Notes | June 17, 2024

## Healthy Relationships: Safe People

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A safe person is easy to describe and sometimes hard to find! They are mostly healthy—remember: no one's perfect—and help you become who God created you to be. They can be spouses, friends, mentors, or family. Whether you have this person in your life or are still seeking them out, there are a few ways to prepare yourself and your relationships! Let's talk about 3 practices for healthy relationships!

### Key Scripture | Matthew 23:23-26

*Woe to you, teachers of the law and Pharisees, you hypocrites! You give a tenth of your spices—mint, dill and cumin. But you have neglected the more important matters of the law—justice, mercy and faithfulness. You should have practiced the latter, without neglecting the former. You blind guides! You strain out a gnat but swallow a camel. Woe to you, teachers of the law and Pharisees, you hypocrites! You clean the outside of the cup and dish, but inside they are full of greed and self-indulgence. Blind Pharisee! First clean the inside of the cup and dish, and then the outside also will be clean.*

### Related Scriptures

Matthew 23:2-3, Genesis 38:26, Proverbs 3:24, James 4:6, Philippians 4:7, Proverbs 4:23,

### Icebreakers:

Q: Who is someone you can talk to about anything? What is different about that person?



## Key Thoughts and Reflections:

I. Wash the inside before the outside.

Q: How often do you tend to your outward perception before tending to the needs of your soul? Why?

Q: How have you been transformed inwardly?

Q: In what ways are you still seeking transformation?

II. Protect your head and heart.

Q: How have you needed to protect your head and heart in the past?

Q: Who is someone that positively influences you? What do they do?

Q: Who is someone you're trying to positively influence? Why?

III. Get a stopwatch.

Q: What are ways you stay honest with yourself and humble before others?

Q: Do you have relationships that have ended because of unmet expectations? How can you rebuild them after disappointment?

Q: What are your irreducible minimums? (The minimum you expect for yourself in relationships and endeavors.)

## Get Practical

All relationships, at every stage of life, are tough. From miscommunication to unmet expectations, we can lose sight of what matters in healthy relationships and start accepting less from others and ourselves. To rebuild or set the standard for relationships, we must start with ourselves first.

So, let's get super practical this week! Spend time with God on your brokenness. Put yourself humbly before God and allow Him to transform you from the inside out. Ask God these questions this week:

- Can you reveal where I lack humility? Help me be humble in the future!
- Whose influence do I need to remove from my life? Help me guard my head and heart!
- What are my irreducible minimums in my relationship with You? Help me meet those daily!