

Relationships—Week One

Main Idea

If you want to deal with a conflict in a healthy way, you need to learn how to speak the truth in love.

Starter

If you could pick one word to represent how you believe God wants you to grow in 2023, what would it be? Why?

Discuss

What is one way social media has positively impacted your relationships? What is one way social media has negatively impacted your relationships?

Scripture

Read Ephesians [2:11-16](#) and discuss:

- What does this passage show you about what God wants us to experience in Christian community together?
- In your experience, what makes finding unity across our differences difficult in your relationships?

In Ephesians 4, God gives us a practical strategy to work through conflict in our relationships. Read [Ephesians 4:15](#) and discuss:

- How does God say “speaking the truth in love” will help us?
- When you experience conflict, what is a way you struggle to “speak the truth in love”?
- How do you think practicing this strategy would help you?

Apply

Have everyone take a quiet moment to pray and reflect about:

1. A step you could take to grow in speaking the truth in love in a relationship this week.
2. A person you want to pray for to experience greater peace with God and others.

Break up into groups of 2-3 to share what God puts on your heart and pray for each other as the Holy Spirit leads.