

RELATIONAL

*This gauge represents the health of your relationships.
In the pages ahead we'll be talking specifically the relationships
you have with your spouse, family, and close friends.
However, if there are other important relationships
in your life, be sure to include them as well.*

**DRAW A LINE ON THE GAUGE ABOVE TO INDICATE
YOUR CURRENT LEVEL OF RELATIONAL HEALTH.**

WHERE TO START...

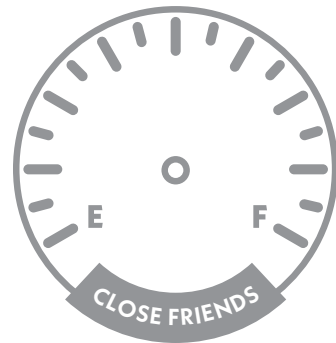
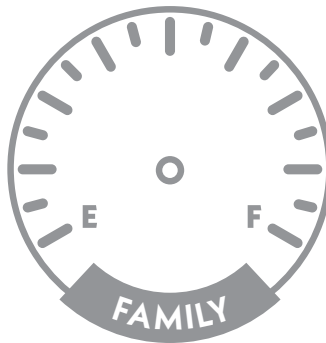
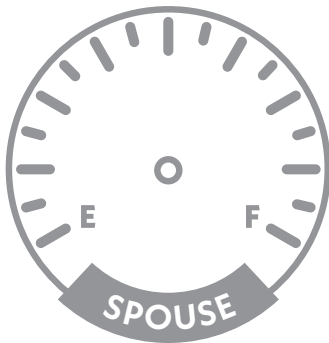
The condition of our relationships has a direct correlation to the condition of our souls. Many of us have had seasons of rich connection in our marriages, families, and friendships, but all of us know what it's like to feel disconnected and how that can lead us to experience potential loneliness or even depression and anxiety. In fact, many of us may be able to pinpoint some of our stress from this past year to some kind of disruption in the relationships around us.

So, what can we do to ensure our relationships stay healthy? What would God have us do?

The first thing we must do is to identify what relationships in our life leave us fulfilled, or, leave us feeling drained. In other words, what relationships in my life are life giving and which are not? The second thing we must do is to identify why those relationships leave us with those specific results. Could it be because of an unsettled argument? A lack of communication? Hurtful words that left a mark?

So before we go any further, rate yourself with the gauges below on the following questions. And remember, do your best to dig into why you answer the way you do.

HOW FULFILLING IS YOUR RELATIONSHIP WITH YOUR...



WHAT GOD SAYS...

“Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace.”

Ephesians 4:2-3 (NIV)

TODAY, I WILL...

So, what does God say about maintaining the health of our relationships? Well, through the Apostle Paul we are given several steps to take.

First, be humble and gentle. Ask yourself what, if anything, do I need to own in regards to this relationship not being fulfilling?

Second, be patient and bear with that person in love. In other words, give yourself and the other person time and space to process things. Ask yourself, what would love require of me in order to be patient in this relationship?

Third, make every effort to pursue unity in the Spirit of God through the peace He provides. Sometimes, this step is the hardest. It may require you to ask for forgiveness. It may require you to offer forgiveness. It may require you to be honest with yourself about how you feel for the first time in a long time. But one to take comfort in is that as we take steps towards pursuing peace in our relationships, if we are seeking God in that pursuit, our relationships do not hinge on our ability to make things right all the time, but in God’s ability to bind us together through the thing we all desperately want: peace.

TODAY, I WILL PURSUE MY PEACE IN MY RELATIONSHIP WITH MY SPOUSE BY _____

_____.

TODAY, I WILL PURSUE MY PEACE IN MY RELATIONSHIP WITH MY FAMILY MEMBERS BY _____

_____.

TODAY, I WILL PURSUE MY PEACE IN MY FRIENDSHIP WITH _____ BY _____

_____.

TODAY, I WILL THANK _____ FOR BEING A LIFE-GIVING
RELATIONSHIP IN MY LIFE BECAUSE OF HOW THEY _____

TODAY, MY PRAYER IS...

*Heavenly Father,
thank you for the gift of relationships.
Thank you for how you use them
to draw us even closer to You.
Today, I pray for the chance to see clearly and
understand the current health of my relationships.
Will you show me where I need to focus
my attention so that I can experience peace?
Will you show me what relationships I have
that give me life so that I can give thanks?
Grant me the courage to act on
something today that will bring glory
to you in my relationships.
I love you, Lord. In your name, Amen!*

LOOKING GO DEEPER?

[How to Have the Best Summer Ever](#) by Sean Seay

[The Power of Vulnerability](#) by Brene Brown (TED Talk)

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