**Healthy Relationships- Belinda Stott**

INTRODUCTION

One of the fundamentals of being human is that we are all in relationship with other humans, so it’s vitally important that we learn how to do this well. Many people however are not well skilled in this aspect of life, and as a result struggle to develop and maintain healthy relationships.

As you dig into this topic, be open and honest about your own struggles in this area of life, so that you may grow into all that God wants you to be in your relationships with others.

SCRIPTURE

Read Ephesians 4:1-16

What are the keys points that stand out from this passage in regards to relationships?

Key Points from Belinda’s message:

Assertiveness in relationships- Kiwis in general are not too good at this, many tend to be far too passive, and fail to speak up when they should. Two reasons for this are

a) It hasn’t been modelled well by others

b) People are afraid of offending others, or of what people will think if they speak their mind.

**Are you assertive enough in your relationships? Are you too assertive, and need to develop meekness?**

To grow in our lives as followers of Christ we must be teachable, and this certainly is the case in our relationships. God uses the people in our lives to speak the truth in love, but it is up to us whether we will accept it or not.

**Are you open to correction from those in your life whom you trust? Do you weigh up what’s been said and see if there is any truth to what’s been said?**

QUESTIONS

* What do these verses say about God?
* What do these verses say about people?
* Is there a command to obey, a sin to avoid or an example we should follow?
* Share how you plan to apply this in your life.