

## Series Title: It's Complicated | Designed for Relationships

**Main Idea:** We are designed and empowered to have healthy loving relationships.

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### Connecting

How was your time with family and friends over the Holidays? What did you do; where did you go?

Have you ever ridden an e-bike?

### Understanding

Read Gen. 1:27 and 1 John 4:8. If we are created in God's image, what do you think these passages say about healthy relationships?

What is it about the Trinity that reminds us we are hard-wired for loving relationships rather than self-centered ones?

Read 1 John 4:9-16 and John 14:15-17. What do you think these passages say about how we achieve healthy relationships?

### Living

What types of people fill you up? What types drain you?

What do you think it looks like to bring Christ into relationships we *choose* (friends)? What do you think it looks like to bring Christ into relationships we *don't choose* (family, neighbors, co-workers)?

What does it look like to bring Christ into a relationship with someone you tend to move away from?

Read Rom. 12:17-19. What's helpful to remember when we're tempted to "get back" at someone?

How might you pray as you move toward relationships that make you anxious?