



# Wellbeing

*God's Plan For Your*

## Relational Wellbeing

**Date:** Sunday 7<sup>th</sup> February

**Speaker:** Jon Solway

**Key Verses:** 1 Kings 19:3-4, 15-16

### Talk Summary:

- Elijah had seen a lot of victories in his life - but he was exhausted. He didn't have wellbeing in a number of areas in his life, including healthy relationships. Instead, he distanced himself from the friendship of his servant. (1 Kings 19:3-4). We also can fall into this trap of distancing ourselves from our friends.
- Relationships are vital, because they help us to share each other's loads, win the battle against fear, and gain perspective.
- Jesus showed us a healthy example with his friendship groups. He had his closest 3, then the 12, and then the 72. These friendship groups probably gave Jesus life. But Jesus didn't stop there - He didn't only look for relationships that gave Him life. Instead, He looked out and was present to the crowd and those that needed Him, even if it was draining. In the same way, we can reach out to those around us who are struggling and be a friend to them.
- When Elijah found Elisha (1 Kings 19:15-onwards), he found a friend who served sacrificially, was faithfully present and spoke truth lovingly. This is who we are to be as well. Some principles to build healthy relationships are to:
  - Be present and available to people
  - Be positive, uplifting and encouraging
  - Be honest
  - Give wise counsel
  - Exercise forgiveness
  - Setup healthy boundaries
- God invites us not only to be friends with those around us, but also be in relationship, in friendship, with Himself. He made a way for us to do this through Jesus (John 15:14-16)

## **Worship**

*Worship is not just singing, it is thanking God for who he is and what he has done and is lived out through a life of trusting obedience. Discussing this together is an act of worship.*

*(Small group worship resources can be found at [bvc.so/sgworship](http://bvc.so/sgworship))*

- What are you thankful for this week?
- Where has God been at work in your life?
- When have you taken risks in faith and obedience this week?

*If you have a time of singing you can skip the above questions but please do ask this question each week:*

- What has God been speaking to you about this week? *(Go around the group quickly don't spend a long time on it)*

## **Discussion Questions (choose some which are most relevant to your group)**

- How have you experienced a friend share your load, help you with fear, or provide perspective and advice?
- How can we best develop relationships during COVID?
- Some tips shared for being a good friend were these: Be present and available to people, Be positive, uplifting and encouraging, Be honest, Give wise counsel, Exercise forgiveness, Setup healthy boundaries. Do you agree with these? What might you add?
- Can you think of someone in your life who you could serve by coming alongside and being a friend to them? Who is that?

## **Witness**

*We want to be investing in authentic relationships with those who don't know Jesus yet and inviting them to anything where they might meet other Christians and Jesus.*

- How would you share what you have learned with a non-church friend?
- What church events coming up would your friends appreciate an invitation to?