

# What Destroys Relationships and What Builds Them

Text: Ephesians 4:25-27, James 3: 13-18

## The Plain Truth

Relationships are healthier when we  
\_\_\_\_\_ address conflict with  
\_\_\_\_\_ and \_\_\_\_\_.

### 4 Relationship Principles:

1. \_\_\_\_\_ Destroys Relationships...  
\_\_\_\_\_ Builds Them.
2. \_\_\_\_\_ Destroys Relationships...  
\_\_\_\_\_ Builds Them.
3. \_\_\_\_\_ Destroys Relationships...  
\_\_\_\_\_ Builds Them.
4. \_\_\_\_\_ Destroys Relationships...  
\_\_\_\_\_ Builds Them.

#### One Year Bible Reading

Feb. 15: Exodus 39:1-40:38, Mark 1:1-28, Psalm 35:1-16, Proverbs 9:11-12  
Feb. 16: Leviticus 1:1-3:17, Mark 1:29-2:12, Psalm 35:17-28, Proverbs 9:13-18  
Feb. 17: Leviticus 4:1-5:19, Mark 2:13-3:6, Psalm 36:1-12, Proverbs 10:1-2  
Feb. 18: Leviticus 6:1-7:27, Mark 3:7-30, Psalm 37:1-11, Proverbs 10:3-4  
Feb. 19: Leviticus 7:28-9:6, Mark 3:31-4:25, Psalm 37:12-29, Proverbs 10:5  
Feb. 20: Leviticus 9:7-10:20, Mark 4:26-5:20, Psalm 37:30-40, Proverbs 10:6-7  
Feb. 21: Leviticus 11:1-12:8, Mark 5:21-43, Psalm 38:1-22, Proverbs 10:8-9

February 14 & 15, 2015



# What Destroys Relationships and What Builds Them

Life Group Lesson

• Week of February 15

**Plain Truth:** Relationships are healthier when we immediately address conflict with empathy and humility.

Read: James 4: 1-10

*What is causing the quarrels and fights among you? Don't they come from the evil desires at war within you? You want what you don't have, so you scheme and kill to get it. You are jealous of what others have, but you can't get it, so you fight and wage war to take it away from them. Yet you don't have what you want because you don't ask God for it. And even when you ask, you don't get it because your motives are all wrong—you want only what will give you pleasure. You adulterers! Don't you realize that friendship with the world makes you an enemy of God? I say it again: If you want to be a friend of the world, you make yourself an enemy of God. Do you think the Scriptures have no meaning? They say that God is passionate that the spirit he has placed within us should be faithful to him. And he gives grace generously.*

*As the Scriptures say,  
"God opposes the proud but gives grace to the humble."*

*So humble yourselves before God. Resist the devil, and he will flee from you. Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world. Let there be tears for what you have done. Let there be sorrow and deep grief. Let there be sadness instead of laughter, and gloom instead of joy. Humble yourselves before the Lord, and he will lift you up in honor.*

I have heard it said "I would really like Church if it wasn't for the people." And I have also heard on other occasions, "The church is full of a bunch of hypocrites."

Have you ever heard these words? How does it make you feel? Do we have a misunderstanding of what, or should I say WHO makes the church what it truly is meant to be? The people of God, broken and in need of Jesus.

Lets look at the following scriptures and look at what causes the damage in our relationships with other people and then what truly builds community.

Take time to compare those things that truly tear down community and what builds it up for the brother and sister in Christ.

1. \_\_\_\_\_ **DESTROYS RELATIONSHIPS.**  
*"What causes fights and quarrels? Don't they come from your desires that battle within you? You want something but you don't get it." James 4:1-2 (NIV)*

*"Selfishness only causes trouble." Pr. 28:25 (TEV)*

- \_\_\_\_\_ **BUILDS THEM.**  
*"Look out for one another's interests, not just for your own." Phil. 2:4 (TEV)*

*"The person who plants selfishness, ignoring the needs of others – and ignoring God – harvests a crop of weeds. All he'll have to show for his life is weeds! But the one who plants in response to God, letting God's Spirit do the growth work in him, harvests a crop of real life, and eternal life." Gal. 6:8 (Mes)*

*"Live freely, animated and motivated by God's Spirit. Then you won't feed the compulsions of selfishness." Gal. 5:16 (Mes)*

2. \_\_\_\_\_ **DESTROYS RELATIONSHIPS.**  
*"Pride leads to arguments." Pr. 13:10 (LB)*

*"Pride will destroy a person: a proud attitude leads to ruin." Pr. 16:18 (NCV)*

*"First pride, then the crash – the bigger the ego, the harder the fall." (Mes)*

- \_\_\_\_\_ **BUILDS THEM.**  
*"Live in harmony, be sympathetic, love each other, have compassion, and be humble." 1 Peter 3:8 (GW)*

*"...Be humble and give more honor to others than to yourselves... your attitude should be the same that Christ Jesus had. Though He was God, He did not demand and cling to His rights as God." Phil. 2:3, 5-6 (NCV/NLT)*

Take time this week to read Matthew 18: 15-20 for more wisdom from our Lord on how to handle conflict in our relationships and how to love despite our differences.