

Building Healthy Relationships

1. Discuss the difference between motivating and controlling.

Motivation	Control
Positive	Negative
Hope and Love Driven	Manipulation
Freeing	Boxed In
Encouraging	Witchcraft
Nudging toward good works	Intimidate
Energizing	Threatening
Inspiring	Shaming
Stimulating/challenging	Pushy

2. How do you lovingly establish and reinforce personal boundaries?

3. Read and discuss the following scriptures.

- Acts 14:21-22
- Romans 1:11-12
- Romans 15:1-2
- Ephesians 4:1-3
- Ephesians 4:25
- Ephesians 4:32
- Philippians 2:1-3
- Colossians 3:16

4. Discuss the difference between judgementalism vs accommodating, and nonconfrontational. As a Christian exposed to many disparaging situations how should we respond? (Think of loving the sinner but hating the sin. Accepting and loving but not condoning.)

5. Why is it important to build healthy, loving, and trusting relationships with one another in the body? How does that contribute to unity in the body of Christ?