

Know and Be Known

Whether it's friends, neighbors, coworkers, spouses or anyone else, God calls us to healthy, balanced relationships, and it's important that both our hearts and minds are in the right place. Let's talk about five relationship dynamics that, when navigated well, will help us develop healthy relationships with one another.



INTRODUCTION

Pastor David kicked off the five-week series, "Mind Your Heart," which will explore one of the five **Relationship Dynamics** each week: 1) Know, 2) Trust, 3) Rely, 4) Commit, and 5) Touch. In this first week, he spoke about the first dynamic, to *Know* and Be Known.

STARTER QUESTION

Pastor David begins his message this week with the idea of how we can listen to our hearts without losing our minds. As you examine about your mind (wisdom and thoughts) and your heart (feelings and emotions), can you name a few relationships that may need more balance with regard to the dynamics of knowing, trusting, relying, committing, and touching? This could include friendships, co-workers, family members, or a spouse. Are there any situations or relationships that might be feeling a bit stressed right now that could benefit from a "wait and see" pause as you contemplate these dynamics?

INTO THE WORD

1. Pastor David referenced the book, [How to Avoid Falling in Love with a Jerk](#), by John Van Epp. Read the following verses: John 8:1-11, 1 Peter 3:8-11, and Galatians 5:13-25. Discuss the advice that is provided about relationships with difficult people. Can you describe a situation or relationship in which you had to use this advice?
2. In Luke 14:7-11, Jesus provided advice to the Pharisees on how to act as a guest to a wedding. Compare that to the advice given by Paul in Romans 12:3-8. What are the common themes between the two passages? How might relationships benefit if we were to follow this advice, or how might they be challenged if we did not?

APPLICATION

3. In our relationships, the areas of trust, reliance, commitment, and touch can grow within that context of knowing that person well. The Bible talks about how Jesus knows and sees our hearts yet loves us anyway. He came to earth as a baby, lived, died, rose from the dead and lives to complete you through the Holy Spirit living within you as a believer. Can you think of how Jesus might "complete you" as a person? In what ways do you see this exemplified in your life or the lives of Jesus followers around you? Why might this be a crucial element of knowing others and being known by them? How might living by the Holy Spirit's leading balance the heart and mind in our relationships?
4. Pastor David asked us to hold off on taking any action in any stressed or troubled relationships for five weeks as we go through this new series. Think about a person in your life that that you are having some type of struggle with, that you must interact with daily. How can you continue to interact with them without affecting the relationship in one way or another while we go through this series? What immediate challenges do you foresee and how can you navigate them?

5. Do you know someone who has a strong, healthy relationship with someone else that you know? If so, what characteristics do you see in him/her that tell you that they have a strong relationship? Or, if you know two people who have a poor relationship, what characteristics have you seen displayed that indicate that they do not have a favorable relationship?

PRAYER

Dear Heavenly Father, please help as we go through this next week to listen to you and let you guide us through difficult interactions we may have with others and refrain from letting our emotions get the best of us. Help us to look into ourselves and reflect on the message that Pastor David preached today. Fill us with your Holy Spirit so that we may see all people through your eyes. We love you and thank you for all that you've blessed us with, in Jesus' name, Amen.

SUGGESTED ANSWER GUIDE / MORE FOOD FOR THOUGHT FOR SELECTED QUESTIONS:

INTO THE WORD

1. John 8:1-11, a woman accused of adultery is brought before Jesus. The people suggest that the woman be stoned, as called for in the Law of Moses, and ask Jesus' opinion as a trap and as a way to find a basis for accusing Him. Jesus does not answer their question, but later advises that we should not throw stones at others unless we are free of sin ourselves. 1 Peter 3:8-11 suggests that we should be open to prayer, so perhaps praying for the "difficult" person in our life is appropriate. Also, we should not repay the evil of this person with evil. Galatians 5:13-25 reminds us that we should love our neighbors as ourselves. There is no law telling us to have love, joy, patience, kindness, goodness, faithfulness, gentleness, and self-control. We gain these positive attributes from the Holy Spirit.

APPLICATION

2. Philippians 2:1-8 talks about having the same mindset as Jesus and doing nothing out of selfish ambition, while putting the needs and interests of others above our own. Time and conversations with others are important as we establish deeper relationships. However, before we can do that as believers, we are to spend time in the Word of God so that we can know Him even more. Prayer is an essential part of having conversations with the Lord, in order to have closer and more healthy conversations with others. This is a part of having the same mindset as Christ, and being of one accord with others (Ephesians 4:4-6, John 14:10, John 15:5). Connecting through the Holy Spirit with others and the Lord allows us to focus on our true identity in Christ.
3. While we are taking a break from tackling difficult relationships with others, it may be a good time to look at our relationship with God and getting to know Him better as no one other than God can complete us. What do you need from God right now? What do you desire to learn more about Him? Look into your heart and identify what that is and then through the index in your Bible, select a verse(s) and/or passage(s) that fit what you need to grow your relationship with God.

God is love, so I am going to make my focus on His love, to know how He loves will help me know Him more. Some scriptures to consider in this are Jeremiah 29:13, John 3:16 and 15:9, 1 John 4:9 and the 23rd Psalm. There are also many stories in the Bible of God's love:

- The covenants He makes in the Old Testament.
 - The transformation of lives all throughout the Bible (for example, Saul and David).
 - Jesus and the woman at the well in the New Testament.
 - The man He saved while hanging on the cross. Even as Jesus was in a pain that we will never know, dying on the cross, He was loving and unselfish!
4. Characteristics of a strong relationship would be having balance with the five Relational Dynamics that Pastor David gave us: Knowing, Trusting, Relying, Commitment, and Touching. These are displayed in laughter, frequent and effective communication, feeling comfortable calling on one another for input and assistance in challenging times. Characteristics of a poor relationship would be lack of trust, frequent disagreement, infrequent communication, or displays of consternation.