**RELATIONSHIPS**

Sermon Discussion Guide

*Part 1: Single & Dating – Pastor Kirk Graham*

**Let's Recap:**

We all have relationships in our lives, whether they are relationships we’re born into or relationships we cultivate. Relationships are everything. They are the foundation of God’s design for creation. This four week series on relationships are designed to empower and inspire us to lead and live in healthier relationships with our friends, family and God. This weekend we look at the “right” way to live a single life and step into dating. A healthy relationship first begins with a healthy you, having your eyes fixed on God and your heart in line with Him.

**Tune In:**

To prepare for our discussion, please read John 15:5, 9-11; Palm 24:3-4; Mark 12:30; Matthew 6:21; Proverbs 4:23; 1 Kings 19:19-21; 1 Corinthians 6:18; Psalm 121:1-2; Philippians 4:8; Ephesians 6:11, 14-18; Hebrews 12:2; Proverbs 7:16-17, 23; John 15:11

**Go Deep:**

* It’s vital for us to guard our hearts, whether we are single or not. How do you practice guarding your heart in your life?
* When in need or search of something (or someone), we first need to go to God. We need to be good stewards of what He has already placed in our hands, and trust that He will open the doors to bring forth what we are hoping for. When in your life has God opened a door for you or answered a prayer when you were least expecting it?
* We must make it a priority to pursue purity. In a world that we are unfortunately overexposed regularly to sexuality, it’s incredibly important to be diligent in protecting ourselves. How are your pursuing purity in your life, in the season of life you’re in?
* Pastor Kirk mentions seven dimensions of wellness when looking for a spouse. However, as stated above, it starts with a healthy you… how would you “measure up” if you were to be evaluated on some of these dimensions? (Physical, Intellectual, Emotional, Financial, Environmental, Social, Spiritual) How can you grow in some of these areas?

**Live Out:**

The bible makes it clear that “above all else guard your heart” (proverbs 4:23). If we begin by guarding our heart, falling in line with God’s will, we will naturally be good stewards with what he’s given us and pursue purity. One of the best ways to start is by getting into God’s word, spending quiet time with him every day. We make it easy at River Valley Church to make reading your bible a daily practice. You can download the River Valley App and follow along with our SOAP reading plan. Whether you’re single or not, you can lead others by your example. Stay under the shadow of the almighty, think on what is right, shield your eyes, put on the full armor of God & avoid situations and places you should not be. Then you will naturally be pursuing a life after God, which is the healthiest place you can be and the perfect start to healthier relationships in your life.