

## RELATIONSHIP TRIANGLE

### The Win

Christ-followers will come to understand what a balanced Christian life looks like and be able to self-diagnose where they have relational deficiencies, prompting them to take faith steps to grow where they are weak.

### Celebrate Faith Steps

Ask people to share the steps they have taken this week to explore faith or to help others explore faith. This might be related to what they have learned from EXPLORE THE BIBLE this past week. It might have come from something that happened with their family, co-worker, or friend. How did they hear God speaking and act on it? As the leader, you may need to model this to encourage others to speak up.

### Read the Passage to Determine What God Is Saying (2 minutes)

Ask someone from your group to read Luke 6:12-19 (page 563).

<sup>12</sup> During those days he went out to the mountain to pray and spent all night in prayer to God. <sup>13</sup> When daylight came, he summoned his disciples, and he chose twelve of them, whom he also named apostles: <sup>14</sup> Simon, whom he also named Peter, and Andrew his brother; James and John; Philip and Bartholomew; <sup>15</sup> Matthew and Thomas; James the son of Alphaeus, and Simon called the Zealot; <sup>16</sup> Judas the son of James, and Judas Iscariot, who became a traitor.

<sup>17</sup> After coming down with them, he stood on a level place with a large crowd of his disciples and a great number of people from all Judea and Jerusalem and from the seacoast of Tyre and Sidon. <sup>18</sup> They came to hear him and to be healed of their diseases; and those tormented by unclean spirits were made well. <sup>19</sup> The whole crowd was trying to touch him, because power was coming out from him and healing them all.

### Retell the Passage to Highlight What God Is Saying (5 minutes)

**Q1 – According to verse 12, why did Jesus go to the mountainside?**

to pray

**Q2 – Again in verse 12, who did Jesus spend intentional time with, and how do we know this relationship was important to him?**

God -- He spent all night talking with him.

**Q3 – What does verse 13 say that Jesus did when morning came?**

summoned his disciples and chose twelve of them

**Q4 – According to verses 17 to 19, besides his disciples (followers), who came to see Jesus and why did they come?**

people from all over Judea, Jerusalem, and Tyre and Sidon -- They came to hear Jesus teach and to be healed by him.

## Relate the Passage to Determine What I Should Do about It (20 minutes)

As followers of Jesus, we look to his life on earth to learn what our lives are supposed to look like. The biggest thing we notice is the variety of relationships that shaped so much of his daily life. When we classify all of his relationships, we see that they fall into three categories: **Explore**, **Experience**, and **Expand**.



We have created a simple shape to help us stay balanced in our relationships. The **relationship triangle** helps describe our strategy for personally growing as a balanced Christ-follower and for equipping others to grow as balanced Christ-followers.

**Explore** - Jesus prioritized his relationship with his Father (God) and had intentional time alone with him. He also showed his followers how to live this out by talking to his Father in front of them.



**Explore Faith:** our relationship with God

### Q1 – What does investing in your relationship with God (Explore Faith) look like for you?

Explore the Bible for Yourself, read the Bible, pray

**Experience** - Jesus gave his closest friends inside access to his life so that they saw how he lived out every area of his personal life. He also knew them well enough to know how to care for and speak to them in just the way they needed.



**Experience Community:** our relationships with other Christ-followers

### Q2 – What does investing in relationships with other Christ-followers look like for you?

encouraging, praying, serving, hanging out with friends at church, small group, mentoring group

**Expand** - Jesus developed relationships with those who were not yet connected with him and those who were outcasts in society and the mass population. He did this through his teaching and serving. And Jesus wasn't afraid to spend time with outsiders, no matter what others thought.

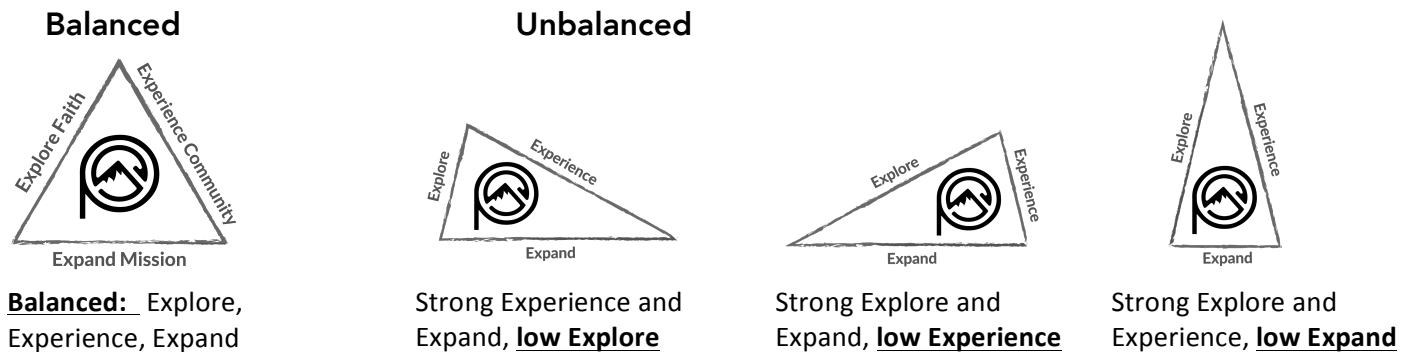


**Expand Mission:** our relationships with non-Christ-followers

### Q3 – What does investing in relationships with non-Christ-followers look like for you?

inviting a friend, co-worker, or family member to coffee, praying for them, inviting them to church with me, inviting them to explore faith with me

**Balance** - A balanced life has healthy relationships in all three areas: relationship with God, relationships with Christ-followers, and relationships with non-Christ-followers. Most of us can point to one of these three areas that we are better at than the others. There is almost always at least one area that we are weak in. What we want to strive for is balance. We use the **relationship triangle** as our shape to describe what a balanced or unbalanced life looks like.



**Moving towards Balance** - Moving towards balance means recognizing your deficiency and choosing to join God in your journey towards relational balance.

- If you are low in your “**Explore**” relationship, then you need to intentionally focus on growing in connection with God through reading the Bible and prayer.
- If you are low in your “**Experience**” relationships, you probably need to take intentional steps to invest in relationships with fellow Christ-followers. This may begin in small group or a mentoring group and expand even beyond these.
- If you are low in your “**Expand**” relationships, you probably need to take intentional steps to invest in relationships with non-Christ-followers in your sphere of influence (neighbors, co-workers, friends, family). You can take advantage of our invite cards to invite them to come to church with you. You could invite them to explore faith and take them through the EXPLORE FAITH STUDY.

**Q4 – How does lack of balance in one dimension of the triangle affect the other two?**

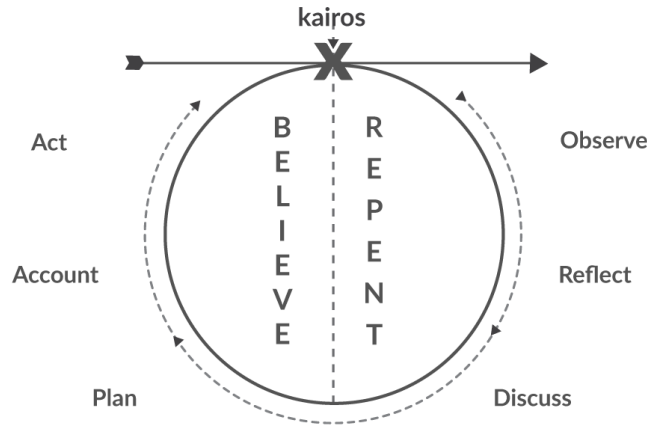
**Q5 – What does your triangle look like? (Pick the one triangle shape that best depicts your relational balance.)**

**Q6 – Which side of the triangle do you struggle with most?**

## KAIROS MOMENT

Take a moment to walk through the **Kairos Circle** with what you are learning about yourself and your triangle.

What is God saying to you and what are you going to do this week to move towards balance in your life?



## CHALLENGE and PRAY (10 minutes)

Challenge your Mentoring Group with the following faith steps. Then, ask for prayer requests and pray with your group.

## EXPLORE FAITH

Use the EXPLORE THE BIBLE FOR YOURSELF guide to help you pinpoint Kairos moments in your life and come willing to share next week.

## EXPERIENCE COMMUNITY

Pray for the people in your Mentoring Group and communicate with them this week.

## EXPAND MISSION

Use the EXPLORE FAITH STUDY to get into spiritual conversations with someone in your sphere of influence.

## GROUP PRAYER REQUESTS: