

INSIDE OUT | MASTERCLASS | SESSION 5

with Dr. Robyn Wilkerson

YOUR POWER IS IN YOUR PARTNERS

- We must have _____ be the person we say we are.
- We must SHOW _____ for people who are different from us.
- We must be an _____ to everyone...

R _____ ARE CHALLENGING.

How we interact with people determines our happiness and now research says it also is the greatest predictor of “longevity”.¹

C _____ COMPOUNDS

5 ESSENTIALS for EXTRAORDINARY RELATIONSHIPS

1. _____ is love. 1 John 4:8
2. _____ me. Romans 5:8
3. God loves _____ people. John 3:16
4. God created _____ people - and created _____ me. 1 Cor. 13:4-8
5. _____ NEVER FAILS. Psalms 36:7

PEOPLE WON'T GO ALONG if THEY CAN'T GET ALONG

VALUE ALL PEOPLE - BECAUSE JESUS _____ PEOPLE I DON'T LIKE

LOVE = Thinking, _____, and Acting in the HIGHEST interest of others

God isn't asking you to **LIKE** everyone -
He is asking us to _____ everyone.

GROUP DISCUSSION “Quiz”- Evaluating Your Friendships” Digital Quiz

¹ **The Secret to Living Longer May Be Your Social Life** https://www.ted.com/talks/susan_pinker_the_secret_to_living_longer_may_be_your_social_life/transcript?language=en

EVALUATING YOUR FRIENDSHIPS

How do you evaluate a friendship?

Consider your relationship with another person and ask yourself these five questions:

1. Do you share interests and have similar values and morals?
2. Do you have fun together and do you feel appreciated and connected?
3. Do you look forward to spending time with this person?
4. Has your friendship survived through both good times and bad? What did that look like for each of you? Did you support one another?
5. How do each of you handle conflict or arguments within the relationship?

Positive answers to these questions indicate a friendship where each individual is actively participating in and supporting the relationship.

What about warning signs? Answer the following questions and be honest about your roles in the relationship, too.

- Does one person constantly swing the conversation toward themselves?
- Does it feel like one person uses the other to vent their anger and frustration about their own lives? Do they allow the other person to do the same when upset?
- Has the relationship become emotionally draining?
- Does one person constantly put the other down and/or criticize him/her?
- Do you feel like the relationship is more of a competition than a partnership?

If you answered in the positive to any of these questions, then you need to look closer at this relationship. If you are the person doing any of these things, what steps do you need to take to improve how you support others in your personal relationships.

If it is the other person, you need to ask if this is a relationship you feel you need to be in. Would having an honest conversation about the relationship and the problems in it bring change and make the relationship more beneficial for both individuals? If the relationship can't be repaired, what are the next steps you need to take?

