



# Week 1 Study Sheet

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## The Draft

### Introduction

Have you heard the phrase, “you become who you surround yourself with.” The thought behind this statement points to how relationships can directly affect the person we are and the person we become. It can be hard for us to imagine and maybe even hard for us to admit how influential others can be in our life. The influence of others can be life-changing in a positive way or in a negative way. When the influence is bad, it can cause pain and leave relational scars.

How do we choose who to enter a relationship with? This is a great question for all types of relationships. Whether you are dating someone, building a friendship with someone, or just trying to define the relationship that you have with someone, it is always important to invite the Holy Spirit to give you discernment about the people you invite into your circle. How do you think God helps you with those relationships? How can you make sure that the people who influence you the most are influential in positive ways?

### Pray

Heavenly Father, help me to surround myself with people who seek to know what your good and perfect will is for their life, my life, and this world.

### Read

[Genesis 24:1-27](#)

### Study

What did Abraham ask the servant to look for?  
Why was it so important to find the right wife for Isaac?  
What could go wrong if the servant doesn't find the right person?  
How does this affect the story of Isaac?  
How can we apply this story to the relationships we are seeking?  
What things should you look for in the relationships you build with others?

### Read

[Galatians 5:16-26](#)

### Study

How can the Holy Spirit help us in our relationships with others?  
How can following the desires of the flesh lead us into unhealthy relationships?  
What characteristics should we avoid when picking relationships?  
How can yielding to the Holy Spirit help us form healthy relationships?  
What characteristics should we look for when picking relationships?

### Practice

This week, list the top three qualities you want to see in your closest relationships and pray about them each day. Ask God to show you if there's a current relationship that needs re-examination or deeper investment.



# Week 2 Study Sheet

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## Game Day

### Introduction

Have you ever encountered a problem that you just couldn't solve? You try hard to fix it by yourself, but you get nowhere. You're just stuck. Maybe it's a car part you're tinkering with, a conversation you're re-writing in your mind, or a health issue that you can't get ahead of. You're stuck, yet you keep it to yourself. The more you keep it to yourself, the bigger the problem it becomes – or so it seems.

We were not designed to live life alone. When we don't share our life – problems, troubles, issues - with others, we can take ourselves out of the game. When we don't invite others into our life we miss out on the help, wisdom, and peace found in relationships. Don't let pride be the great deceiver in these moments, we all need a team to help us in life.

Jesus set the tone by sending the disciples out in twos, he created a team of 12 disciples, and you rarely read about any disciple in the New Testament being alone. Teamwork makes the dream work. The dream that Jesus had was for us not to live life alone but in healthy relationships with others. Think about some of the important relationships you have had in the past. What were the key characteristics to those relationships?

### Pray

Lord, help me to humbly allow others to help me in my life to follow you in a deeper way every day.

### Read

[Luke 10:1-14](#)

### Study

Why would Jesus send them out two by two?

How are they supposed to enter the towns?

What are they supposed to do?

Why is it better to do things with others?

What can we learn from this story?

### Read

[Philippians 2:1-11](#)

### Study

Why is humility a key part of a healthy relationship?

What examples of good relationships do we see in this passage?

How can the example of Jesus help us in our relationships?

What does it look like to serve others?

### Practice

This week, pick one relationship to focus on. Consider how you can serve this person better, and then do it.



# Week 3 Study Sheet

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## Huddle Up

### Introduction

Okay, we have all done it – we’ve all set a new year’s resolution. We’ve powered through a few weeks successfully, only to burn out a month into the new year. We want to go to the gym more, we want to read the Bible daily, we want to attend a small group weekly. All of these goals are admirable, and it can be deflating when we don’t reach them. We work hard to set ourselves up for success. We put reminders on our phones, sticky notes on our mirrors, but to no avail – we fail.

Failure happens so often because of one simple mistake – we’re relying on the wrong things. We rely on our self, our phone, our app. Proverbs tells us, “One who has unreliable friends soon comes to ruin, but there is a friend who sticks closer than a brother.” (Proverbs 18:24 NIV) What we all need is that friend that sticks closer than a brother, that friend we call when we are down, that friend we call when we fail. Who is that friend in your life? Who do you call when you need help? If that person is not present in your life, start praying that God will help you connect to that person today!

### Pray

Father, surround me with good friends that keep me accountable in my walk with you.

### Read

[1 Samuel 18:1-4](#)

### Study

How would you describe the friendship of Jonathan and David?

What can we learn from this passage about friendship?

What type of covenant can we make with our friends?

### Read

[Mark 2:1-12](#)

### Study

How are the men in this story a good friend to the paralyzed man?

How can we help others get close to Jesus?

How else can we be like these friends?

Why was it important for Jesus to grant forgiveness to the paralyzed man?

### Practice

Identify one friend who makes you better and thank them in a personal way this week. Then, extend friendship to someone new-invite them to coffee or a meal and ask how you can support them.



# Week 4 Study Sheet

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## The Long Game

### Introduction

Legacies are most often built upon hard work. In the Western world, the concept of legacy has deep roots. Families persevere to overcome obstacles and give the next generation a better life than their own. Parents and grandparents work long hours and live sacrificially to support and ensure a secure future for their family. They are playing the long game.

The Bible offers a different view of legacy. Legacy is not a transference of stuff but rather a transference of grace. A grace rooted in love. It is because God so loved the world that we have hope in Jesus. Even the story of Jesus' earthly legacy has a foundation of love. The story of Jesus' ancestor Ruth is truly a legacy of love. What legacy of love are you leaving? Will the generation that follows you be a generation of love?

### Pray

Lord, help me to put love first in every relationship that I have in life.

### Read

[Ruth 1:8-18](#)

### Study

Why would Naomi encourage her daughters-in-law to go back to their home country?

How does Naomi extend grace in this situation?

How can we define loyalty through Ruth's example?

How do you see God's legacy of love in this story?

What decisions do we have to make to be loyal to our friendships?

### Read

[1 Corinthians 13](#)

### Study

How can you define healthy relationships with others by this passage?

How can this passage influence the loyalty we have with our friends?

Using this passage, how could you create a legacy of love?

### Practice

Identify a relationship where you can offer greater consistency. Instead of giving up or pulling away, commit to sticking it out and praying for God's guidance. Ask yourself, "how can I show Ruth-like loyalty here," and then follow through. Trust God to bring good from your perseverance and loyalty.