

LIFE Group Session 5

The Real McCoy in My Relational Health

CHECKING IN

- Which of the seven mental health verses from your devotional reading this past week was the most meaningful to you?
- When it comes to personal conflict, are you a skunk or a turtle? Turtles withdraw quietly into their shells until the trouble is past. When skunks are in conflict, they let everybody know about it.

MEMORY VERSE

“Above all, love each other deeply, because love covers over a multitude of sins” (1 Peter 4:8).

VIDEO: THE REAL MCCOY IN MY RELATIONAL HEALTH

Watch the LIFE Group Video for week 5 above or at www.celebrate.church/mccoy and follow along in your notes.

TWO KINDS OF FRIENDS

1) _____ friends, which are the result of _____ .

2) _____ friends, which are the result of _____ .

“A mirror reflects a man’s face, but what he is really like is shown by the kind of friends he chooses” (Proverbs 27:19).

“The righteous choose their friends carefully” (Proverbs 12:26).

FIVE KINDS OF PEOPLE TO AVOID AS CLOSE FRIENDS

1) _____ people

“Our friends, we command you in the name of our Lord Jesus Christ to keep away from all believers who are living a lazy life” (2 Thessalonians 3:6).

2) _____ people

“Don’t make friends with people who have hot, violent tempers. You might learn their habits and not be able to change” (Proverbs 22:24-25).

3) _____ people

“I told you not to associate with immoral people. Now I did not mean [unbelievers] who are immoral or greedy or are thieves, or who worship idols. To avoid them you would have to get out of the world completely. What I meant was that you should not associate with a person who calls himself a believer but is immoral or greedy or worships idols or is a slanderer or a drunkard or a thief. Don’t even sit down to eat with such a person” (1 Corinthians 5:9-11).

4) _____ people

“Do not eat the food of a stingy man ... for he is the kind of man who is always thinking about the cost. ‘Eat and drink,’ he says to you, but his heart is not with you” (Proverbs 23:6-7).

5) _____ people

“Don’t team up with those who are unbelievers” (2 Corinthians 6:14).

CHOOSE CLOSE FRIENDS WHO WILL...

1) _____ us mentally.

“He who walks with the wise grows wise” (Proverbs 13:20).

“As iron sharpens iron, so one man sharpens another” (Proverbs 27:17).

2) _____ us emotionally.

“A friend loves at all times, and a brother is born for adversity” (Proverbs 17:17).

“Bear one another’s burdens” (Galatians 6:2).

3) _____ us spiritually.

“Encourage one another and build each other up” (1 Thessalonians 5:11).

“Spur one another on toward love and good works” (Hebrews 10:24).

How can I attract that kind of friend? By being that kind of friend.

HOW TO BUILD HEALTHY FRIENDSHIPS

1) Get interested in _____ .

“Unfriendly people care only about themselves” (Proverbs 18:1).

“Let each of you look out not only for his own interests, but also for the interests of others”
(Philippians 2:4).

2) Don't be a _____ .

“Do everything without complaining and arguing, so that no one can criticize you. Live clean, innocent lives as children of God, shining like bright lights in a full world of crooked and perverse people”
(Philippians 2:14-15).

3) Be a _____ .

“Be quick to listen and slow to speak” (James 1:19).

“Counsel in the heart of a man is like deep water; but a man of understanding will draw it out”
(Proverbs 20:5).

4) Accept people _____ .

“Accept one another ... just as Christ accepted you” (Romans 15:7).

“A friend loves at all times” (Proverbs 17:17).

5) Help people _____ .

“Honor one another above yourselves” (Romans 12:10).

“Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourself”
(Philippians 2:3).

6) Be _____ .

“Rejoice with those who rejoice, and weep with those who weep” (Romans 12:15).

7) Stick with them in _____ .

“There are ‘friends’ who pretend to be friends, but there is a Friend who sticks closer than a brother”
(Proverbs 18:24).

“Two are better than one because...if one falls down, his friend can help them up. But pity the man who falls and has no one to help him up!” (Ecclesiastes 4:9-10).

8) Share _____ with them.

“Go back home and tell everyone how much God has done for you.’ The man then went all over town, telling everything that Jesus had done for him” (Luke 8:39).

“Do to others as you would have them do to you” (Luke 6:31).

“I do not call you servants any longer...Instead, I call you friends” (John 15:15).

DISCOVERY QUESTIONS

Pick at least one or two of the following questions to discuss:

- The Bible says, *“Spur one another on toward love and good deeds”* (Hebrews 10:24). We all need spiritual encouragers in our lives. Who is a spiritual encourager to you? What are some ways they encourage you?
- Review the three qualities of a close friend: people who challenge you mentally, support you emotionally, and strengthen you spiritually. Remember, to find that kind of friend, you need to be that kind of friend. Which of these characteristics do you need to develop in your own life?
- Which of eight ways to build healthy friendships is the most important to you and why?

PUTTING IT INTO PRACTICE

- Where do you want to be three months from now with your relational health?
- What is one thing you will do to take a step in that direction? Not one thing you could do, or might do, but one thing you will do. Review the video notes to help you with ideas. Share your goal with one other person in your group.

MY THREE-MONTH GOALS

Write your relational health goal here:

PRAYER DIRECTION

- Do you have any friends who don't know Jesus Christ? Pray for their salvation with your group.
- Pray together about your three-month goal to build healthy relationships.

DIVING DEEPER

- Read the daily devotions for days twenty-nine through thirty-five.
- Read the Memory Verse every day this week as part of your quiet time. See if you can have it memorized before your next group meeting. Here it is again:
“Above all, love each other deeply, because love covers over a multitude of sins” (1 Peter 4:8).