



Relate(able)

8 PRINCIPLES FOR MAKING RELATIONSHIPS WORK

“Bring peace into your life and conversations”

Take a moment to read the following verses. Take a moment to meditate on each of them then write down a word or two that grabs your attention. It can be a fact about peace that you want in your life.

These words can work as a prayer that you want to pray into a particular situation you’re going through.

Perhaps you want to write out an insight about peace that you haven’t thought of before.

The Lord gives strength to his people; the Lord blesses his people with peace. Psalm 29:11

Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. Colossians 3:15

You will keep in perfect peace those whose minds are steadfast, because they trust in you. Isaiah 26:3

Now may the Lord of peace himself give you peace at all times and in every way. The Lord be with all of you. 2 Thessalonians 3:16

Peace is a moving target. Seems like just about the time you have peace, something happens to mess it up. Read these verses and talk about the connection Jesus makes between trouble and peace.

John 16:33 *“I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”*

John 14:27

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. Jesus knew we would lose our peace as often as our keys. Why is that?

Our peace is directly connected to my closeness to God.

Read Psalm 85:8-10 and discuss the connection between peace and our relationship with God.

“One of the simplest and most powerful ways to monitor your mind is called the experience sampling method. Program a watch or iPhone to beep at random intervals through the day. When it does, write down (or make a mental note if you’re a spontaneous non-journaler) where you were and what you were doing. Then, on a scale of 1 – 5, monitor your thoughts like this:

| | VERY | | | NOT AT ALL | |
|------------------|------|---|---|------------|---|
| PEACE | 5 | 4 | 3 | 2 | 1 |
| CONNECTED TO GOD | 5 | 4 | 3 | 2 | 1 |

Do this for a week, and look for those activities and people that most help you live in the flow of the Spirit.

- How can you add those?
- What are the activities and relationships that most block the flow?
- How can you change or diminish those?"

From the book, [The Me I Want To Be](#), by John Ortberg.

My loss of peace is one of the main drivers in my life to get me close to God. Difficulty gets us running back to him.

Read [Philippians 4:6,7](#) and create a list of the ways God wants us to respond to anxiety.

[Isaiah 32:17-18](#) gives us a peace goal that we all are shooting for. What steps can you take in your life to become a person of peace who brings calm into their relationships?

