

## Relationship Rehab 4 Relationship Currency

# TALK IT OVER

### Key Scriptures

Galatians 5:13 For you were called to freedom, brothers. Only do not use your freedom as an opportunity for the flesh, but through love serve one another.

2 Corinthians 5:15 and He died for all, that those who live should live no longer for themselves, but for Him who died for them and rose again.

Romans 5:5 Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us.

Ephesians 5:17-21  
Therefore do not be unwise, but understand what the will of the Lord is. <sup>18</sup> And do not be drunk with wine, in which is dissipation; but be filled with the Spirit, <sup>19</sup> speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord, <sup>20</sup> giving thanks always for all things to God the Father in the name of our Lord Jesus Christ, <sup>21</sup> submitting to one another in the fear of God.

**Key Point:** The only way we will grow our relationship accounts with each other is by making deposits through serving one another.

**Start talking:** Pick a conversation starter for your group.

- Have you ever had a disastrous “overdraft” experience in your bank account? What happened?

**Start thinking.** Ask questions to get your group thinking.

- Eph 5:17-21 is one clear thought about what the will of the Lord is for our lives. What are some of the details? What is the ultimate result of being filled with the spirit (v. 21)?
- How are the relationship based on Galatians 5:13 different from a consumer-vendor relationship?
- What resources do Gal 5:13, Rom 5:5 and Eph 5:17-21 say that God gives us to empower us to serve one another?

**Start sharing.** Choose a question to create openness.

- What kinds of things (words, actions, events, etc.) deplete your marital bank account (or if unmarried, your relational account with others)?
- What are some of the things that your spouse does that you notice, which fills up your “marital bank account?” If you are not married, what things do others do that fill up the relationship account you have with them?
- How do things like communication, fighting fair, sexual intimacy, confession, attentiveness, kindness, prayer together, and honoring one another fit under the umbrella of being a servant of one another through love (Gal 5:13)?

**Start doing.** Commit to a step and live it out this week!

- If you are married, decide to have a conversation about the things each of you do that invest in your relationship account, and which things deplete your account. Discuss how you can increase investing while decreasing depleting the account.

**Prayer Requests.** It may be helpful to pray the scriptures back to God.

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