

Weekend Teaching Discussion Guide
Relationships – Week 1
Teaching by Pastor Ken
WARM-UP QUESTION

Think about two or three of your closest relationships. What has happened over time that caused you to trust those people?

DISCUSS

1. We Were Created for Relationship

From the beginning, God made it clear that we were never meant to do life alone. In Genesis, God looked at everything He created and called it good. But when He saw Adam alone, He said, “It is not good.”

God created us for relationship—with Him and with one another. Jesus reinforced this when He said the greatest commandments are to love God and love our neighbor. Healthy relationships aren’t just a nice addition to our lives. They are part of how God designed us to live.

“It is not good for the man to be alone.”

Genesis 2:18

- Why do you think relationships are such an important part of God’s design for us?
- When relationships get difficult, what makes it tempting to pull away or isolate ourselves?

2. Trust Is the Foundation

Every great relationship has something in common: trust. But trust isn’t necessarily all or nothing. We may trust someone deeply as a person while recognizing there are areas or responsibilities we wouldn’t entrust to them.

Pastor Ken gave us three simple principles for navigating relationships:

- Be kind and cordial with all.
- As able, conflict with none.
- Be close with a few.

Who we allow to be close to us matters because the people in our inner circle influence who we are becoming.

“Do not be misled: ‘Bad company corrupts good character.’”

1 Corinthians 15:33

- When you think about the people you trust most, what have they done to earn that trust?
- Who is in your closest circle right now? How are those relationships shaping you?

3. Healthy Relationships Begin With You

One of the greatest gifts we can bring to any relationship is a healthy version of ourselves. Pastor Ken explained that biblical health is about **wholeness**. When Jesus healed the woman who had been bleeding for twelve years, He was restoring more than her physical health. Her suffering had affected her emotionally, socially, spiritually, and relationally. Jesus cares about the whole person. As He brings healing and wholeness, it changes what we can bring to our relationships with others.

“Daughter, your faith has made you well. Go in peace. Your suffering is over.”

Mark 5:34

- When you think about your own life right now, where might God want to bring greater health or wholeness?
- How does our relationship with God affect the health of our relationships with other people?

4. Trust Is Built Over Time

Trust usually isn't built through one big moment. It is built through the small things we do consistently over time.

Pastor Ken gave us this framework:

Character + Conduct + Consistency + Competency = Credibility = Trust

Character is who we are, publicly and privately.

Conduct is how our character shows up in our actions.

Consistency is doing what is right over time.

Competency is faithfully carrying out what we are responsible for.

Pastor Ken shared the story of a Cypress small group that learned about three children who were sleeping on the floor and struggling to get to school. They didn't just feel compassion—they stepped in and helped. Their actions communicated something important: **We are here for you.**

That is how trust is built. Our character matters, but people experience our character through what we consistently do.

“People judge by outward appearance, but the LORD looks at the heart.”

1 Samuel 16:7

“But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.”

Galatians 5:22–23

- Which part of the trust equation do you most need to grow in right now—character, conduct, consistency, or competency?
- Who could you show, “I’m here for you,” through something practical this week?

5. Trust Can Be Built—or Broken—in the Little Things

Just as trust grows through small, consistent actions, it can also be damaged through small decisions over time. Trust suffers when our words and actions don’t match, when we repeatedly make choices that hurt others, or when we avoid difficult conversations instead of speaking the truth in love. The little things matter because every choice adds to—or takes away from—trust in our relationships.

“If you are faithful in little things, you will be faithful in large ones.”

Luke 16:10

“Instead, we will speak the truth in love, growing in every way more and more like Christ.”

Ephesians 4:15

- Think about the relationships you trust most. What small, consistent things have those people done that built trust with you?
- What does it look like to speak the truth **in love**, especially when the conversation is difficult?

6. Become Someone Others Can Trust

It is easy to think about whether the people around us are trustworthy. Pastor Ken challenged us to turn the question around: **Am I becoming someone others can trust?** Trust is built brick by brick and day by day. As our relationship with Christ shapes our character, conduct, consistency, and competency, we become people who bring strength and health into the relationships around us. And we need people doing the same for us. We need a circle that helps form us—and we should be helping form others.

“So encourage each other and build each other up, just as you are already doing.”

1 Thessalonians 5:11

- What is one relationship where you could intentionally build trust this week?
- Who is helping you become more like Christ right now? Who are you helping?

CLOSING REFLECTION

Which statement best describes the next step God may be asking you to take?

- I need to strengthen my relationship with God so I can become healthier in my relationships.
- I need to take a step toward greater health or wholeness in my own life.
- I need to be more intentional about who I allow into my closest circle.
- I need to grow in my character, conduct, consistency, or competency.
- I need to rebuild trust in a relationship where it has been damaged.
- I need to intentionally show someone, “I’m here for you.”

PRAYER

God, thank You for creating us for relationship—with You and with one another. Help us become healthy, whole people who bring life into the relationships around us. Show us where we need to grow in our character, our actions, our consistency, and the way we handle what You have entrusted to us.

Help us choose our closest relationships wisely and become the kind of people others can trust. Give us courage to speak truth in love, grace to work through difficult relationships, and eyes to notice when someone around us needs to know, “I’m here for you.”

Most of all, help our relationships reflect You and help the people around us grow closer to Christ. In Jesus’ name, Amen.