

What destroys a relationship and how do you rebuild? Let's look at 4 negative attitudes that the bible talks about...

Selfishness destroys relationships: Enemy number 1- Everything starts because of self centeredness! Selfishness can creep into any relationship. We all know selfishness destroys a relationship, so why don't we change... or why can't we change. A- Its natural; it's human nature to be selfish. B- Our culture feeds our selfishness.

Now if Selfishness destroys relationships then SELFLESSNESS builds them up! Here are some practical ways you can show selflessness in your small group...By Showing up, Accepting new people in your group, Listening to one another & Offering people your practical help and support. God has wired it... as we give ourselves away, we are most fulfilled. The greatest lesson in life is learning to be unselfish. Once you know and love God, God says 'Now I want you to learn to love other people... and that means being unselfish.

The second big thing to destroy a relationship is PRIDE: Pride shows up in lots of ways...

In criticism. In competition with one another. In stubbornness. In keeping everything superficial.

The big, big, big problem with pride is that its self deceiving. You can't see... but everyone else can.

Humility builds people up That is the antidote to pride. If you have one person saying 'look at me, look at me' and I can't let others be noticed – it can ruin the joy of the harmony of life. Harmony and humility go together. How do we cultivate humility? Let Jesus begin to control your thoughts and hearts and attitudes and reactions. He has got to be a part of this. Eph 4 v 23, 24- 'Let the spirit change your way of thinking, and make you into a new person'. You want to have more humility you have to spend more time with Jesus because he is humble. No one has ever done anything more humble than Jesus, coming from heaven to earth to become a man to live for us, give his life for us and be resurrected for us. When you spend time with him... his humility rubs off on you!

Insecurity destroys relationships: Insecurity causes us to try to control others, and insecurity causes us to resist the control of others and that destroys relationships. Insecurity prevents intimacy – You can't get close to somebody if there is fear in the relationship. We fear...Exposure- we fear people are going to find out what we're really like. And we fear rejection. If anybody knows rejection its Jesus Christ. When they nailed him to a cross- that was ultimate rejection. So he understands how you feel.

Insecurity destroys but LOVE builds a relationship. My identity and self worth aren't about what you think of me all day... They're caught up in my relationship in Christ. Knowing his love is the start. Love grows day by day- it takes time to develop.

RESENTMENT DESTROYS RELATIONSHIPS We're all imperfect and therefore we will hurt others and others may hurt us, either intentionally or unintentionally. Fact! *What is more important is what will you do with that hurt? What you do with it is more important than the hurt itself. Are you going to allow it to make you better or are you going to let it make you bitter, resentful and carry a grudge?*

FORGIVENESS builds up relationships? Any relationship that is destined to last must have bucket loads of forgiveness! Why should I forgive others...

1. Resentment will make you miserable... you forgive for your own benefit!
2. You've been forgiven by God
3. You will need forgiveness in the future so you better offer it to others

You can't do it on your own... you need supernatural help. You need God's love to be able to forgive!

Questions:

As a cell, maybe you can talk about how you 'give yourselves away'- in what ways can you serve selflessly in the community?

Which of the four negative attitudes do you most struggle with?

What did God say to you on Sunday and what are you doing about it?

How have you resolved past hurts in your life?

How has becoming a Christian helped you with some of these attitudes?

When have you had to ask for forgiveness or forgiven someone yourself?