



RELATIONSHIPS

INTRODUCTION and PREPARATION

Before we immerse ourselves in this study, let us first prepare our hearts, minds, and reflect on our previous experience of living **R = 6 + 1**.

"Don't walk behind me; I may not lead. Don't walk in front of me; I may not follow. Just walk beside me and be my friend." –Albert Camus

As a leader in some (perhaps all) aspects of your life, this quote may ring true – we may not always want to lead, we may not be good at following and we may be most in need of a friend to walk beside us. Take a moment to think first about your relationship with God. *You are His beloved*. Allow that sentence to sink in. No matter where you are, how you are feeling, what you are carrying, you are known and loved by God. We were not meant to do life on our own, but sometimes leadership can feel like a lonely place. Take a moment to really receive God's love.

RECAP: Take a few minutes to review your previous +1 Day and [+1 Day Planner](#).

Describe your experience of your last +1 Day.

What about it was life-giving for you (and your family, if applicable)?

How did you interact with God and those in closest relationship to you?

What relationships fill you as part of your day of rest? Which deplete you?



STUDY FOCUS FOR THIS WEEK: **RELATIONSHIPS**

We were not created to journey life alone.

“My command is this: Love each other as I have loved you.” – John 13:34

But, I’m not alone. In fact, I am rarely ever “alone.” We can be surrounded by people, connected via email, texts, and social media and live under the impression that we are never alone. Yet, research shows that 1 in 4 Americans suffers from loneliness.

As leaders, we can name many groups of people we are surrounded by—colleagues, congregations, management team— ***who are you surrounded by on a regular basis?***

There are different types of relationships and we have defined them in these categories.

Potential RELATIONSHIPS:

- **With God** – the center of your life
- **Core Family** – those in your home, your care or that have direct influence
- **Significant Others** – past or present relationships that impact our well-being
- **Similar Others** – those “like you” in vocation or season of life
- **Others** – the many other circles of acquaintances, including social media

Review your Rhythm of Relationships section in your retreat guidebook.

Which relationship(s) are getting the majority of your time? And Why?

Which type of relationships have been (or are) most impactful for your well-being?

Which relationship(s) are under-valued or neglected in this current season?



Not all relationships are equal in power
and influence when it comes to
resilience and personal **well-being**.

THE IMPACT OF SIGNIFICANT OTHERS

Significant Others are those people that provide you with emotional support. They are safe relationships that give you a sense of security, are a source of comfort, mentorship and strengthen your resilience. They reduce the wear and tear and increase the joy of everyday life. (*Flourishing in Ministry*)

Make a list of the **SIGNIFICANT OTHERS** in your life – present or past:

Name	Why did they make the list?
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Significant Others impact your life by encouraging you to be a better person.
Are you getting the encouragement you need? How do you encourage others?

LISTEN

[How to Know a Person:](#)

[The Art of Seeing Others Deeply and Being Deeply Seen](#)
with David Brooks



They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer. Everyone was filled with awe at the many wonders and signs performed by the apostles. All the believers were together and had everything in common. They sold property and possessions to give to anyone who had need. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.

—Acts 2: 42-47

What does it feel like to be known?

Can you recall a time when you felt truly seen?

BE A STORY-TELLER

Jesus was a storyteller and he taught the apostles to do the same. Stories engage and connect people, bringing them closer, and forming a bond. When someone shares a personal story you know a little bit more about the person. Often, it creates trust, shows vulnerability and transparency. **What stories do you share with others? Are you more guarded, private?**

In order to be known by others you have to be willing to share your story.

With whom do you feel comfortable/safe sharing your story?

BE A STORY-LISTENER

Part of any good relationship is the art of listening. Even in our relationship with God we often do all the talking, not leaving any room for God to work in and through our lives with the perfect story He has crafted just for YOU! Practice listening. Sometimes it starts with just hearing and remembering a person's name when introduced. **As others share, what are you hearing? What good questions can you ask to further engage their story-telling and sharing?**



CHECK OUT this YouTube video with Simon Sinek:
[The Art of Listening](#)

STUDY OBSERVATIONS/APPLICATION

- What new understanding are you taking away from this study on RELATIONSHIPS?
- How will you incorporate relationships into your +1 Day? What role will relationships play in your other 6 days?

PRESSING FORWARD

- Complete your next [+1 Day Planner](#).
- Complete the next session in the study guide and interact with the reflection questions.