



WE ARE FAMILY
ROOTED

SERIES



ROOTED IN LOVE

WEEK ONE

**DEFINE THE RELATIONSHIP:
HEALTHY BOUNDARIES**

TRUTH 1

**GOD DESIGNED
BOUNDARIES TO
KEEP US SAFE.**

TRUTH 2

**GOD'S BOUNDARIES
PROVIDE FREEDOM.**

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STARTER:

Describe the scariest or most exciting ride you've ever been on (it can be a roller coaster, a fair ride, or maybe even a car ride.)

TRANSITION:

Rides or other experiences in life can be a lot like relationships. Some relationships are super exciting and fun and bring joy to our lives. Others start out great but then become terrifying, and we just want them to be over.

REVIEW:

The most important relationship in our lives is the one with God. Matthew 22: 37 says, "Jesus replied, "Love the Lord your God with all your heart and with all your soul and with all your mind."

Our heart, soul, and mind are our entire identity. Being grounded first in our relationship with God is all that matters because he is our source.

Every other relationship in our life is with people, and even though those relationships may be good and important, they are with sinful people, so they cannot be our identity.





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WEEK ONE

TRUTH 1

**GOD DESIGNED
BOUNDARIES TO
KEEP US SAFE.**

TRUTH 2

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PROVIDE FREEDOM.**

BACKGROUND

What are boundaries?

Boundaries are limits in our lives. Some boundaries are established for us, like laws or rules by our parents. Other boundaries we set up for ourselves. Boundaries are essential for all relationships, and God himself established boundaries in the very beginning.

Genesis 2:16-17 "And the Lord God commanded the man, "You are free to eat from any tree in the garden, but you must not eat from the tree of the knowledge of good and evil for when you eat from it, you will certainly die."

Now why in the world did God establish boundaries for Adam and Eve?

TRUTH 1

God designed boundaries to keep us safe.

Just like the bars and belts on a roller coaster, God's boundaries were designed to keep us safe.

God said in verse 17, "you will certainly die." Which seems pretty straightforward however, let's look a little deeper into what happened next.



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TRUTH 1

Genesis 3: 1-2: Now the Serpent was more crafty than any of the wild animals the Lord God had made. He said to the woman, "Did God really say you must not eat from any tree in the garden?" The woman said to the serpent, "We may eat fruit from the trees in the garden, but God did say you must not eat fruit from the tree that is in the middle of the garden and you must not touch it or you will die." "You will not certainly die," the serpent said to the woman."

You see, God's boundaries were designed to keep Adam and Eve safe from lies and consequences. Satan showed up pretty fast in the beginning, and suddenly his lies seemed possible because Eve wasn't certain of God's boundary and what it meant.

In any relationship, if you aren't certain of your boundaries you open yourself up to lies and consequences that could change your life forever. Just like if the boundaries on a roller coaster failed, your life would be different forever.

TRUTH 2

God's boundaries provide freedom.

If we look back at chapter 2 again, we see that Adam and Eve could eat FROM ANY TREE IN THE GARDEN. With boundaries in place, they were free to explore and enjoy the whole garden.

Think back to your favorite amusement park ride. It was fun because you were free to scream and shout at each turn. You weren't responsible for holding yourself in; the boundary did that. In relationships with Godly boundaries, we can experience a lot of freedom. Freedom to communicate and grow closer to another person while remaining close to God and fully experiencing a strong relationship with him.



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ENDING THOUGHT

God designed boundaries for all of us because He loves us.

We show that we love him and trust him when we honor boundaries in our lives.



GROUP QUESTIONS

Why do we need boundaries in relationships?

Which relationships need boundaries?

What sources can we use to establish healthy Godly boundaries in our lives?

How do boundaries affect our everyday lives?





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WEEK TWO

**DEFINE THE RELATIONSHIP:
OPPOSITES ATTRACT**

TRUTH 1

**THE WORLD IS NOT
OUR IDENTITY.**

TRUTH 2

**GOD GIVES US THE POWER
TO SEPARATE FROM
THINGS OF THIS WORLD.
WHILE LOVING PEOPLE IN
A HEALTHY WAY.**

STARTER:

Describe a guilty pleasure you have: it can be a weird food, a corny song, a cheesy tv show (please keep in mind it should be something innocent, obviously)

TRANSITION:

We all find ourselves liking something that just doesn't fit with our overall vibe. We often hide it from our friends to keep from getting teased. After all, who wants to admit they like something weird.

REVIEW:

The most important relationship in our lives is the one with God. Matthew 22: 37 says, "Jesus replied, "Love the Lord your God with all your heart and with all your soul and with all your mind."

Throughout February, we have been talking about how every other relationship in our lives needs to be a second priority after God. Last week we talked about how healthy Godly boundaries keep us safe and free in every relationship.





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WEEK TWO

TRUTH 1

**GOD DESIGNED
BOUNDARIES TO
KEEP US SAFE.**

TRUTH 2

**GOD'S BOUNDARIES
PROVIDE FREEDOM.**

BACKGROUND

The World.

As Christians, we often use the phrase: "The World" to describe secular society. That simply means every part of society that isn't a part of God. Now the world isn't always bad, in fact, we are called to love people in the world, but it is important to keep in mind that the world doesn't have its purpose aligned correctly.

Jesus describes it for us in John 15:19.

"If you belonged to the world it would love you as its own. As it is, you do not belong to the world, but I have chosen you out of the world."

TRUTH 1

The world is not our identity.

Just like our guilty pleasures don't seem to fit with the things that we like most of the time in life.

the world just doesn't fit. Whether it's the shallow search for fame, striving to be the champion, or simply trying to fit in, all the world has to offer us is empty.



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WEEK TWO



TRUTH 1

Our true purpose is right there in the verse. Jesus chose us out of the world. This doesn't make us better than anyone else because we didn't influence Jesus' choice in any way. He chose us in spite of our place in this world.

Who we are and our identity in Christ isn't something we earned. If it were up to us, we'd still be chasing all the things of the world. In fact, as sinners, we often do just that. Chase the sin in the world.

Whether that's an unhealthy social media presence, unhealthy attitude, or unhealthy priorities, we still find the draw of the world in our lives after we become Christians.

Especially unhealthy relationships. Because we still live in this world, we find ourselves interacting with people who love the world each and every day. How we build those relationships matters.

TRUTH 2

God gives us the power to separate from things of this world, while loving people in a healthy way.

It may seem easier just to avoid those people, but that's not what we are called to do. Jesus himself called us to love our neighbor as ourselves, and that certainly applies to everyone we come across in our lives. However, our closest relationships need to be guarded, as Paul told new Christians in the town of Corinth, a place where the world seemed to be going wild.

"Do not be yoked together with unbelievers. For what do righteousness and wickedness have in common? Or what fellowship can light have with darkness." 2 Corinthians 6:14



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WEEK TWO



Even though you may have friends and even family members who love the world, those aren't the people you need to be developing the closest relationships with. They are opposites, and Paul says opposites truly cannot attract. You see, the easiest way to get caught up again in the world is by connecting deeply with people who love the world. That's not who Jesus has made us be, and through the power of the Holy Spirit, we can be free of the world.

ENDING THOUGHT

We were chosen by Christ out of the world, so our priority is to love people while resisting the priorities of this world. Keeping opposites where God designed them to be.

GROUP QUESTIONS

What is one guilty pleasure you have?

What is something in the world that DOES NOT provide fulfillment for you?

Why is it hard to resist the things of the world?

How can we love people in the world while remaining in Christ?





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WEEK THREE

WHO CAN I TRUST?

TRUTH 1

**IF YOU CAN BE TRUSTED
WITH A LITTLE. YOU CAN
BE TRUSTED WITH A LOT.**

TRUTH 2

**IN RELATIONSHIPS IF
SOMEONE BREAKS YOUR
TRUST A LITTLE. THEY
DON'T DESERVE A LOT.**

STARTER:

Tell a story about a time somebody broke your trust. (The more authentic you can be about how you felt, the better).

REVIEW:

Review: Thankfully, there is one relationship that can never truly break beyond repair. The most important relationship in our lives is the one with God. Matthew 22: 37 says, "Jesus replied, "Love the Lord your God with all your heart and with all your soul and with all your mind."

Throughout February, we have been talking about how every other relationship in our lives needs to be a second priority after God. Last week we talked about how even though we live in a world that doesn't have its priorities straight, with the right attitude, we can love others in the world.





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WEEK THREE

TRUTH 1

IF YOU CAN BE TRUSTED WITH A LITTLE. YOU CAN BE TRUSTED WITH A LOT.

TRUTH 2

IN RELATIONSHIPS IF SOMEONE BREAKS YOUR TRUST A LITTLE. THEY DON'T DESERVE A LOT.

TRUTH 1

If you can be trusted with a little, you can be trusted with a lot.

A big part of a person's identity is their trustworthiness. From online influencers to politicians, most of us judge other people's advice or opinions based on whether or not we trust them. And it honestly might be easier to judge a public figure's trustworthiness because of the internet.

Their lives are often there for us to do a little research and find out how much we can believe. Each one of us wants to be real. We want to be trustworthy people of character, but just how do we become real in a world where most of us will never be internet celebrities?

In Luke chapter 16, Jesus ends a parable by explaining how to be trustworthy.

"Whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much. So if you have not been trustworthy in handling worldly wealth, who will trust you with true riches?" Luke 16:10-11

Now Jesus was just wrapping up a parable about a guy who managed money for a rich man, hence all the references to wealth, but the principle is right there. If you handle the small stuff with honor and honesty, you can handle the big stuff too.



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WEEK THREE



TRUTH 1

If you're on any type of team, you probably have experience with this. The person messing around in practice making jokes, ignoring the coach or instructor, and more focused on his Gatorade bottle than the drills usually doesn't become the starter.

Now you may be proud of how you can commit to a team or activity, but think about other aspects of your lives? Are you trustworthy and honorable with your schoolwork? How about your parents and siblings?

Being trustworthy means that who you say you are, is actually who you are. It doesn't mean you never mess up, in fact, the most trustworthy people own their mistakes and ask for forgiveness. They don't try to hide. They call on the power of the Holy Spirit to help them grow.

TRUTH 2

Now we all may want to be trustworthy people, but the reality is that someday you might find yourself in a relationship with someone who just isn't there yet. It may be a friendship, or it may be something more serious. Jesus again gives us advice in Luke 16.

"No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money." Luke 16: 13

No matter the relationship, you have to keep your eyes wide open. Look for the little ways that they prove how much you can trust them. People often put on an act when they are trying to impress someone, so look at how they treat others. They may say they respect you, but if they don't respect their parents or teachers, maybe they aren't respectful. They may say they love Jesus, but how they treat the least of these (their little siblings, the uncool kids at school) may show you otherwise.

They just might be trying to serve two different masters, and honestly, that's something that you simply can't trust at all.



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WEEK THREE

ENDING THOUGHT

Jesus gives us the best test for ourselves and any of our relationships. How honest people are with the little stuff shows how honest they will be with us.



GROUP QUESTIONS

What does it mean to trust someone?

Why is it easy or hard for you to trust other people?

What are some small things you can be trusted with?

Why is it important to be trustworthy?





ROOTED IN LOVE

WEEK FOUR

WHAT IS LOVE?

TRUTH 1

LOVE IS NOT A FEELING.

TRUTH 2

**LOVE IS A CHOICE THAT
LEADS TO ACTION.**

STARTER:

Describe something you once loved but don't really anymore. It could be food or a stuffed animal. It could be a song or anything. Tell me why you loved it once and now don't really anymore.

TRANSITION:

Love is a word used a lot in the English language to mean different things. Sometimes it's a deep serious word that expresses so much, and other times it's a casual term used to describe how much we truly like something. With so much variety, it's hard to know what love truly means.

REVIEW:

All month long, we have been finding the foundation for relationships in Matthew 22:37 "Jesus replied, "Love the Lord your God with all your heart and with all your soul and with all your mind."

But how do we truly love the Lord if we don't know what love truly is? And while this month has been full of practical advice about relationships, we need to uncover this truth to follow what Jesus described it as the greatest commandment.





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WEEK FOUR

TRUTH 1

LOVE IS NOT A FEELING.

TRUTH 2

LOVE IS A CHOICE THAT LEADS TO ACTION.

TRUTH 1

Love is a choice that leads to action.

A big part of aThe most common understanding of love is that heart pumping, hard to breathe, makes you want to sigh, feeling you might feel around your crush. It's a nice feeling, and it's important, but it's not found very often in the Bible (except in Song of Solomon).

Over and over, Christians are commanded to love God and others, but that feeling is certainly not what I experience every time I open my Bible...so do I not love God? The Apostle John gives us some clear guidance in 1 John 4: 10-12.

"This is love: not that we loved God, but that He loved us and sent His Son as an atoning sacrifice for our sins. Dear friends, since God so loved us, we also ought to love one another. No one has ever seen God, but if we love one another, God lives in us and his love is made complete in us."

There is nothing in that scripture about how God felt, so this means love is not a feeling. Which is great because feelings are temporary. I don't know about you, but my feelings change all the time. I can be angry with a friend one day, and then the very next day, I will feel excited to see them. So while my feelings for ____ (insert the thing you once loved) ___ may have changed, I can be absolutely sure that it wasn't true love.



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WEEK FOUR

TRUTH 2

Love is a choice that leads to action.

Knowing what love is NOT is helpful, but now let's uncover the meaning of love. John says it right there. Love is God sending Jesus to save us from our sins. God made a choice to redeem us as his people, and then he took the action of actually sending Jesus to die and rise again. That right there is love. A choice, and then action that follows.



That's how I should love God. I choose to love him, and then my actions should follow. I will take the time to read his Word, go to him in prayer, and follow his commands. Now I'm definitely going to mess up in my actions, but the choice never changes.

That's the same formula for loving other people in our lives. John tells us that God's love is made complete when we love others. So again, we choose to love them and follow with actions that show humility and selflessness in our relationships.

ENDING THOUGHT

God himself is love. All love flows from God, so our choices and actions must be grounded in his love so we can share it with the world around us.

GROUP QUESTIONS

What is something you love, and why do you love it?

Have you ever felt the feeling people describe as love?

How is God's love different from the love of people?

What can you do to make God's love complete within you?

