

**Marriage and Family: Enjoying The Journey**  
**301: Healthy Friends & Family / Part-1 Building Great Relationships**

**LESSON 1: Walk The Line-7 Steps for Great Relationships**

**1. Christian Perspectives:**

*Ephesians 4:1-3 (NASB)*

<sup>1</sup> *I, therefore, the prisoner of the Lord, entreat you to walk in a manner worthy of the calling with which you have been called,*

<sup>2</sup> *with all humility and gentleness, with patience, showing forbearance to one another in love,*

<sup>3</sup> *being diligent to preserve the unity of the Spirit in the bond of peace.*

**2. Christian Principles:**

I w\_\_\_\_\_ His line because He is m\_\_\_\_\_.

*Ephesians 4:1 (NASB77)*

<sup>1</sup> *I, therefore, the prisoner of the Lord, entreat you to walk in a manner worthy of the calling with which you have been called,*

*1 Peter 1:16 (NASB77)*

<sup>16</sup> *because it is written, " You shall be holy, for I am holy."*

*1 John 2:6 (NASB77)*

<sup>6</sup> *the one who says he abides in Him ought himself to walk in the same manner as He walked.*

*Colossians 2:6 (NASB77)*

<sup>6</sup> *As you therefore have received Christ Jesus the Lord, so walk in Him,*

I w\_\_\_\_\_ the line to build healthy r\_\_\_\_\_. ("7 Steps")

*Ephesians 4:2-3 (NASB77)*

<sup>2</sup> *with all humility and gentleness, with patience, showing forbearance to one another in love,*

<sup>3</sup> *being diligent to preserve the unity of the Spirit in the bond of peace.*

? Walk h\_\_\_\_\_

? Walk g\_\_\_\_\_

? Walk p\_\_\_\_\_

? Walk t\_\_\_\_\_

? Walk l\_\_\_\_\_

? Walk d\_\_\_\_\_

? Walk p\_\_\_\_\_

Proverbs 20:3 (NIV)

<sup>3</sup> It is to a man's honor to avoid strife, but every fool is quick to quarrel.

Romans 12:18 (NIV)

<sup>18</sup> If it is possible, as far as it depends on you, live at peace with everyone.

Romans 14:19 (NIV)

<sup>19</sup> Let us therefore make every effort to do what leads to peace and to mutual edification.

John 17:21-23 (NIV)

<sup>21</sup> that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me.

<sup>22</sup> I have given them the glory that you gave me, that they may be one as we are one:

<sup>23</sup> I in them and you in me. May they be brought to complete unity to let the world know that you sent me and have loved them even as you have loved me.

### **3. Christian Practices:**

Reread the "7 Steps" in 2.2 above and think about how you are doing in each area.

Beside each of the "7 Steps", rate yourself 1-5 (1=poor, 3=OK, 5=great)

### **4. Discussion Questions:**

Give each person a nametag each week and write your NAME, LARGE AND BOLD.

Go around the group and tell why you are here and where else you might have been.

On the count of "three", everyone point to the person in your group who you think should lead this meeting today.

Share highlights from this lesson and what you learned personally.

Share applications that you could take away and use.

Turn to the "Prayer Journal" in the Appendix. Record brief prayer requests and close in prayer.

END ON TIME EVERY SESSION. People may need to leave but are always welcome to stay and fellowship afterwards.