

FRICITION

Tools For Better Relationships

TIPS TO A SUCCESSFUL GROUP

MAKE GROUP A PRIORITY. Communicate in advance when you will be unable to attend by either calling and/or texting your host or responding to the zoom email invitation by accepting or declining. This will help your host to plan accordingly especially if it is an in person small group gathering.

LOVING PEOPLE WITHOUT LOSING YOURSELF

ICEBREAKER

Do you recharge more by being around people or by being alone?

INTRODUCTION

In life, some people give us energy, while others consistently drain it, including coworkers, friends, and often close family or in-laws. Jesus calls us to love all people, including those who require extra grace. But loving these people does not mean unlimited access, constant rescuing, or replacing God in their lives. This week, we'll learn how to love difficult people with compassion and healthy boundaries, so our relationships are sustainable, and rooted in trusting God.

READ |

If you love those who love you, what credit is that to you? — Luke 6:32 (NIV)

Loving people who fill our cup and treat us well doesn't stretch us. Easy love grows comfort, but difficult love grows character. Some people are harder to love than others by demanding more of our time, energy, and attention. But God allows Extra Grace Required (EGR) people in our lives to grow our character, *not* to drain our soul. By learning to "be compassionate, just as your Father is compassionate" (Luke 6:36), we reflect God's heart to others, and He shapes ours to become more like His.

What makes someone feel “extra draining” to you personally? How do you usually deal with "EGR" people? (Please don't share names.) (Examples: “They always need help but nothing ever changes,” “They ask for so many favors but never seem to repay them,” etc.)

READ |

A hot-tempered person must pay the penalty; rescue them, and you will have to do it again.
— Proverbs 19:19 (NIV)

Compassion, however, does not eliminate the need for discernment. Even Jesus loved deeply *and* set healthy boundaries. When responding to needy people, there are two very different approaches. The first one is Enabling (Unhealthy Help). This happens when we help in ways that keep someone stuck. Rescue can feel loving, but it can block growth. This principle reminds us to shift our mindset from one of *Enabling* to one of *Empowering*. Empowering means pointing people to God as their source, not us. “My God will meet all your needs.” (Philippians 4:19)

Which is more difficult for you: saying no, or letting someone struggle rather than stepping in to fix things? (Examples: “I find it harder to say no because I feel like I can do a better job,” “If I refuse to baby my kids, I hate watching them struggle even though I know it’ll help them grow,” etc.)

READ |

Let your ‘Yes’ be yes, and your ‘No,’ no. — Matthew 5:37 (NIV)

Jesus teaches that clarity is a form of integrity. Boundaries are not unloving. They prevent resentment, burnout, and misplaced responsibility. When we say yes out of guilt or fear, we often overstep what God actually asked us to carry. Healthy boundaries keep us honest, protect relationships, and leave room for God to do what only He can do in others’ lives.

Where do you find it hardest to set boundaries with work, family, in-laws, close friends, or people who rely heavily on you? (Examples: Saying yes to family out of obligation, feeling guilty setting limits with others, overextending yourself to avoid disappointing others, etc.)

READ |

Crowds came to Jesus... but Jesus often withdrew to lonely places and prayed.
— Luke 5:15–16 (NIV)

When Jesus “withdrew,” He was choosing intentional rest, not avoidance. Rest is not quitting, but refueling. If Jesus needed regular time away to rejuvenate, so do we. God calls us to go the extra mile for people (Matthew 5:41), but He also established rhythms of rest to

sustain us. By design, we are made to love others while staying filled by God so we can keep doing the good work He has called us to.

What helps refill you spiritually, even a little? *(Example: Spending time alone with God, listening to worship music, spending quality time with an encouraging friend, etc.)*

WHAT WILL YOU DO?

This week, choose at least one step:

- Pause and pray before responding to a draining request
- Learn to say no kindly, and with clear boundaries

CLOSE IN PRAYER:

Dear God, thank You for loving us with patience and grace. Please give us wisdom to love others well without losing ourselves. Help us point people to You, not replace You, and to draw godly boundaries when You ask us to so we may guard our hearts. Refill us when we are tired and guide us when we are unsure. We trust You to work in us and through us. In Jesus' name, amen.



Make Time to be in God's WORD

Reading God's Word daily re-patterns the way you think & transforms your mind. Doing your daily devotions is an excellent way to record, process, & share what God is teaching you on a personal level. We do this using S.O.A.P.

- S** - Scripture
- O** - Observation
- A** - Application
- P** - Prayer

Here's an example:

S: *Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.' "*

--Matthew 4:4 (NIV)

O: Jesus said that we can't live on food alone. Our life is sustained through His Word.

A: Just as food is important to me, God's Word is even more because it will sustain me and give me the strength to live out my life.

P: Jesus, thank You for reminding me that I need Your Word to give me the wisdom & strength to follow You. Help me to make time to spend with You daily. In Jesus' name I pray, amen.

SCRIPTURES FOR S.O.A.P.

Day 1:

Therefore let us stop passing judgment on one another. Instead, make up your mind not to put any stumbling block or obstacle in the way of a brother or sister.

— Romans 14:13 (NIV)

Day 2:

Therefore encourage one another and build each other up, just as you are doing.

— 1 Thessalonians 5:11 (NLT)

Day 3:

Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: 'It is mine to avenge; I will repay,' says the Lord. On the contrary: 'If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head.'

— Romans 12:19-20 (NIV)

Day 4:

For the entire law is fulfilled in keeping this one command: 'Love your neighbor as yourself.' If you bite and devour each other, watch out or you will be destroyed by each other.

— Galatians 5:14-15 (NIV)

Day 5:

Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye?

— Luke 6:41 (NIV)