



Authentic Relationships

Titus 3:12-15

Listen! Five categories of relationships—those that:

- ...drain you.
- ...annoy you.
- ...amuse you.
- ...ignore you.
- ...energize and help you.

Question: What do energizing/helping relationships look like and how do we each live as energizers/helpers?

First, energizing/helping relationships involve physical presence with each other. v 12

- Physical presence:
- Jesus and physical presence:

Second, energizing/helping relationships involve diligent and thorough provision for each other. vv 13, 14

- Helping with good deeds to meet pressing needs:
- Jesus giving us diligent and thorough provision:

Third, energizing/helping relationships involve giving verbal blessings of greetings, love, grace, and affirmation to each other. vv 12-15

- Verbal blessing:
- Jesus has given us verbal blessing:

Core Idea: Energizing/helping relationships involve...physical presence with each other, diligent and thorough provision for each other, and giving verbal blessings to each other.

What if each one of us...

“Walking Papers”

Practical helps for walking the Christian walk each day this week.

Core Idea: Energizing/helping relationships involve...physical presence with each other, diligent and thorough provision for each other, and verbal blessings to each other.

Please read Titus 3:12-15 each day before looking at the exercises below.

- **Today:** Please reflect on those who have given help and encouragement to you with their physical presence. Please give some thought and prayer to those who might need more of your physical presence and engagement and commit to do just that.

- **Monday:** Please reflect on those who have given you tangible help and provision. Please give some thought and prayer to those who might need tangible help and provision from you right now. Please commit to a sacrificial help and provision for that person or family.

- **Tuesday:** Please reflect on people who have encouraged and motivated you with verbal blessing and affirmations. Please give some thought and prayer to those who might need verbal blessing and affirmation from you right now—especially those in your own family who are often taken for granted. Please make a commitment to verbal affirmation and blessing of each one this week. Please make the blessing:
 - Intentional.
 - Truthful.
 - Clear.
 - Accurate to their strengths and traits.
 - Authentic and without joking or goofiness.
 - Ending with “I love you.”

- **Wednesday:** Please list in your minds—not on paper—those people who:
 - ...drain you.
 - ...annoy you.
 - ...amuse you.
 - ...ignore you.
 - ...energize and help you.
 - Do you ever do or say the things that the people who drain you do or say?

- **Thursday:** Please read Philippians 2 and reflect on its relevance to Titus 3:12-15.

- **Friday:** Please write and mail a letter of verbal affirmation and love to a person whom God brings to your mind.

- **Saturday:** For tomorrow please reflect on the good things God has done in and through CBC in recent months.

Note for Connection Groups: The full study guide for small group and personal study is available at: www.cypressbible.org and then click on “Get Connected” and the link is on that page.