

## Small Group Guide: “How To Grow A Healthy Relationship”

**Opening Question:** What is one experience you've had on a vacation that brought you joy, like riding roller coasters for Pastor Brandon?

**Opening Prayer:** *Dear Lord, we thank You for bringing us together today to learn and grow in You. We ask for Your presence as we discuss the habits that lead to happiness. Open our hearts to understand and apply these lessons in our relationships and daily lives. In Jesus' name, Amen.*

### Key Takeaways:

1. Happiness is created, not found. It is a choice largely influenced by our habits.
2. The foundation of happiness stems from right thinking, right living, and right acting in accordance with God's principles.
3. Healthy relationships are crucial for genuine happiness, and gratitude, prayer, patience, and love are essential in nurturing these relationships.
4. The letter to the Philippians, written by Paul during his imprisonment, highlights how joy can be found regardless of difficult circumstances when it is built on strong spiritual habits.

### Discussion Questions:

1. **Read Philippians 1:1-11.** How does Paul's expression of gratitude for the Philippians in his prayers shape your understanding of Christian fellowship?
2. Why is it significant that Paul focuses on gratitude and prayer first in his letter to the Philippians?
3. In what ways can practicing gratitude transform relationships in your life?
4. **Read Philippians 1:6.** Paul writes about having confidence that “He who began a good work in you will carry it on to completion until the day of Christ Jesus.” How does this passage provide encouragement in your spiritual journey?
5. Discuss the relationship between happiness and circumstances versus happiness and habits. How have you seen this principle play out in your life?
6. Why do you think Paul places such an emphasis on love and understanding in relationships? How can we apply this in our own interactions?
7. How can our community group support one another in cultivating habits that lead to lasting happiness?

**Practical Applications:**

1. **Gratitude Practice:** Commit to expressing gratitude to someone close to you this week, either through words or a written note.
2. **Prayer Focus:** Set aside a few minutes each day to pray specifically for people in your life, focusing on their growth and wellbeing.
3. **Selective Memory:** Work on the habit of remembering the positive aspects and contributions of others rather than focusing on negatives.
4. **Encouragement Role:** Intentionally encourage someone in your community group or within your personal circle to pursue their interests and gifts.
5. **Fruit of the Spirit Reflection:** Reflect on the fruit of the Spirit (Galatians 5:22-23) daily and assess how these characteristics are being demonstrated in your life.

**Closing Prayer:** *Heavenly Father, thank You for the wisdom and guidance provided in today's discussion. Help us to develop habits that foster true happiness and strengthen our relationships. May Your love be our guide in all interactions, and may we continue to grow in Your Spirit. In Jesus' name, Amen.*