



### **Dates to Soul Mates, Pt. 1: A Recipe for Lasting Relationships**

All of us have received in-depth training in relationships. We constantly learn from our families, friends, and even strangers. Perhaps the most pervasive training we've received is from our culture: movies, magazines, YouTube, Netflix, books, reality TV, and advertisements. This week's message identified our culture's popular recipe and contrasted it with God's recipe for lasting relationships. The good news is that you have a choice in establishing lasting, healthy relationships.

**Bottom Line:** Lasting relationships are found by becoming, not by expecting.

#### **Discussion Questions:**

1. What is the source of many of our relational problems?
2. What are the four ingredients to culture's recipe for relationships? What are some examples of music, movies, magazines, etc. that promote this recipe?
3. How have the things you watch, read, and listen to shaped what you believe about relationships? In what ways have you bought into culture's recipe for relationships? To what degree have you been influenced by culture's recipe for relationships?
4. **Read Ephesians 1:1-2.** What recipe for relationships does this passage give to us (refer back to this week's message if needed)?
  - a. Which recipe is easier to follow: culture's or God's? Why?
  - b. How would viewing yourself as "dearly loved children of God" impact your relationships?
  - c. What are some specific examples of Jesus (v. 2) that we could follow that would impact our relationships? How would following his example in those areas impact your relationships?
5. Of all the qualities you look for in a mate, which ones do you think are most important to the long term health of the relationship?
6. Read Galatians 5:22-23. Which of these qualities do you need to focus on most?
7. What has been the most helpful thought/idea from the message this week? How has that thought/idea helped you?
8. How can the group encourage you this week?

\*If time doesn't allow for you to discuss all of these questions, use only the ones you feel would be most helpful for your group.