



RCCG OCEANIA

Relationships

BUILDING QUALITY RELATIONSHIPS BIBLICALLY

AT A GLANCE

BIG IDEA

In a world filled with misunderstandings and conflicts, the Bible offers timeless principles for nurturing healthy relationships. By avoiding evil speaking, practicing forgiveness, and showing genuine love, we can build enduring connections that reflect our faith. Discover how biblical figures like Elijah and Elisha exemplified these principles and learn how to apply them in your life.

PRIMARY PASSAGES

Titus 3:2

Proverbs 6:16-19

Luke 6:37

John 13:35

1 John 4:20

KEY TAKEAWAYS

- Avoiding evil speaking is crucial for maintaining quality relationships.
- Forgiveness is essential for healthy relationships and prevents bitterness.
- Genuine love is the clearest biblical index to measure maturity.
- Tolerance is necessary for enduring relationships.
- Self-centered relationships are dangerous and unsustainable.

INTRODUCTION

Relationships are a fundamental part of human existence, and the Bible provides profound insights into how we can cultivate and maintain them. By examining biblical teachings, we can learn to build relationships that are not only enduring but also reflect our faith and values.

SCRIPTURE READING

- **Titus 3:2** — Emphasizes the importance of avoiding evil speaking and being gentle.
- **Proverbs 6:16-19** — Lists behaviors that God hates, including sowing discord.
- **Luke 6:37** — Encourages practicing forgiveness and avoiding judgment.
- **John 13:35** — Highlights love as the mark of true discipleship.
- **1 John 4:20** — Shows that loving God is tested through loving others.

KEY POINTS

1. AVOID EVIL SPEAKING — Speaking ill of others can damage relationships. The Bible advises us to avoid gossip and backbiting to maintain harmony. Titus 3:2 reminds us to speak evil of no one and to be gentle. This principle helps prevent misunderstandings and conflicts that can arise from careless words.

- Reflect on your conversations and identify any tendencies to speak negatively about others.
- Practice speaking positively and constructively, even in challenging situations.
- Seek forgiveness from those you may have spoken ill of in the past.

Scripture: [Titus 3:2](#)

2. PRACTICE FORGIVENESS — Forgiveness is a vital aspect of healthy relationships. It prevents bitterness and allows for healing and reconciliation. Luke 6:37 teaches us to forgive others, which in turn opens the door for our own forgiveness. This practice fosters peace and understanding.

- Identify any grudges you may be holding and make a conscious effort to forgive.
- Pray for the strength to forgive those who have wronged you.
- Consider the benefits of forgiveness for your own emotional and spiritual well-being.

Scripture: [Luke 6:37](#)

3. SHOW GENUINE LOVE — Love is the hallmark of discipleship. By loving others genuinely, we reflect our faith and maturity. John 13:35 emphasizes that love is the defining characteristic of Jesus' followers. Genuine love involves selflessness and a commitment to the well-being of others.

- Demonstrate love through acts of kindness and service.
- Evaluate your relationships to ensure they are rooted in genuine love.
- Pray for a heart that loves others as Jesus loves us.

Scripture: [John 13:35](#)

KEY POINTS (CONT.)

- 4. DEVELOP TOLERANCE** — Tolerance involves accepting others' limitations and living with them, which is essential for enduring relationships. It requires patience and understanding, allowing us to coexist peacefully despite differences.
- Identify areas where you struggle with tolerance and seek to improve.
 - Practice patience in situations that test your tolerance.
 - Engage in conversations with those who have different perspectives to broaden your understanding.

Scripture: **Colossians 3:12-13**

GROUP DISCUSSION

Tip: Use these questions to guide the group from seeing → understanding → applying.

OBSERVATION

- What does Titus 3:2 say about how we should speak about others?
- According to Proverbs 6:16-19, what behaviors does God dislike?
- How does Luke 6:37 describe the relationship between forgiveness and judgment?

INTERPRETATION

- Why is avoiding evil speaking important for maintaining relationships?
- How does forgiveness contribute to the health of a relationship?
- In what ways does genuine love reflect our faith and maturity?

APPLICATION

- What steps can you take to avoid speaking negatively about others?
- How can you incorporate forgiveness into your daily life?
- What are some practical ways to show genuine love to those around you?

PRAYER FOCUS

- Pray for the wisdom to avoid speaking negatively about others.
- Ask for strength to practice forgiveness and let go of grudges.
- Seek a heart filled with genuine love for others.
- Pray for patience and tolerance in all relationships.

NEXT STEP

Reflect on your current relationships and identify areas where you can apply biblical principles to enhance their quality.

CONCLUSION

Building quality relationships requires intentional effort and adherence to biblical principles. By avoiding evil speaking, practicing forgiveness, showing genuine love, and developing tolerance, we can create connections that are both meaningful and reflective of our faith. Let us strive to embody these principles in our interactions with others.