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## INTRODUCTION

Love...complicated. Dating...complicated. Heartbreaks...complicated. No matter if you're married, single, divorced, or remarried, relationships are just complicated. This series can help you get it right.

See, we all want to have great relationships. But great relationships don't automatically happen because we've had enough experience or because we made a promise. They happen when we're intentional about how we are preparing for a great relationship.

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## PART 1

### VIDEO NOTES

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When it comes to relationships, we sometimes are susceptible to two different myths: the experience myth and the promise myth. Instead of continuing to lean into these two myths, perhaps we can lean into actually preparing for the relationship we want.

In Galatians 5-6, we see how what we sow directly impacts what we reap. Part of our preparation for healthy relationships is making sure that what we sow matches what we hope to reap.

Does what you are **sowing** for  
match what you are **hoping** for?

### LET'S TALK ABOUT IT

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1. With so much information and so many opinions available to us, along with ever changing technology and ways to communicate, it is a unique time to be navigating relationships. Where do you turn or who do you trust to listen to when it comes to relational advice?

2. We said that experience does not equal wisdom — *evaluated* experience does. Why can it be so difficult to fairly evaluate our role in our relationships?
3. We understand we have to prepare for so many important areas of our lives. Why do we often navigate relationships with no real preparation?
4. What do you dream of for your relationship status 10 years from now?
5. Read through the fruit of the spirit (Galatians 5:22-23). Whether single or in a relationship, which of these could you benefit most from starting to sow today?
6. Read through the acts of the flesh (Galatians 5:19-21). Are there any of these acts that you need to stop sowing? How can this group help?
7. What do you perceive to be the greatest challenge to incorporating what we've talked about tonight?

## THIS WEEK

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1. If you're in a relationship now or thinking back to previous relationships, do/did you feel prepared? What influences did you bring into that relationship that either helped or hindered?
2. In a conversation with God this week, ask Him which fruit of the Spirit He would like to sow more deeply in your heart and which act of the flesh He would like to uproot from your life.

"But the fruit produced by the Holy Spirit within you is divine love in all its varied expressions: **joy** that overflows, **peace** that subdues, **patience** that endures, **kindness** in action, a life full of **virtue**, **faith** that prevails, **gentleness** of heart, and **strength** of spirit. Never set the law above these qualities, for they are meant to be **limitless**."

Galatians 5:22-23, TPT