



The Ugly Truth About Relationships

Week 2 - Surround Yourself With Positive People

Discussion Guide

Good friends are hard to come by. While it's true that we need to be willing to lend a helping hand or a listening ear to those in need, we also need to be intentional about who we spend the most time with. The people we surround ourselves with have a great impact on the success of all our other relationships.

1. Growing up, with whom did you spend most of your time? What did you do together?
2. *Be intentional about your closest friends.* We make intentional choices every day, based on certain qualities and desired outcomes. What to wear, what meal to order, which route to drive, which phone to purchase, and many more decisions and choices are made, all to get the best out of our week. Who we spend time with should also be on that list. What are some preferred qualities we should look for in those closest to us? (Study: Galatians 5:22-23, Proverbs 13:20, Proverbs 16:28, Proverbs 17:9)
3. *Put the negative people outside.* We become like those we spend the most time around. That can be good...and bad. Share some details about a time when you started "becoming someone else." Looking at the qualities your group came up with above, how do you need to adjust your associations and friendships? (Study: 1 Corinthians 15:33, Luke 8:49-51)
4. *Surround yourself with positive people.* We should limit the negatives we encounter, but we also need to make sure we intentionally surround ourselves with people who can raise us up to the next level. Who are those people in your life? Is there also someone you can come alongside and for whom you can be a positive influence? (Study: Proverbs 27:17, Proverbs 19:22, Proverbs 17:17)
5. Final Thought: Not everyone we want to be around is good for us. If we want to see an improvement in all of our relationships, we should have high standards for the few that are closest to us. It is never easy to add people to or remove them from your inner circle of trust, but it is necessary. In the comfort of your group, share some steps you need to take to remove the negative people and improve the positive people in your life. Take a few minutes to pray for each others relationships.