



# Equipping Thursdays Restored to Wholeness

Exploring God's Design  
for Our Wholeness.

## Relational Well-Being

Life is relational. Regardless of whether you are an extrovert or introvert, we all need people in our lives. Our relationships provide a sounding board as well as a place of grounding for us, keeping us tethered to reality. As a reflection of the Trinity, humanity was created for relationships.

Being open to others means a level of humbleness to set ourselves aside and give time and attention to others.

*“with all humility and gentleness, with patience, bearing with one another in love, 3 eager to maintain the unity of the Spirit in the bond of peace.” Ephesians 4:2-3*

Being in relationship also means dealing with our sin and the sin of others. Not ignoring, but also not dwelling on and refusing to let go of sin both our own and others.

*“Above all, keep loving one another earnestly, since love covers a multitude of sins.” 1 Peter 4:8*

In our lives, we are likely to have both healthy and unhealthy relationships. We are likely to have both those people who build us up and whom we are able to build up, as well as those people who, intentionally or not, tear us down.

## Thoughts for Reflection

1. What are the key relationships in my life currently?
2. Which of these relationships build me up? Which relationships tear me down?
3. What adjustments can I make in the coming week to bring added health and a more Christ-like attitude to my relational well-being?