**Soul Care in Self Isolation – Relational Health: It Starts With Me**

**“Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are.” John Wooden**

***Ephesians 4***

***“As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received.” Ephesians 4:1***

**He/She made me do it!**

***Genesis 3, Philippians 2***

**It Starts with me**

***Matthew 7, Philippians 2:1-8***

**Take Aways:**

1. **Relational Health Flows from our Spiritual Health.**
2. **Honesty and Transparency – who are you talking to? Who can be honest with you?**
3. **Taking the Temperature**

**Got Questions? Text 519-893-2951 or email shayne@pathwaycc.ca**

1. Do a check in with one another – how is everyone doing?
2. What was something that stood out to you in the message this week or something you learned or something you had a hard time with. Where was God speaking to you and challenging you?
3. What do you think about the quote, **“Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are.” John Wooden** Do you agree or disagree? Why do you feel this way?
4. In the sermon we talked about the idea that blaming someone else for how we feel or act is dangerous. What did you think of this idea?
5. Read Ephesians 4:1-3.
6. In the message we talked about the idea that our motivation for change is not the other person but God and living a life worthy of the calling we have received as followers of Jesus. What did you think of this idea?
7. Which of these traits that Paul lists is hardest for you to see in your life? What can you do to better live out this quality?
8. Read Philippians 2:1-18
9. What stands out to you in the passages you read?
10. What is the most challenging part of this passage for you?
11. Was there something that you didn’t understand or do you have any questions about this passage?
12. What does this passage have to say to us about relational health?
13. What makes a passage like this hard to live out? How does it practically look?
14. What do you think Paul means when he says to work out your faith with fear and trembling?
15. Which take away is most applicable to you right now? What can you do to work at it in your life?
16. In the taking the temperature we looked at things we need to embrace and things we need to resist to move toward relational health. As you are comfortable share some of these things in your life.
17. Close your time by praying together..