

CHEMISTRY | Chain Reaction: Living Out Conscious Loving Actions | Week 2

June 16, 2019

John 13:1-17; 1 John 4:19, Matt 20:28; Phil 2:5-8

Opening: The greatest influence on how we experience the world comes through our relationships. These connections can bring us great joy or pain and they shape how we engage with both the stressors and opportunities in our life. Last week we considered our reactions. We looked at our position on the “Periodic Table” of relationship and what happened to us in interaction with others. This week we consider the impact we have, or could have on those around us. What are we considering (and causing) in the chemistry of our reactions with others?

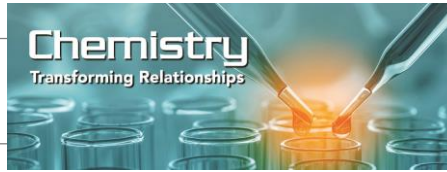
Context: A chain reaction can be a run-away event. Think of nuclear melt-down. But if these same reactions are planned and kept within proper bounds they produce great power and energy. *How do you think about energy in your relationships? How could planning and proper boundaries in relationship reactions produce “energy”?*

Elements of Interaction: Pastor Dave Bianchin opens with a summary relational question. How do our actions, attitudes and priorities affect others? *Do you consider this in your day to day interactions? What are your motives? Relate a story where these factors made a difference, one way or the other.*

Objectives: Pastor Dave talks about some results of relationship—we feel good, warm, supported, helped, respected. These things all make me want to be with that person and in relationship. *What reasons do you have to be in relationship with others? List them out as a group.*

A Glaring Omission: Consider Pastor Dave’s quote: “There is an underlying posture (attitude) that is the most important.....and is a glaring omission in most relationships--servanthood”. *How do you react to this? Does this apply to all relationships? Why or why not?*

Jesus in Relationship: Read John 13:1-17. Jesus is near the end. Pastor Dave cites John 13-17 as Jesus’ “last words, actions and prayers” with his disciples. Jesus is mindful of the importance of this moment for the disciples far more than the disciples are aware. *Imagine yourself as a disciple, say Peter, in this scripture. What are you feeling and learning in your relationship with Jesus? As a group, list relationship aspects you see coming from Jesus in the Last Supper encounter.*



Jesus' Intentional Approach: Pastor Dave saw four points from this passage:

- Jesus Loved the Disciples: Yes, a learning example, but out of real love.
- Jesus Nurtured His Relationships with the Disciples: each one, not all the same
- Jesus Served His Disciples: Doulos, an attitude for all his interaction with them
- Jesus Commanded the Disciples: "Do this in remembrance of me"

What does this say to us about relationship and interaction? What is Jesus' intention? What can we do to be intentional?

Reflecting the Heart of God: Read 1 John 3:23. Pastor Dave concludes with a statement and a question. Relationships "reflect the heart of God inside each one of us". Is that worth strategy and thought (rather than "reaction")? *How would you strategize to reflect the heart of God?*

Practice of the Week: Strategic Relationship

Read John 13:12-17 each morning. Start on Monday with a list of 5 relationships and on each day consider how you can live that passage into one of those relationships. Ask God for wisdom to see what you can bring for the sake of the other person—encouragement, respect, caring.... Journal the ideas that come as you meditate. Ask the Holy Spirit to give you opportunity.

Family Formation: Dirty Feet

What can we pray about? Using last week's posted prayer requests, talk about things going on and pray for requests and thanksgiving where appropriate. This week at bath time do a foot washing. Before they jump in the tub have them put their feet in and wash their feet. Take your shoes off and let them wash your feet. Then talk about John 13:4-17. In an age appropriate way talk about relationship "for the sake of others".

Extra Credit: Exchange names and for a week be servant to the name you drew. Talk about "doulos" at the end of the week. How did it feel to serve? How did it feel to be served?

Additional Resources: *Emotionally Healthy Spirituality* by Peter Scazzaro

We'd love to hear from you!

If you have thoughts questions, comments, ideas on how to make these study guides more meaningful for you and your group, please let us know.

We also enjoy hearing how God is using these scriptures and study guides in your lives.

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