



Study Guide, Episode 84—How Unity with God & Yourself Strengthens All Relationships

1 Corinthians 1-7

00:00-14:36	"QOTW: How do I become more unified/connected in all relationships?"
15:12-26:08	"Unity in my Relationship with Heavenly Father, Jesus Christ, & Myself"
26:08-38:56	"Wisdom of God; God chooses the weak to confound the mighty"
38:57-46:22	"Love & seek to be One with Him, and we will be One with All"
46:22-52:18	"7 Principles of Highly Effective People=Relationship with You & Others"
52:19-END	"Friendships; Family unity; Grace fulfills us in learning, relationships, all"

1. **Pause to reflect:** What do I want/ need to plant right now? What do I want/need to grow? To reap/harvest? What change am I hoping to make at this point in my life?
2. **On a scale of 1-10 (1=not at all, 10=Completely), how connected/unified do you feel with:**
 - a. The world as a whole?
 - b. Your community?
 - c. Your acquaintances?
 - d. Your circle of friends?
 - e. Your family?
 - f. Heavenly Father & Jesus?
 - g. Yourself?
3. What is the wisdom of this world, in your opinion? What does it look, sound, feel like? How does this compare to the "Wisdom of God?" In what ways are you seeking this "Wisdom of God?" What might you do to better seek it this week? Write about this in your journal.
4. Do you ever feel/have you ever felt "weak"?" Like there's nothing you can do to serve, help, or contribute? Like you're not as strong as ____? Or even like you're not as good as you used to be? What led to these feelings? Write about this in your journal. Then, consider the verse that "God chooses the weak to confound the wise and mighty." How does this apply to you? How might this help you feel better about yourself when times of "weakness" come?
5. Visit <https://www.youtube.com/watch?v=mVyyXdgnRTg> and try my **"Spirit Meditation,"** to help you get in tune with your spirit, God's Spirit, and to feel God's love for you, others, and feel like you want to share that love with all.
6. **Ponder your relationships.** Which feel strong and supportive? Which enable you to improve your relationship with God? Which distract you from your relationship with God? What can you do to improve those relationships in need of help, strength, or change? Write down one thing you will do this week to seek greater unity with God, yourself, and others.

Resources

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