

## Conversation Starters

- What brings you happiness?
- Who are some of the closest people around you?

## Discuss

**One community found that the secret to a long life was social connectedness and to long-term happiness in life was healthy relationships. We learn in the Bible from the life of David that relationships are important as well to finding contentment in life. Even though David ended up losing his closest friend, Jonathan, he still lived a content life.**

*Both of them [David and Jonathan] were in tears as they embraced each other and said good-bye, especially David. (1 Samuel 20:41c NLT)*

- Are you surprised at these findings?
- Have you ever lost a close friend?

**There are two lies that we can fall entrapped to when trying to find contentment in relationships. The first is the thinking that people are the solution. David realized that our foundation should and can only really be found through a relationship with God. Relationships with others is important, but even the best relationships you have with others change – Jesus never changes.**

*Even if my father and mother abandon me, the Lord will hold me close. (Psalm 27:10 NLT)*

- If your closest friendships disappeared tomorrow, would you be content with Jesus alone?
- Do you view and act as if Christianity is about religion more than relationship?
- What are some ways that we can mix this up?

**The next lie would be that our next step after a relationship with God is to find the right friends to fulfill you relationally. The truth is that our next step should be to work on becoming the right friend someone else would want to befriend. We start focusing on others instead of ourselves. We do this by continually listening to and loving the people around us, with no expectations in return.**

*Jonathan said, "Tell me what you have in mind. I'll do anything for you." (1 Samuel 20:4 The Message)*

*Do to others whatever you would like them to do to you. This is the essence of all that is taught in the law and the prophets. (Matthew 7:12 NLT)*

*We love each other because he loved us first. (1 John 4:19 NLT)*

- Are there any areas of life-change that God is working with you on right now?
- Are you finding ways to serve the people around you?
- How can you work on doing this more?

## Next Steps

By setting up his relationships correctly, David found content in life. He once said, *"Take delight in the Lord, and he will give you your heart's desires."* (Psalm 37:4 NLT). As we have learned, relationships are very important. Our first and foundational relationship should be with God. Then, as we look first to love and serve the people around us, we will start finding contentment that cannot be taken from us. And we may just end up attracting some others along the way. So, how can you start loving others and serving them? Check out some of these resources to help:

- New to Meck? Join us at [Starting Line](#) to learn more about us and begin getting involved.
- Ready to serve? Check out one of our many [Serving](#) opportunities.
- Want to meet others? Join us for [GroupLink](#).
- Need prayer or to speak with a pastor? Let our [Community Care](#) team know.

## Further Reflection

*Read 1 Samuel 20; Psalms 21:6-7; 25:15-16; 27:8-10; 37:4,25,37,39; John 1:14; Matthew 7:12.*

## Pray

God, thank you for the relationship you offer us. Thank you for being constant and reliable, even when we or others around us may fail to be sometimes. Thank you for the people in our lives. Help us to know you and love you and the people around us more. To spend more time thinking about others, rather than always thinking of ourselves, and experience life with the content you want us to.