

THREE INGREDIENTS FOR *Relationships* THAT GO THE *Distance*

PART 1: A CONFESSION

It's easy to believe conflict is primarily caused by others, but what if our relational struggles stem from unmet desires within us? When pride, envy, and selfish ambition take root, they quietly erode relationships. But wisdom shows a way forward, demonstrated through humility in how we live and relate to others.

CONNECT

Who is someone you would describe as “wise” in how they handle relationships? What makes them that way?

LEARN

You will watch a shortened version of a message from this series to set up your group discussion. Watch the full message sometime this week as a reminder of what you talked about today.

APPLY

After sharing what stood out from the video, discuss the following questions as a group:

1. Read **James 3:13–14**.

Who is wise and understanding among you? Let them show it by their good life, by deeds done in the humility that comes from wisdom. But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth.

Why do you think humility is such a big part of wisdom? Why do you think envy can sometimes feel subtle or even justified?

2. Where do you see pride making conflict harder to resolve in your life?
3. Think about a recent conflict. What did you want in that situation? How might that unmet desire have contributed to the tension?
4. What would it look like to choose humility in a situation where you're not getting what you want?

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BEFORE NEXT TIME

Read **James 3:13–18** and reflect on what stands out to you the most. The next time you feel frustration rising, stop and admit to yourself: The real problem is, I'm not getting what I want.

Bonus: Make these cookies!

Recipe


**CHOCOLATE
CHIP COOKIES**

Title:

2 sticks of butter (browned)
1 cup brown sugar
1 tablespoon vanilla bean paste
2 eggs
2 1/2 cups + 2 tablespoons of all purpose flour (I use 1:1 GF flour)
1 teaspoon baking soda
1 teaspoon baking powder
3/4 teaspoon salt
1 1/2 cups chocolate chips
Flaky sea salt for topping

INSTRUCTIONS

1. Brown the butter in a pot on medium low until golden brown.
2. Add butter, sugars, and vanilla to the bowl and mix until combined.
3. Add eggs and beat until combined.
4. Add flour, baking soda, baking powder, and salt.
5. Let dough rest for 30 minutes.
6. Scoop dough and place on pan lined with parchment paper.
7. Bake at 350° for 9 minutes or until cooked throughout.
8. Remove from oven and let cool.
9. Enjoy!



PRAY

Heavenly Father, give us the courage to look honestly at our own hearts and not just the actions of others. Reveal where pride, envy, or selfish ambition may be shaping our relationships, and teach us to walk in humility and wisdom. Help us to pursue peace, take responsibility for our part, and reflect your grace in our relationships. Amen.