

## Week Eight “Heartwork”: Intimacy Issues

*Relationships are tough to navigate, aren't they? Relational intimacy is hard to build. Even after all the issues we've been through-- letting go of my identity and what people think of me, releasing control to God to work His good in my life, trusting God rather than people to fill my inner tank, etc.—I still find it difficult to handle my daily interactions and on-going relationships. I REALLY want to handle things right with the people in my world, but many times I feel I'm damaging my intimacy with friends and family, not building it. I need the manual for intimacy in relationships, or maybe people should come with individual handling labels like the ones on clothes!!!! Just tell me what to say and do to handle things right. . . .*

**Wait!** *Maybe, in our intimacy with others, in our friendships and relationships, the issue runs deeper than just a handling instruction sheet . . . maybe it runs to the heart.*

Observation: *Pray and read the following passages (there are two this week). List your observations (aim for 20). You may find it helpful to read in one or two different translations.*

### **Luke 6:43-45**

**43** "No good tree bears bad fruit, nor does a bad tree bear good fruit. **44** Each tree is recognized by its own fruit. People do not pick figs from thornbushes, or grapes from briars. **45** The good man brings good things out of the good stored up in his heart, and the evil man brings evil things out of the evil stored up in his heart. For out of the overflow of his heart his mouth speaks.

### **Colossians 3:12-17**

**12** Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. **13** Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. **14** And over all these virtues put on love,

which binds them all together in perfect unity. **15** Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. **16** Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God. **17** And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

*Interpretation: Sum Up what you saw in a sentence or two.*

*Personal Application: Use the SPECK method to find at least one way to apply these passages in your life, considering especially the importance of the heart to relationships in the Luke passage and the heart changes that benefit relationships in the Colossians passage.*