

THE HANGOVER

Turn last year's mess into a year of meaning



Part Two: How Do I Find More Meaning In My Relationships? // Jeff Brodie // January 17, 2021

2020 has caused all of us to reflect more on the importance of relationships with both family and friends. In many ways, we are drowning in surgance connection and thirsty for meaning in our relationships. Friendship is the one type of relationship that is solely about creating meaning in your life and the lives of others. As you look ahead, how do you create more meaning in your friendships? Let's look at what King Solomon discovered about friendship and how you can structure your life for more meaningful friendships.

Scripture: Proverbs [4:14-16](#), [12:15](#), [13:20](#), [15:22](#), [15:31](#), [24:6](#), [26:11](#) NLT; [John 15:9-16](#) NLT

Bottom Line: Show me your friends, and I'll show you your future.

Getting Started:

As you begin, remember that the goal isn't to get through all of the questions but to use them as a tool for good discussion.

1. Looking back on 2020, which relationships do you feel like you miss or have taken for granted? Which relationships do you realize you don't miss as much?

Jumping In:

2. Considering how you've connected with people in the past, on a scale of 1-5, how satisfied were you with the time you spent with the people you wanted to spend time with? Explain.
3. Jeff shared the Dunbar study, which concluded that we are wired to have a relationship capacity of about 150 people, with 15 of those people taking 60% of our time. Would you say that is true for your relationships? Why or why not?
4. Dunbar shared the circle in this order: 5, 10, 35, 100. Which circle do you personally find the most difficult to be intentional about?
5. Jeff stated that we replace pleasure for meaning by keeping most relationships at a surface level. Have you seen this to be true in your life? How so?

Discuss:

6. Read [Proverbs 13:20](#). Sometimes it's easy to see this play out in other people's lives, but not our own. Why is that?
7. In the book *Necessary Endings* by Henry Cloud, the author highlights three types of people who are outlined in Proverbs: wise, foolish, and evil. Read Proverbs [15:31](#), [12:15](#), and [26:11](#). As you read, consider how the ability to hear and embrace feedback is important in your life. Why is feedback sometimes challenging to receive?
8. How do you think you could begin relationships with wise people? Where would be some good places to look for these types of people?
9. Jeff shared that deep, meaningful relationships are built on trust and give permission to be honest. Do you think your wise friends need permission to be honest and speak truth into your life? Have you given them that permission? Why or why not?
10. Read [John 15:9-16](#). This passage talks about how Jesus sees the possibility of friendship with you. What is encouraging about this passage?
11. Jesus wants you to trust him and give him permission to speak honestly into your life. What do you think that could look like in your life?

Moving Forward:

This week, sit down and take stock of who is in your circle of 5 and 10. Are these people who would be considered wise? What is the level of trust in these relationships? Have you given them permission to speak into your life? Also, who are the people who are looking to you for wisdom? Have you made time for them in your life somewhere?

Next week, Jeff will be talking about how to find more meaning in your time in a world of distraction. Think about who you could share this series with or invite to join you next Sunday.