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# LIFE

## SEMINAR

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*“The righteous should choose his friends carefully, for the way of the wicked leads them astray.” Proverbs 12:26*

How important are healthy relationships? One of the best ways we can take back our life and live it fully is to have healthy relationships. Studies show that it is not the number of friends that we have, but the quality of our close relationships that determines our happiness. Did you know that one in five Americans report that they are lonely? This level of feeling lonely is dangerous to our health. Good relationships do not just protect our bodies; they protect our brains. The greatest relationship that we can ever have is with God, the One who created us in the beginning.

### **A Harvard study revealed three big areas of relationships:**

1. \_\_\_\_\_ are really good for us, and loneliness kills.
2. It's not the number of friends that we have, but the \_\_\_\_\_ of our close \_\_\_\_\_.

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3. \_\_\_\_\_ don't just protect our bodies; they protect our brains.

**Research shows that good relationships help reduce stress.**

When we are constantly under stress we might develop:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

**List some practical ways we can improve our social health by having better relationships.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

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## Life Group

1. What are the qualities that you look for in a friend?
2. How does being involved with a church community help develop close friendships?
3. Read Ecclesiastes 4:9-12 and share with your group your thoughts on this Bible passage.

## Homework

The greatest relationship that you can have is the one you build with your Heavenly Father. Begin a new habit of spending a few minutes each morning thanking God for the positive aspects of your life as well as asking Him to help you in the areas that need improvement.

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## Notes and Action Points