



CreatingYourLifePlan.com/**Small-Group-Leaders-Dashboard**

# WEEK FIVE

## IMPROVE YOUR RELATIONSHIPS

Each of your group members should show up with the following exercises from Modules 6 and 7 already completed:

- Relational Atom
- Analyzation of Relationships

**1 Encourage the group. (5 minutes)** You're going to get a lot of questions this week. People are going to be wondering if they did it right. Here's why: there's really not a wrong way to do this.

When you sit down, put your name in the middle of a piece of paper, and begin mapping out your relationships. Your brain is unlocking all sorts of things that have been hidden from you about how your relationships are working. Encourage your small group by telling them there is no right or wrong way to complete this process.

**2 Break out. (15-20 minutes)** Divide everyone up into groups of three and send them off to find a place to talk with each other. Then have all the subgroups share with each other their answers to these two questions:

- *What does your relational atom look like?*
- *How do your relationships need to change?*

Tell each person to only take about five minutes. This exercise will enlighten several of your group members when it comes to how they are in relationships.

- 3** **Wrap Up. (5-10 minutes)** Bring everyone back together to close out the night. You're going to get a lot of questions about how to manage relationships. Here's my favorite thing to say: I don't know. You are not the one who can supply the answer to everyone's problems — you're not supposed to. You are simply guiding people through this material, which sometimes creates a lot of questions because relationships are complicated.

Regardless, your small group will have made a lot of social, emotional and spiritual profit off of this exercise tonight if each person just analyzes their relationships and makes some healthy changes. That's the whole agenda for Week 5, Modules 6 and 7.

## HOMework

Assign Module 8. Have them watch the video and complete the exercise before you meet for Week 6. As they go through Module 8 at home, they're going to be asked to reflect on what they want their life to look like at 75 years old. The reason we chose 75 is because this age marks the beginning of the last season for most people. We want each group member to fast forward to 75 years old, look back and write down what they hope to see. This is really important because it's going to set a compass for each person's life. We'll discuss this more as we open up Week 6!