



LOVE PEOPLE

RELATIONALLY ENGAGED

We will begin this exercise by assessing:

Do I have relational breadth?

Do I have relational depth?

This will be helpful and important, but not particularly surprising. Where this exercise gets more interesting is in the follow-up question:

Why?

We all have a bent. We bend toward breadth, we bend toward depth, or maybe we bend away from relationships altogether. But why? What drives us? Many things keep us from good and healthy relationships.

I'm busy.

Fair enough. Life can be full, but...

Why are you busy?

Are you busy because you just happen to be in a busy season of life? Or are you busy because you can't stop; you can't let go; you can't keep from controlling?

I'm reserved. I don't open up to people.

Fair enough. We all have different personalities. Some are more open than others, but...

Why are you more reserved?

Are you more reserved because you are a more reserved person? Or are you being protective? Are you guarding a wound? Do you not want to open up—again—and make yourself vulnerable?

I've done that before. I've been involved.

Fair enough. Life has its seasons, and there are times we're less engaged than others, but...

Have you pulled back from community because God has led you there, or are you neglecting the call to perseverance? What's holding you back? What's keeping you from truly engaging the body of Christ?

The pages that follow will lead us to assess and then discern what motivates or inhibits our relational connectedness.

First Stage Assess Relational Depth and Breadth

Relational Depth

With which people have you had relational depth? Who were or are your soulmates? Who knows you, and you know them?

Past people with whom I've had relational depth:

-
-
-
-

Present people with whom I have relational depth:

-
-
-
-

Questions to Assess

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
	1	2	3	4	5
I can name deep friendships from most seasons of my life.	1.....	2.....	3.....	4.....	5
I go deep easily and enjoy letting others know what's really going on in my life.	1.....	2.....	3.....	4.....	5
I am intentional about seeking out deep friendships.	1.....	2.....	3.....	4.....	5
I persevere in relationships, even when they're hard.	1.....	2.....	3.....	4.....	5
There are a handful of people who truly know me.	1.....	2.....	3.....	4.....	5



Relational Breadth

With whom, in your life, have you had relational breadth? For this, do not list names of people, but groups of people who you engaged; who were connected not only to you, but also to each other (neighborhoods, churches, organizations, communities, teams, family). These may be informal or formal.

Past communities with whom I've had relational breadth:

-
-
-
-

Present communities with whom I have relational breadth:

-
-
-
-

Questions to Assess

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
	1	2	3	4	5
I can name purposeful communities I have engaged from most seasons of my life.	1.....	2.....	3.....	4.....	5
I have broad relational support from many people when I face hardships in my life.	1.....	2.....	3.....	4.....	5
I seek out and enjoy being part of groups that are doing something purposeful and intentional.	1.....	2.....	3.....	4.....	5
I persevere in organizations (formal or informal), even when they're challenging.	1.....	2.....	3.....	4.....	5
I consistently make meaningful contributions to the groups (formal or informal) with whom I participate.	1.....	2.....	3.....	4.....	5



Second Stage Why?

From the previous pages, which relationships were easiest to come up with names and identify? Which were hardest to come up with names and identify? Write easiest and hardest by the following. Rank them 1 to 4 (1 being easiest, 4 being hardest).

___ Past depth

___ Present depth

___ Past breadth

___ Present breadth

Reflect on how you ordered these. Why was one category harder than the other? If it was harder to identify deep relationships in your present, for example, is there an identifiable reason? If past breadth relationships came easier, what was it about yourself or your circumstances in your past that made it easy? Why is it different today? Even more, consider how your past may be influencing your present.

Add the numbers you circled at the bottom of the breadth and depth pages. Total them here:

Depth _____

Breadth _____

Reflect on which is higher and which is lower. If there is a significant difference between the two, why is that? Why are you more active in one over the other? What holds you back in one or the other? Consider this both thoughtfully and prayerfully.



Relational Depth

Compare the quality of your past deep relationships to your present deep relationships. Why is one stronger or weaker than the other?

What is the current state of relational depth in your life? If good, why is it good? If not-so-good, why is it not-so-good? Don't settle for simple answers. Thoughtfully and prayerfully reflect on this.



Relational Breadth

Compare the quality of your past breadth relationships to your present breadth relationships. Why is one stronger or weaker than the other?

What is the current state of breadth of relationship in your life? If good, why is it good? If not-so-good, why is it not-so-good? Don't settle for simple answers. Thoughtfully and prayerfully reflect on this.



Observation and Themes

What have you observed? Are there any themes? If so, record them here.



Third Stage Invite Transformation

Invite God to help you overcome any inhibitions or struggles in your depth and breadth of relationship. If you are lacking in an area and you have gained clarity as to why, talk with God about this. Bring hopes, dreams, concerns, and wounds before him. If you don't know why one area or another struggles, ask God for insight and wisdom. If things are going well, thank God for this and pray for the continued strength of your relational world.

Use the space below to write a prayer to God or simply journal your thoughts.

