



LESSON 1 // GET GROUNDED

Big Idea: To be a good friend, attract the right friends and improve the quality of your relationships, you need to be well grounded. How? Be clear about your values, certain about your direction, secure in your identity, honest about your weaknesses and committed to your Creator.

Daniel 1:20 (NIV) *In every matter of wisdom and understanding about which the king questioned [Daniel and his friends], he found them ten times better than all the magicians and enchanters in his whole kingdom.*

Daniel 3:17, 18 *"If we are thrown into the blazing furnace, the God we serve is able to deliver us from it, and he will deliver us from Your Majesty's hand. ¹⁸ But even if he does not, we want you to know, Your Majesty, that we will not serve your gods or worship the image of gold you have set up."*

Start Talking:

What does it mean to be a "grounded" person? How well grounded would you say you are?

Start Thinking:

Read Daniel 3:17, 18. How did Daniel's values ground him? What values do you need to be clear about in order to be well grounded?

Read James 1:5. Why is biblical wisdom so important as you seek to determine the direction of your life?

Read Mark 12:30, 31. How would you describe your identity to someone? In what ways is this identity grounded in your relationship with Jesus?

Read Psalm 139:23, 24. How does being aware of and honest about your weaknesses help ground you? How does this affect your relationships?

Start Praying:

Pray that you will be wholeheartedly committed to the Lord as your Creator and Redeemer, so that you can be grounded in your relationship with Him.

Start Doing:

Reach out to a friend this week and let them know how much you appreciate their friendship. Reflect on the value of their impact on you and your impact on them and thank God for the opportunity He has given you in this relationship. (If you don't have someone to reach out to in this way, pray for God to open new friendships in your life over this series in the next few weeks.)