



CELL GUIDE

TOPIC	Developing Healthy Relationships	SPEAKER	SP Chua Seng Lee
THEME	Developing Your Inner Life	DATE	31 May & 1 June 2025

MESSAGE SUMMARY

INTRODUCTION

Romans 12-16 teaches practical application for Christian living. In his message, SP introduced R.E.L.A.T.E as a framework for building healthy relationships:

Remember we are one body (v3-5)

Exercise our Gifts (v6-8)

Love one another sincerely (v9-10)

Anchor ourselves in the Lord (v11-12)

Think rightly of ourselves (v3, 16)

Empathise with Others (v14-15)

DEVELOPING HEALTHY RELATIONSHIPS THROUGH R.E.L.A.T.E

1) **Remember we are one body: (Romans 12: 3-5)**

We are different members but part of one body. Each has a different function and role, and we must do our part for the body faithfully.

2) **Exercise our Gifts (Romans 12: 6-8)**

God has given each of us unique gifts. We are called to use them faithfully for the benefit of others and as good stewards.

3) **Love one another sincerely (Romans 12: 9-13)**

We are instructed to love without hypocrisy but with sincerity. True Love is genuine, hates evil. Be aware that Satan is always trying to seek, kill and destroy. Love shows in our actions – helping those in need, practicing hospitality and standing against what is evil and wrong.

4) **Anchor ourselves in the Lord (Romans 12: 11-12)**

We serve the Lord with diligence, fervour and hope. To anchor ourselves in the Lord, challenges are inevitable. We do this with the Holy Spirit, through prayer and perseverance, trusting in God, our Living Hope.

5) **Think rightly of ourselves (verses 3, 16)**

Thinking rightly of ourselves involves not thinking too highly or too lowly of ourselves. In fact, humility is thinking of ourselves less and is shown in our willingness to associate with the lowly.

Jesus is commonly found among the lowly. Thus, thinking of ourselves appropriately may reflect our readiness to be at peace with God and all men.

6) Empathise with Others (verses 14-15)

Empathy is being aware of others' joys and sadness including our enemies'. We must listen well and deeply, validate their feelings and reality, showing compassion. Validation does not mean agreement. Rather, it is registering their reality so that it can be an opportunity for the person to open up and begin a healing journey together.

CONCLUSION

All of R.E.L.A.T.E hinges on anchoring ourselves in the Lord. If we are not anchored deeply upon the Lord, everything we do can be carnal. Thus, our will must be aligned with God's will ensuring that we do what He wants us to do. When we walk closely with the Lord, we are able to build healthy, Christ-centered relationships.

QUESTIONS

1. Share about a life-giving community or relationship in your life. How does it reflect the R.E.F.L.E.C.T framework?

2. Which part of the R.E.L.A.T.E framework do you find easiest to live out? Which part challenges you the most and why?

3. Who is someone in your life you can show empathy to this week? Describe how you will go about doing so.