

## IT'S WHAT YOU SOW | 4-17-16

### REFLECT & DISCUSS

We make a lot of commitments...New Year's resolutions, goals to lose weight, promises to our kids, and vows to our spouse. What was the last commitment you made? Did you follow through on it? Why/why not? It's a lot easier to talk about a commitment than it is to live it out, especially in relationships. Having a great relationship is not about what I say, but rather what I sow.

### READ: *Galatians 6:7-9*

When we sow into the flesh, what do we reap? How does this play out in our relationships? What are some examples you have seen? When we sow into the Spirit, what do we reap? Is this promised eternal life simply for the afterlife, or can we begin to experience it now? What are some examples of abundant life that you have experienced in relationships?

### READ: *Luke 1:5-7*

What do you notice about the character of Zechariah and Elizabeth? Since they lived this way, was it fair that they couldn't have any children? Do you think they were disappointed in God and each other? Do you ever feel like you are doing your best for God and He isn't giving you what you long for? How do you deal with the disappointment in that? What happens when we sow disappointment? What do we reap?

### READ: *Luke 1: 8-17*

Zechariah served the Lord as a priest. Out of his disappointment that God didn't come through for him, he could have easily given up this job, but he stuck to it. Why? What happened in Zechariah's life when he sowed dedication in his relationship with God? What happens in our lives when we sow dedication in our relationship with God? In our relationships with others? God was faithful to give Zechariah a son, but not just any son, the forerunner to the Messiah. What does this say about what God wants to sow into our lives?

### CHALLENGE

Complete two of these three challenges this week:

1. Each time you feel disappointed, choose to speak a word of encouragement.
2. Let go of an offense you have held on to and offer forgiveness.
3. Create some time alone with your spouse and ask this question, "How can I be a better spouse?"  
Remind each other of your dedication to your marriage.

### PRAYER

Father, thank you for sowing dedication into my life. Empower me to sow dedication into my relationships so they can be built on trust and transformation.