

RECHARGE

DISCIPLINES FOR SPIRITUAL GROWTH

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>it's complicated<

NAVIGATING LIFE'S
RELATIONSHIPS

wade allen

with Michael & Laura Fletcher

RECHARGE

DISCIPLINES FOR SPIRITUAL GROWTH



>it's complicated<



NAVIGATING LIFE'S
RELATIONSHIPS

Temple
Baptist
Church



TEMPLEROGERS.ORG

This book belongs to:



Introduction

“Let me see clearly so that I may take in the amazing things coming from Your law.”

Psalm 119:18 (VOICE)

It is such a privilege to come along side of you as you continue to invest in your spiritual growth and maturity! In his letter to the church at Ephesus, Paul challenges us to “grow up in every way into him who is the head, into Christ ” (Ephesians 4:15). This booklet will help you do just that—mature in your faith in Jesus Christ!

NEW SERMON SERIES

One aspect of maturing in your faith is learning to live and work with others successfully. We are born with a predisposition toward sin and selfishness. This natural bent cause all sorts of problems as we deal with people on a day-to-day basis. Our new series—“it’s complicated”—will help us identify the ways in which we need to improve our relational skills so that we can honor God in all aspects of our lives. Let’s face it, dealing with people is one of the most complicated things we do!

SUMMER 2022 RECHARGE STUDIES

This issue of *Recharge* has been designed to be your companion throughout this study from the Book of Proverbs. Each week contains:

- A page to take notes from each Sunday’s sermons,
- A page for notes/prayer needs from your Community group.
- A follow-up study from the Sunday sermon, as well as a follow-up study from the community group discussion on RightNow Media.
- A Bible reading plan to read through the Book of Proverbs.

- And an opportunity to SOAP journal once a week from your Bible reading.

The focus of our sermon series will be on the teachings of Solomon (and others) from the Book of Proverbs. We will focus primarily on teachings that deal with the skills we need to have successful relationships. The simple, inductive Bible studies in this book will hopefully help you to be better equipped in all aspects of all your interpersonal relationships.

The Bible reading plan is a simple walk through the thirty-one chapters in the Book of Proverbs— basically three chapters per week for ten weeks. If you follow the link or use the QR Code above, you will have the opportunity to join an online reading plan created by the Bible Project. This plan will walk you through the Proverbs step by step and it is coupled together with explanatory videos to help you know how to understand the Proverbs and its unique genre of literature.



[Read this plan on the YouVersion Bible App](#)

One thing that is important to understand about the Proverbs is that these wise sayings are things that are true in a general sense, but that doesn't mean they are hard and fast promises from God. One example is Proverbs 3:1-2 which says, "My son, do not forget my teaching, but let your heart keep my commandments, for length of days and years of life and peace they will add to you." We should understand Proverbs more as things that are generally true with some exceptions, and those exceptions are recorded in the other two wisdom books— Ecclesiastes and Job.

If you have any questions or concerns, please contact me or one of our pastors. Our prayer is that these studies will provide you with a daily *Recharge* for your life!

Pastor Wade Allen

Instructions for SOAP Journaling

As we read God's Word, we begin to see how God responds to things. Doing **daily devotions** re-patterns the way we think and transforms the spirit of the mind. Then, when we face similar situations as Jesus did, we begin to respond in the same way.

Journaling is an excellent way to both record and process what God has spoken to us. It's also a useful tool to use at a later time to reflect on and review some of the "gems" that you have received. Without writing these down, you may forget those blessings and some very important lessons!

S for Scripture
Open your Bible to today's reading on your Bible Reading Plan. Take time reading and allow God to speak to you. When you are done, look for a verse that spoke to you that day, and write it in your journal.

O for Observation
What is God saying in this scripture? Ask the Holy Spirit to teach you and reveal the truth of this verse to you. Now write a one or two sentence observation about that verse. What does the verse say? What does it mean?

A for Application
Personalize what you have read by asking yourself how it applies to your life right now. Perhaps it is instruction, encouragement, revelation of a new promise, or correction for a particular area of your life. Now write how this Scripture can apply to you today.

P for Prayer
This can be as simple as asking God to help you apply this Scripture, or it may be a greater insight on what He may be revealing to you. Remember, prayer is a two-way conversation, so be sure to listen to what God has to say!

Don't forget to give your journal entry a title and put it in the Table of Contents. This will help you find it when you want to read it again.

Week 1

May 1, 2022

Sermon Title: Six Essentials for Healthy Relationships

Sermon Text: Proverbs 4:20-23; 12:17-25

Speaker: Wade Allen

Sermon Notes:



Community Group:

Location:

Date:

BIBLE READING PLAN
Week 1

- Proverbs 1
- Proverbs 2
- Proverbs 3

Bible Reading: Proverbs 1

Let the Peace of God Guard Your Heart

Read Philippians 4:4- 7. Paul calls us to always "rejoice in the Lord" in verse 4. What is the difference between joy and happiness? Is it possible to rejoice in difficult or sad circumstances? Explain.

In the fifth verse, the Bible says, "Let your reasonableness be known to everyone." Reasonableness is the mind-set that seeks what is best for everyone-not just what's good for you. In light of Philippians 4:2-3, why do you think Paul is encouraging this frame of mind?

According to verse 6, what should we do to combat anxiety in our lives? What does God promise us if we do this (verse 7)?

Read Proverbs 4:23. In the Bible, the heart refers to the essence of one's being. What do we learn about the heart when we compare Proverbs 4:23 and Philippians 4:7?

Bible Reading: Proverbs 2

LOVE – Loving Others without Condition

What personal barriers discourage you from giving unconditional love to others? How can you work towards overcoming those barriers?

Most of us have at least one relationship that we feel needs some improvement. Choose a relationship in your life that you think fits that description (spouse, child, friend, etc). Who will you choose?

What are some tangible, practical ways that you can show unconditional love to that person this week?

Bible Reading: Proverbs 3

Choose a verse from this week's Scripture reading.

Title:

Date:

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Week 2

May 8, 2022

Sermon Title: Six Virtues of a Woman

Sermon Text: Proverbs 31:10-31

Speaker: John O'Connor

Sermon Notes:



BIBLE READING PLAN

Week 2

- Proverbs 4
- Proverbs 5
- Proverbs 6
- Proverbs 31

Bible Reading: Proverbs 4 & 31

Measuring Our Successes and Shortcomings

As we read the fatherly advice in Proverbs 4 and the description of the virtuous woman in Proverbs 31, what stands out to you from these readings that you are doing well? In what ways would you say you are successful as a godly man or woman—father or mother?

In what ways would you say that you need to improve in your role as a godly man or woman—father or mother?

What are three things that you will do this week to become the man or woman that God desires for you to become?

1)

2)

3)

Bible Reading: Proverbs 5

LOVE – Demonstrating Our Love

Name six people that you love:

- | | | |
|----|----|----|
| 1) | 2) | 3) |
| 4) | 5) | 6) |

How do these people know you love them? What are you doing to demonstrate your love to them?

Read 1 John 3:11, 16-18. When God told us he loved us, how did he show it? How are we supposed to demonstrate that love to others?

Read Psalm 119:1-3. God knows we love Him by how we obey His commands (i.e. loving others) and by how much time we want to spend with Him (i.e. seeking Him). Write down two things you can do to love God this week and two things you can do to seek God this week:

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|---|---|
| • | • |
| • | • |

Bible Reading: Proverbs 6

Choose a verse from this week's Scripture reading.

Title:

Date:

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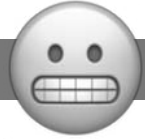
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Sermon Title: Six Things to Remember when Communicating

Sermon Text: Proverbs 16:20-25; 18:21

Speaker: Wade Allen

Sermon Notes:



Community Group:

Location:

Date:

BIBLE READING PLAN

Week 3

Proverbs 7

Proverbs 8

Proverbs 9

Bible Reading: Proverbs 7

Stop Being Careless with the Ones You Love

Read Ephesians 4:29-32. According to verse 29, what type of communication should we avoid? What are some examples of this?

What type of communication are we encouraged to have with others?
What effect will we have on the recipients of this communication?

What negative attitudes are we told to let go of in verse 31?

What positive attitudes are we told to focus on in verse 32? Why are we told to do this?

All of us have relationships that we take for granted sometimes. Is God putting someone on your heart that you need to encourage? Who is it? What will you do to encourage them this week?

Bible Reading: Proverbs 8

FAITH – Believing More for Someone Than They Do for Themselves

Think of three people who are close to your heart right now. What adjectives do you think God would use to describe them?

1)

2)

3)

How can you show these people every day how God views them?
What is it that you like about their character or habits?
(Look specifically for things that do not personally benefit you.)

Who is the most encouraging person in your life right now? Take a moment this week to thank that person for their faith for you.

Bible Reading: Proverbs 9

Choose a verse from this week's Scripture reading.

Title:

Date:

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Sermon Title:

Sermon Text: Proverbs 14:6

Speaker: David McEuen

Sermon Notes:



Community Group:

Location:

Date:

BIBLE READING PLAN

Week 4

- Proverbs 10
- Proverbs 11
- Proverbs 12

Bible Reading: Proverbs 10

Disarming the Irritated and Outraged

As Pastor David shared on Sunday, it is crucial that we maintain self-control in all situations, but have you ever found yourself face-to-face with someone who is out of control? How often does that happen?

Read Proverbs 15:1. What does the phrase "a harsh word" mean? How would you characterize it?

How would you describe "a soft answer" mentioned in this verse?

Read 1 Samuel 25:2-38. How did Abigail's quick response to Nabal's rash answer turn away wrath that day?

Read Romans 12:17-19. How do these verses relate to the other passages? What do we learn from this?

Bible Reading: Proverbs 11

INTEREST – Valuing What Others Value

In your top three relationships, what are the main interests of those people? List at least three per person.

- 1) _____ a)
b)
c)

- 2) _____ a)
b)
c)

- 3) _____ a)
b)
c)

How can you demonstrate interest in those things? Think specifically and practically.

Bible Reading: Proverbs 12

Choose a verse from this week's Scripture reading.

Title:

Date:

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Sermon Title: Five keystones for becoming wise

Sermon Text: Proverbs 15:30-33

Speaker: Wade Allen

Sermon Notes:



BIBLE READING PLAN

Week 5

- Proverbs 13
- Proverbs 14
- Proverbs 15

Bible Reading: Proverbs 13

Know When NOT to Listen

In his sermon, Pastor Wade shared five core principles about listening that will help us become wise. Which of these five principles do you struggle with most?

The writer of Proverbs also has advice for when we should Not listen. Read Proverbs 12:15-16. How does it describe the wise and foolish man in verse 15?

In verse 16, what are we encouraged to ignore, or not listen to?

Why is this important?

Bible Reading: Proverbs 14

Know When NOT to Speak

In the previous study we said that there are times when we should choose to not listen to others. Well, in today's study, we're going to see that there are also times when we should not speak.

Read Proverbs 29:11. What is the situation described here? And what advice is given to the wise?

Why is this good advice?

Is this something you struggle with? What are you doing to keep from losing your cool?

Read Proverbs 17:27-28. In verse 27, the writer describes someone with a "cool spirit." What can we learn from this advice?

What do you think about verse 28?

Bible Reading: Proverbs 15

Choose a verse from this week's Scripture reading.

Title:

Date:

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Week 6

June 5, 2022

Sermon Title: Four Encouragements and an Admonition

Sermon Text: Proverbs 17:9-15; 19:11

Speaker: Wade Allen

Sermon Notes:



Community Group:

Location:

Date:

BIBLE READING PLAN

Week 6

- Proverbs 16
- Proverbs 17
- Proverbs 18

Bible Reading: Proverbs 16

Becoming an Agent of Grace

In his message this week, Pastor Wade challenged us to see people as God sees them—through the lens of grace and compassion.

Read 1 Peter 4:7-10. In verse 10, the Bible encourages us to use our gifts to be "good stewards of God's varied grace." What gift is this referring to? (c.f. Romans 12:6-8; 1 Corinthians 12:4-11)

According to verse 8, what is needed to be able to show compassion and extend grace to others?

How does loving someone affect the way we see them? When someone you love wrongs you, how will you respond to them?

How would you respond to someone you do not like?

Think about some of the situations you have faced recently. Was there a time when you failed to extend grace and show compassion? What should you have done instead?

Bible Reading: Proverbs 17

AVAILABILITY – Making Room for Others in Crisis

Who has been there for you when the chips were down? Describe your feelings toward those people. Why do you feel that way?

What are the barriers to your availability? Are they practical (such as a full schedule)? Are they emotional?

What steps can you take to guard your heart while still making it open to others?

Bible Reading: Proverbs 18

Choose a verse from this week's Scripture reading.

Title:

Date:

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Sermon Title: **Nine Tips for Dealing with Conflict**

Sermon Text: **Proverbs 17:14-19; 26:17-22)**

Speaker: **Wade Allen**

Sermon Notes:



Community Group:

Location:

Date:

BIBLE READING PLAN

Week 7

Proverbs 19

Proverbs 20

Proverbs 21

Bible Reading: **Proverbs 19**

Why Can't We Be Friends

No one is immune from interpersonal conflict, but how we deal with conflict is evidence of our spiritual maturity. How do you tend to deal with conflict?

- | | |
|---|--|
| <input type="checkbox"/> Avoid all conflict | <input type="checkbox"/> Look for a compromise |
| <input type="checkbox"/> Appease others | <input type="checkbox"/> Search for a win-win scenario |
| <input type="checkbox"/> Win at all cost | <input type="checkbox"/> Other: |

Read Matthew 18:15-20. What is the biblical process for resolving conflict in the church? What is the ultimate goal of this process?

In light of the immediate context (Matthew 18:10-14), how should we treat someone who refuses to reconcile with us?

What if someone repeatedly sins against you, what does Jesus teach us about our willingness to forgive (Mt. 18:21-23)?

Bible Reading: Proverbs 20

RESPECT – Establishing a Person’s Worth

Our ability to give respect is often tied to how much we respect ourselves. What conclusions might you draw about yourself as you consider the following?

- Is your opinion of others influenced by their economic, educational, or social status?

- Do you find it difficult to let someone else be the expert?

- How do you respond when someone surpasses you in an area of your expertise?

- Does your respect for yourself change depending on what others think of you? Explain.

What changes in you when you respect another person’s value, rather than focusing on their faults?

Bible Reading: Proverbs 21

Choose a verse from this week's Scripture reading.

Title:

Date:

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Sermon Title:

Sermon Text: Proverbs 4:1-9

Speaker: David McEuen

Sermon Notes:



BIBLE READING PLAN

Week 8

- Proverbs 22
- Proverbs 23
- Proverbs 24

Bible Reading: Proverbs 22

Are You an Influencer?

Read Matthew 5:13-16. What picture does Jesus use to describe our influence on the people around us?

According to these verses, what is the goal of being the salt of the earth and the light of the world?

If someone were to record your actions from the last week and were able to watch them like a movie, would they “glorify your Father who is in heaven”? Why or Why not?

Name three people that you have a direct influence over. Think about a specific way you can be a good example for them. How will you point them to the Father this week?

- 1)
- 2)
- 3)

Bible Reading: Proverbs 23

RESPECT: What Every Man Needs

Most people-both men and women-believe that respect is something to be earned, but the Bible teaches unconditional respect. Read 1 Peter 2:17-18. What is the Bible teaching here in regard to respect?

Peter continues his teaching on respect and submission to authority in the next chapter, but this time he relates it to the family. Read 1 Peter 3:1-2. What do these verses say about a wife's attitude toward her husband?

Paul also addresses this issue in Ephesians 5:22-28. If a wife is to show respect to her husband, what does the Bible say about a husband's attitude toward his wife (verse 25 & 28)?

***When loved, a wife will react with respect.
When respected, a husband will react with love.***

Read Proverbs 12: 4. What does the writer of this proverb add to our understanding?

Bible Reading: Proverbs 24

Choose a verse from this week's Scripture reading.

Title:

Date:

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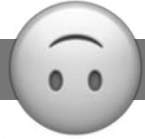
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Sermon Title: Six Obstacles in Becoming Self-Aware

Sermon Text: Proverbs 4:23-27

Speaker: Wade Allen

Sermon Notes:



Community Group:

Location:

Date:

BIBLE READING PLAN

Week 9

Proverbs 25

Proverbs 26

Proverbs 27

Bible Reading: Proverbs 25

Exploring Below the Surface

In the study, "Are You an Influencer?" on page 43, we spent some time thinking about the kind of movie your life would be. If someone were to video every moment of your life, what would you immediately stop doing or saying? Why?

Evaluating your day-to-day life is essential for developing self-awareness. We do not know what we do not know, so how can we go about becoming more self-aware? (consider Psalm 139:1-7,17, 23-24)

Would you be willing to use the prayer at the end of this psalm (verses 23-24) to help you to discover some of the obstacles in your journey toward spiritual maturity and self-awareness?

Will you pray that to God right now?

Spend the next few moments listening for God to speak to your spirit. What is He saying to you?

Are you dealing with issues of anxiety? Is there something you are doing or saying that is offensive to God or others? Will you repent of that now?

Bible Reading: Proverbs 26**TIME — The Key to Unlocking a Heart**

The real measure of what we value is how we live our lives in relation to time. This week, set aside a time to prayerfully evaluate your schedule and ask for guidance on how you can use your time with increasing wisdom. Use these questions to help you reflect:

Who is really important to you? Rank them. Does your boss come before your spouse, or your clients before your kids?

- | | |
|----|----|
| 1. | 3. |
| 2. | 4. |

What is most important to your loved ones? Time invested in these activities will yield the highest returns.

- | | |
|----|----|
| 1. | 3. |
| 2. | 4. |

How can you make the most of the parts of your schedule that you don't control—chores, commutes, the kids' soccer games, etc.?

- | | |
|----|----|
| 1. | 3. |
| 2. | 4. |

Are there any places in your life where time could become a trap to you—a coworker whom you're attracted to, an addictive game on your phone, etc.?

- | | |
|----|----|
| 1. | 3. |
| 2. | 4. |

Bible Reading: Proverbs 27

Choose a verse from this week's Scripture reading.

Title:

Date:

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Week 10

July 3, 2022

Sermon Title: Six Traits of the Wise

Sermon Text: Proverbs 13:20

Speaker: John O'Connor

Sermon Notes:



Community Group:

Location:

Date:

BIBLE READING PLAN

Week 10

- Proverbs 28
- Proverbs 29
- Proverbs 30

Bible Reading: Proverbs 28

Flirting with Danger

Over and over again throughout the Proverbs, the authors have warned us to be careful about who we spend time with and listen to for advice. In what way has God spoken to you these past two months about this? What changes do you need to make in this area?

Read Psalm 1:1-2. Notice the progression of “walk—stand—sit” in verse 1. What is the difference between walking with sinners, standing around with sinners and relaxing with sinners?

In your personal life, do you find yourself in one of these scenarios? If so, which one?

Where is the “blessed man” focused in these verses?

Read Psalm 119:9-11. What do these verses teach that affirms Psalm 1?

What is God asking you to do to obey this teaching? When will you do it?

Bible Reading: **Proverbs 29**

COMMUNICATION – The Lifeline to Every Relationship

Read the list of destructive forms of communication on page 56. Do you ever employ any of these in your relationships? Which ones?

Now read the list of constructive forms of communication. Which ones come most naturally to you?

Which might you need to work on?

If God only used the words you speak to others to judge you—what conclusion would He come to?

Bible Reading: Proverbs 30

Choose a verse from this week's Scripture reading.

Title:

Date:

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Destructive Words

Angry Words	Lying (Exaggeration)
Hasty Words	Flattery
Rash Words	Gossip
Harsh Words	Slander
Condemning Words	Complaining
Unkind Words	Cursing
Bitter Words	Quarreling
Mocking Words	Scoffing
Foolish Words	Comparison
Critical Words	Backbiting

Constructive Words

Words that Give Honor

Words that Bring Hope

Guidance

Words that Promote Faith

Consolation

Instruction

Edification (Words that Build Up)

Inspiration

Rebukes (See Prov. 9:8)

Encouraging Words

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It is our prayer that God will show you the things that He wants you to learn, and that you will obey all that He shows you!