

# LOVE HANDLES

FOR GREAT RELATIONSHIPS

## Part 1: Start with Your Soul

### INTRODUCTION

Relationships are complicated. But we do have some “love handles” that will have a positive impact on our relationships and set us up for long-lasting success. The first love handle is about your soul – when your soul is good, your relationships are good. What does it mean for your soul to be good and how does that impact your relationships for the better?

### LET’S TALK ABOUT IT

1. What do you think about the idea that if our soul is good, our relationships are good? Have you seen evidence of this in your life?
2. One of the first things required in soul care is rest. Do you rest well? What are some of the things you do for rest? What inhibits you from resting?
3. The second thing is responsibility. Do you feel the work you do and the responsibilities you have given you purpose? Is there any responsibility you are neglecting? Why might this be?
4. What do you think about restriction being key to your soul thriving? Buck says, “you can’t say yes to everything, or your soul is not at rest.” Have you experienced this?
5. Do you feel you have relationships that feed your soul?
6. What is a question you wish a friend would ask you more often?

### THIS WEEK

Which of the four soul needs (rest, responsibility, restriction, relationship) do you feel already feeds your soul? Which of the four do you feel you need more of in your life? What is one thing you can do to take care of your soul today that would also improve a relationship in your life?

“For what does it profit a man to **gain the whole world** and forfeit his **soul**?”

Mark 8:36