

SERMON NOTES

July 18 & 19, 2026

Relationship Status: "It's Complicated" Me, Myself & I
Ephesians 4:15

Bottom Line: I make _____ about myself that God would _____ with.

- aletheuo (ἀληθεύω): "to truth," "to speak the truth," or "_____"

Agreements:

What do you say to yourself when someone does not _____ to you?

- Complication: I make decisions based on _____.

- Truth: Do not lean on my own _____.

Proverbs 3:5-6

What do you say to yourself when you make a _____?

- Complication: I settle for less in _____.

- Truth: God created me to have an _____.

John 10:10

What do you say to yourself during _____?

- Complication: I let _____ influence how I show up in _____.

- Truth: The strongest relationships _____ into conflict instead of _____ out. **Matthew 18:15**

What do you say to yourself when you are _____?

- Complication: I _____ and burn out.

- Truth: _____ is just as powerful as _____

Psalms 4:8

Life Steps

Relationship Status: "It's Complicated" Me, Myself & I | July 20-26, 2026

Monday

Ephesians 4:14-15

Reflect: The author of Ephesians helps us understand Christian identity in the Ephesian church. Do we understand our identity that makes up the local church today? If you and Jesus were sitting knee to knee, what would he tell you about your identity? Write it out. Is there anything difficult to agree on? Why or why not?

Prayer: God, help me believe I am who You say I am. Amen.

Tuesday

Proverbs 3:5-6

Reflect: It can be difficult to zero in on why we keep leaning on our understanding instead of His, even when we desire to submit everything to Him. What thoughts, conversations, or situations are complicated in this season of life? List them.

Prayer: God, we surrender these thoughts, situations, and conversations to you. Search me and reveal any place I am leaning on my own understanding, so I may begin leaning on yours. Amen.

Wednesday

John 10:10

Reflect: The thief is anyone or anything that steals your time, energy, and attention away from God's purpose for our lives. What thought or scenario do you spend a lot of time thinking about? Is that time well spent, or is that time that could be spent thinking about something more productive?

Prayer: God, you know where I spend my time in my mind. Help me discover thieves that steal my attention away from Your plan for my life. Amen.

Thursday

Matthew 18:15

Reflect: This verse is about dealing with sin in a faith community, but it has often been used as a model for confrontation. Do you have any relationships in your life that are complicated, but you still want to salvage them? How might you use this verse to help you know your next step?

Prayer: God, help me deepen my relationship with you so my conversations with others are influenced by You, not me. Amen.

Friday

1 Kings 19:4b-6

Reflect: Often, we need to push ourselves towards a finish line like Elijah. At the end, however, he rested. Twice. Do you allow yourself space to rest? If you have ever experienced grief, a medical event, a child growing into a new milestone, marriage, divorce, or a relationship ending (work or personal), rest is beneficial.

Prayer: God, help me discover you have things covered, especially when I rest. Amen.

Saturday

Psalms 127:2

Reflect: Our identity does not come from what we do, but instead, who we are created by. Sometimes we silence God's movement with our need to be busy. Does slowing down make you uncomfortable? Does being alone with your own thoughts bother you? Find time to sit in silence today for 2 minutes.

Prayer: God, You are active in all things, even when I slow down. Help me be still. Amen.

Sunday

Psalms 4:8

Reflect: We can lie down and sleep without waking up in worry or panic. The trouble of the world and the complications of our relationships may last longer than we want, but in the presence of the Lord, we will not lose ourselves. We are safe because He is safe, no matter what season we find ourselves in.

Prayer: God, thank you for being the gatekeeper of my identity and safety. Amen.