

✘ Interpersonal Competence ✘

A YOUNG PERSON HAS EMPATHY, SENSITIVITY, AND FRIENDSHIP SKILLS

By Joshua Scott

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Joshua Scott, a student of the Word, plays music whenever he has a chance. He is deeply fascinated with the world around him and craves coffee with 4 lumps of sugar. When not traveling with music, he attends Augsburg College for the Youth and Family Ministry degree.

2 Corinthians 2:14-15: But thanks be to God, who in Christ always leads us in triumphal procession, and through us spreads in every place the fragrance that comes from knowing him. For we are the aroma of Christ to God among those who are being saved and among those who are perishing.

- What was the funniest/sickest smell you experienced?
- Smell helps you identify people and places. When you think of the past, what smell stands out?
- What “smells” do you bring to a relationship?
- When I reach out to someone I...
- What does the world tell us about relationships?
- What is the difference between empathy and sympathy?
- What would meeting Christ be like?
- How would Christ reach out to you?
- In what ways do you offer support for your friends?
- What are some things your friends do that you don't like?
- Share an experience where you did not allow your friends to care for you.
- What kind of support do you need in a friendship?
- Tell about an experience where you know God has worked through one of your friends.



So What?

How do we spread the aroma of Christ in relationships? Some answers may be wild and crazy, while others very serious. Somber to zany, we are ambassadors of Christ in the midst of all relationships.



Candle Time

Light a fragrant candle or incense to depict the aroma of Christ. Have participants write a prayer of concern for a relationship on a note card. Collect the cards, then hand them out to a different person. Each person prays for the concern on the card. Just as Christ connects us as a family, so are our struggles shared.



EXPLORE

Matthew 6:21	...where your treasure is, there will your heart...
Phillipians 3:8	...I count everything as loss because of the...
Job 11:18	...have confidence because there is hope.
Psalms 118:8	It is better to take refuge in the Lord than...
1 Samuel 25	The reputation of Abigail
1 Samuel 16:7	...the Lord sees not as man sees: man looks on the outward...



Leader Page

Discussion Goal

By sharing ourselves, we are sharing Christ.

Background

Friendship is a vital part of our lives. Our friends are people who help, comfort, guide, and change with us as we experience the joys and sorrows of this world. It would be challenging to build these types of relationships without interpersonal skills. Jesus had these same skills. He encouraged and listened to people, and befriended all who were searching for a relationship. It would be naive to think that all relationships function properly. Good friendships take time, trust, and a lot of work to develop. Experiences are different and we all have had unique experiences with friends.

When we share our hearts and lives with the people around us, we are sharing Christ. Christ calls us to reach out to others with his love in the simple statement of “love your neighbor.” This type of love may seem foreign to many, but it is at the core of the Christian belief. As the group discusses the elements of relationships, participants will hopefully see the connection that Christ changed people’s lives through relationships. We are “the fragrance of Christ” in which God meets people in our world.

Motivate

Needed: 2 sets of paper dipped or smeared with various fragrances. Be creative, the wider variety of smells the more enjoyable the exercise! Divide large group into two groups. Number the pieces of paper and have the groups list what the specific smells are. The team to identify the most smells wins!

Option

Play Tug of War: This is a simple and easy game that many have played. Divide the large group into two smaller groups, approximately equal in size. Have each team go to one side of a rope. Place a marker in the middle the thick rope. The game ends when someone is pulled past the marker. Before the leader starts the game with a signal, allow 30 seconds for teams to talk. This time is used for group building and leadership development.

Questions

- What was fun/hard about the tug of war exercise?
 - How is this game like a friendship?
 - What qualities do you find in a friend?
 - When I reach out to someone I ...
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