

# CIRCLES EXERCISE

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## PART ONE |

“By this all men will know that you are my disciples, if you love one another.” John 13:35

God is relational in his nature as the Father, the Son, and the Holy Spirit. He is a god of love, and love is relationally experienced. The “body of Christ,” the Church (*ecclesia*), is the gathering of believers. Relationships are very important to God and a key part of our maturing process. The health of our relationships should therefore be a significant indicator of our spiritual maturity.

John 13:35 indicates discipleship is most evident in our love for one another. Embedded in that verse is the truth that we can love well because he first loved us. In trusting God, we let him love us. In receiving his love, we are able to love others. It is by his grace and through his grace that we are able to grow and mature spiritually in love.

One of our primary designed desires is to be able to be loved. We are made to give and receive love. Loving relationships are one of the greatest innate human desires that God designed in us.

A key question for reflection based on these truths is, “Do I prioritize relationships accordingly in my life?”

Most of us desire deeper relationships with others, we just haven’t prioritized nurturing them. Jesus set a precedent for this by prioritizing select close relationships. He had relationships with various groups at various degrees of intentionality and depth like his family and his disciples (the three, the twelve, and the seventy).

This exercise will help you create a visual representation of your relationships.

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## PART TWO |

In the graphic below, please fill out the different sections of the pie with names of some of the people you have relationships with. Place names of those you are closest with towards the center of the pie. Move further out as the relational depth gets more shallow.



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## PART THREE |

Based on the diagram on the previous page, what area of relationship needs more focus?

What is a fear that prevents you from trusting others more deeply, has kept the level of relationships where they are, and prevented them from going deeper?

Describe what it would look like to take a step to increase the depth of trusting others with the real you.

With whom would you like to prioritize a deeper relationship of trust? What would that look like?