INTRODUCTION
Ralph Waldo Emerson famously said, “Sow a thought and you reap an action; sow an act and you reap a habit; sow a habit and you reap a character; sow a character and you reap a destiny.” At Sun Valley, we often say that at the end of the day all that matters is God and people. If we believe this to be true, we need to take our daily thoughts and actions very seriously as they will have an incredible impact on our relationship with God and people. The spiritual law of sowing and reaping helps us to evaluate the future of our relational health.

CONVERSATION STARTERS
1. What in your life are you most grateful?
2. What habits are you most proud in your life?

SERMON NOTES REVIEW
Looking back at your sermon notes from this weekend’s teaching, was there anything said that caught your attention, challenged you, or confused you?

WATCH THE VIDEO
https://youtu.be/EAxG4lcq4QQ

GROUP DISCUSSION
1. What is one relationship that you need to be able to plant seeds in today?

2. Robert says, “Whenever you do, say or think something, you are sowing seeds.” What things have you reaped without even realizing you were planting seeds? If it helps, think about a mistake (or a success) you have made. What seeds did you plant that led to the mistake (or success)?

3. What seeds are you planting right now in your relationships that should lead to something positive? In other words, what regular habits will hopefully make a positive difference in your relationships?

4. What seeds do you need to stop planting? What habits do you see sending you down a wrong path?

5. The Four Horsemen of the Marriage Apocalypse: Criticism, Defensiveness, Contempt, and Stonewalling. Which of these are you most guilty of in your relationships and how can you improve?
6. Take Gottman Institute’s 2-minute Relationship Quiz at
   https://www.gottman.com/how-well-do-you-know-your-partner/ What do you notice
   about your results?

PRAYER
Jesus: Thank You for the spiritual law of sowing and reaping. Help us to apply its
principles so we can build relationships that are healthy and honor You. Help us to
forgive ourselves and others for our past failures. We give all of our relationships over to
You. In Jesus name, Amen.

ANNOUNCEMENTS
● Register for the free marriage retreat at  http://marriage.sv.cc
● To hear the latest on our re-gathering plan, visit
  https://www.sunvalleycc.com/updates/
● Robert mentioned the Gottman Institute when discussing the Four Horsemen of the
  Marriage Apocalypse. Check out some of their resources at
  https://www.gottman.com/