Prayer: Dear Heavenly Father,

Thank you for showing us through your Word what a relationship looks like. We have all made mistakes and invested in the wrong relationships, so we pray for 2019 you can show us exactly WHO we should be spending our time with and investing in. Lord, I pray you can mold us into a person who is genuine and kind and adds value to everyone's life. Lead, guide, and direct us to who you want us to mentor and who you want to mentor us. Help us surround ourselves with people who encourage us and point us to you. Help us set boundaries with the ones who don't. We love you Jesus.

In Jesus name, Amen

Let’s take a look at relationships within three areas of your life. Make a list of the people in your life that provide you with emotional gains (people who enrich you emotionally) and those that cause you an emotional drain (people who suck the life out of you).

|  |  |  |
| --- | --- | --- |
| **Areas** | **Gainers** | **Drainers** |
| At Home |  |  |
| At Work |  |  |
| Socially/Other |  |  |

Goal: to have healthy and fruitful relationships in 2019!

How do you feel when you are with the drainers?

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How do you feel when you are with the gainers?

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Now, set some emotional boundaries. Work on making more room in your life for the gainers and providing less space for the drainers. How can you do this?

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Scriptures

**Proverbs 13:20**... Whoever walks with the wise becomes wise, but the companion of fools will suffer harm.

**Proverbs 18:21**... One who has unreliable friends soon comes to ruin, but there is a friend who sticks closer than a brother.

**Ephesians 4:2-3**... Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace.

Journal a prayer to your Heavenly Father.

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