

Relate Luke Smallbone/Joel David Smallbone/Taylor Monet Parks/Joshua Kerr

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If you'd like to watch the video: <https://youtu.be/Y7CnoV6P6zc>

Has life hit you so hard that you've been knocked down?
Have you gone too far to find the middle ground?
Did they raise you so high just to pull you back down?
Have you been so lost you could never be found?

Refrain:

I've been real, I've been fake. Been a sinner, been a saint.
I've been right, I've been so, so wrong. Yeah, I've made my mistakes
I don't know what it's like to be you. You don't know what it's like to be me.
What if we're all the same in different kinds of ways? Can you, can you relate?

We both know what it's like to be hurt. We both know what it's like to feel pain.
But I think it's safe to say we're on to better days. Can you, can you relate?

Have you ever been left when you shoulda been loved?
Has there ever been a time when you stayed but you should've run?

Refrain:

I don't know what it's like to be you. You don't know what it's like to be me.
But by the grace of God, we'll see each other's heart. Can you, can you relate?

Has life hit you so hard that you've been knocked down?
Have you gone too far to find the middle ground?
Did they raise you so high just to pull you back down?
Have you been so lost you could never be found?

Spend some time thinking about situations like these in your life. Do you feel like you were/are the only person experiencing these things? How can thinking that way impact the way you deal with those situations? With other people?

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What if we're all the same in different kinds of ways? Can you, can you relate?

Romans 7:14-16 *"I can anticipate the response that is coming. 'I know that all God's commands are spiritual, but I'm not. Isn't that also your experience?' Yes, I'm full of myself – after all I've spent a long time in sin's prison. What I don't understand about myself is that I decide one way, but then act another, doing things I absolutely despise. So if I can't be trusted to figure out what is best for myself and then do it, it becomes obvious that God's command is necessary."*
The Message¹

Can you relate to this scripture? Have there been times in your life when you've known what's right but still done what you know you shouldn't? How does that make you feel? How do those actions and how you feel about them impact the way to interact with other people?

Thinking about your life and your experiences, can you see how they've shaped the choices you've made? In what ways? Can you take the connection you see in your life and look for it in the lives of others? Spend some time with this, and with what you see. Can you see where the kind of behavior Paul is talking about needs God's intervention in your life? In the lives of others?

We both know what it's like to be hurt. We both know what it's like to feel pain.
But I think it's safe to say we're on to better days. Can you, can you relate?

Matthew 18:15 *"If a fellow believer hurts you, go and tell him – work it out between the two of you. If he listens, you've made a friend."*
The Message¹

How can understanding that we are not the only ones who have been hurt, who have known pain, impact how you interact with others? Can that understanding make it easier to deal with someone who has been difficult? In what ways?

Have you ever been left when you shoulda been loved?
Has there ever been a time when you stayed but you should've run?

Romans 5:4-6 *“And patience develops strength of character in us and helps us trust God more each time we use it until finally our hope and faith are strong and steady. Then, when that happens, we are able to hold our heads high no matter what happens and know that all is well, for we know how dearly God loves us, and we feel this warm love everywhere within us because God has given us the Holy Spirit to fill our hearts with his love. When we were utterly helpless, with no way of escape, Christ came at just the right time and died for us sinners who had no use for him.”*
The Living Bible²

What does the reassurance that Paul offers the Romans say to you?

Jesus can relate to our life experiences. He knows how it feels to have people that should love us turn their backs. He came in love to share love, but the very people He came to save crucified Him. What does that mean to you as you look at the hard times in your life?

Jesus could have run, but He willingly stayed because of His love for *all* God’s children – including you. And those who we find difficult to deal with. How does that make you feel?

The Holy Spirit is with in us, to guide us in our dealings with others. How can you ask the Holy Spirit to help you as you face the people you struggle to relate to? As you face people that can’t seem to relate to you?

I don't know what it's like to be you. You don't know what it's like to be me.
But by the grace of God, we'll see each other's heart. Can you, can you relate?

Ephesians 2:14-18 *“The Messiah has made things up between us so that we’re now together on this, both non-Jewish outsiders and Jewish insiders. He tore down the wall we used to keep each other at a distance. He repealed the law code that had become so clogged with fine print and footnotes that it hindered more than it helped. Then he started over. Instead of continuing with two groups of people separated by centuries of animosity and suspicion, he created a new kind of human being, a fresh start for everybody. Christ brought us together through his death on the cross. The Cross got us to embrace, and that was the end of the hostility. Christ came and preached peace to you outsiders and peace to us insiders. He treated us as equals, and so made us equals. Through him we both share the same Spirit and have equal access to the Father.”*
The Message¹

Ephesians 4:2-3 *“And mark that you do this with humility and discipline – not in fits and starts, but steadily, pouring yourselves out for each other in acts of love, alert at noticing differences and quick at mending fences.”* The Message

We need to look at each other's hearts, not just their words and actions - because we know from looking at our own lives that our words and actions don't always reflect our heart. Even if that's hard to do, we have the Holy Spirit to help us. And when we take that step we will see exactly what is in our heart – the love and grace of God, embodied by the sacrificial love of Jesus Christ.

Can you relate?

Important note!

We are NOT referring to people who act in dangerous or harmful ways.
In those situations, *please* take the steps you need to be safe –
speak to a counselor or therapist or the authorities
as the situation warrants.

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Grace Notes: growing our faith through music by Coni Ferland