

HOW BUILDING GREAT RELATIONSHIPS  
AND ENDING BAD ONES  
UNLOCKS YOUR GOD-GIVEN PURPOSE

THE  
PEOPLE  
FACTOR



VAN MOODY

A PDF COMPANION TO THE AUDIOBOOK

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# You've Got to Be You

THE LAW OF BEING REAL

## RAISING YOUR RELATIONAL IQ

1. In what ways do you think being transparent will benefit you and your relationships?
2. In the section titled "It Starts with You," I list several questions that will help you get to know yourself better. I encourage you to take some time to answer those questions now.
3. In the section titled "Invite Others into the Process," I suggest some questions to ask a trusted friend. Whom do you trust enough to answer these questions lovingly and honestly for you?
4. Think about a few people with whom you have extremely close relationships. Are their actions consistent with their words? Do you believe they know themselves well and allow themselves to be transparent with you? In what ways?
5. In what specific ways do you need to become more straightforward and sincere? What steps can you take to become more vulnerable or to develop skills needed for true intimacy?

6. What parts of yourself do you allow people to see?  
What parts do you hide? Are you allowing your whole self to enter into your relationships? If not, why?
7. Do you display fear in any of your relationships?  
Why?
8. What aspect of being vulnerable scares you most, even though you know it brings out the best results in relationships? Will you allow this to hinder you?

# Healthy Relationships Must Be Win-Win

THE LAW OF MUTUAL BENEFIT

## RAISING YOUR RELATIONAL IQ

1. Given the unique circumstances and specific realities of your life, what would a win-win relationship look like for you?
2. If you could write your own script for a great relationship, what benefits would you want to offer other people, and what benefits would you like others to offer you?
3. Has a one-sided relationship ever drained or exhausted you? Think for just a moment about what you could do with the time and energy you would save if you were to back away from that relationship and invest instead in win-win alliances.
4. Of all the people you know, which two or three do you believe have the greatest potential to become synergistic friends?
5. Consider your hopes and dreams, your goals and desires. How could a synergistic relationship help you achieve them in faster, better ways?

# Be Like-Minded About What Really Matters

THE LAW OF AGREEMENT

## RAISING YOUR RELATIONAL IQ

1. What are the primary values in your life? What are your top priorities? What are the nonnegotiable character traits you need in friends and associates?
2. Think about your closest relationships. In each case, are you and the other person in agreement about important issues such as values, beliefs, and matters of character?
3. Why is agreement on major issues important in your life?
4. Who are the people in your life who operate with the highest levels of integrity? In what ways have they proven their integrity to you?
5. In the section titled “How to Recognize Integrity” I mentioned some questions designed to help you assess character in others. These questions would also be good for you to answer for yourself as you continue to develop greater character and integrity. Why not do so now?

# Release Your Past to Embrace Your Future

## THE LAW OF LETTING GO

### RAISING YOUR RELATIONAL IQ

1. When you think of the phrase “Remember who you are,” what comes to your mind? The challenge I want to issue you today is not to define yourself in terms of your past. As you think about who you are, the pain of the past is off-limits. So, who are you?
2. When you think about who you really are, the person God has created and ordained you to be, what kind of potential do you have in life, in your career, and in relationships? If you were to fully express who God designed you to be, what would that look like?
3. Have you ever walked away from a potentially good relationship because of something you experienced in the past? How can you keep from doing that again?
4. Who are your “adventurers,” the people God has given to you to provide what you’ve longed for and found lacking in previous relationships?

5. Only you and God know the specific pains of your past, and God wants to heal them. What steps do you need to take to begin your journey into healing? I encourage you to pray about this and seek wise counsel from a trusted friend, minister, or professional. Get a plan for healing and wholeness and stick with it. Stay on the lookout for God to intervene and to lead you in sovereign ways into good places as you trust Him.



# You Can't Be Friends with Everyone

## THE LAW OF SELECTIVITY

### RAISING YOUR RELATIONAL IQ

1. The idea of qualification and selection is foreign to many people because they have been taught to try to have as many friends as possible. Is the idea new to you, and if so, would you give selectivity a try?
2. Why would selectivity in relationships be good and wise for you?
3. After reading this chapter, are you having second thoughts about any of your relationships? What caught your attention and caused you to think?
4. Have you given some of the best years of your life to some of the worst people you've ever known and suffered because of it? I want to encourage you today and remind you that God is a Redeemer and a Healer, and He can restore the years you have lost (Joel 2:25).
5. Based on what you learned in this chapter, who are some people in your life who may be good candidates for stronger relationships than you currently enjoy with them? From whom do you need to begin to back away?

# Everybody Has to Give

## THE LAW OF SACRIFICE

### RAISING YOUR RELATIONAL IQ

1. From your perspective, what is the connection between value and investment? Why does sacrificing for a relationship increase its value?
2. When you are in a relationship, what do you find most difficult to sacrifice? Take, for example, time, other relationships that may be less valuable, finances, or things you want for yourself.
3. Are you currently involved in a relationship that demands more sacrifice than you are making? If so, is the relationship valuable enough to you for you to make the needed sacrifices?
4. Why is your love for God connected to your love for other people? In your everyday life and in your relationships, how can you demonstrate in practical ways your love for Him by loving others?
5. I mentioned in this chapter that great relationships require continual investments of time, energy, care, and communication. Given the responsibilities and priorities of your life, how many truly great relationships do you think you can reasonably invest in?

# What You Don't Know *Can* Hurt You

THE LAW AGAINST SECRETS

## RAISING YOUR RELATIONAL IQ

1. What is your secret?
2. How has your secret negatively affected your personal life and your relationships?
3. Are any of your current relationships in jeopardy because of your secret? If so, explain the problem and elaborate on why your secret is destroying the relationship.
4. Can you safely share your secret with one or two trustworthy people? Who are they? Do not hesitate to seek professional help if you need to do so.
5. Take a look at 1 John 1:7, 9. How do these verses encourage and strengthen you on a personal level when you think about sharing your secret?
6. Have you properly assessed the people in your life to know if they have secrets? If not, describe an appropriate situation in which you might take the first step.

# The Most Valuable People Aren't Always the Most Visible

THE LAW OF TRUE VALUE

## RAISING YOUR RELATIONAL IQ

1. Who are the most visible people in your life?
2. Who are the most valuable people in your life? Why is each one valuable to you?
3. Who has done something significant for you, as Zipporah did for Moses? Have you thanked that person? Do you continue to honor him or her in your life by being loyal?
4. One of the sad facts of the story of Moses and Aaron is that Moses truly thought he needed Aaron, when in reality, he probably didn't. With enough confidence in God and the right people around him, he could have succeeded without Aaron's help. Is there anyone in your life you *think* you need, but who really is causing frustration and sending your destiny on a detour?
5. When you think about the characteristics of truly valuable people, how do you think you may need to improve your relational skills so you can be valuable to others?

## Is That Person *Really* on Your Side?

### THE LAW OF LOYALTY

#### RAISING YOUR RELATIONAL IQ

1. What kind of leadership position do you hold? Are you a leader in your home, at work, in your church, in a civic organization, or in some other way? Do you see yourself as more like David or more like Uriah?
2. In what ways do you relate to people in positions of leadership—at work, at home, on a team, in a class, in a religious institution, on a committee, or in other ways? Are those leaders demonstrating qualities of loyalty or disloyalty?
3. I often say, “Leadership rises and falls on relationships.” After reading this chapter, why do you think that is true?
4. Have you ever been disloyal to someone, intentionally or unintentionally? How did you feel about it? Have you pursued God’s forgiveness and determined to be loyal from now on?

5. Has anyone ever betrayed or been disloyal to you? What was that experience like, and what did you learn from it?
6. One of the saddest parts of David and Uriah's story happens at the end, when Uriah unknowingly takes his own death warrant to his commander. Have you ever been in a situation in which your loyalty did you more harm than good? How can you better recognize disloyal people in the future? How can you be loyal in appropriate ways to the people in your life?
7. Who are the most loyal people in your life? What qualities do they exhibit to prove their loyalty to you?

## Changing Places

### THE LAW OF CONSTRUCTIVE TRANSITION

#### RAISING YOUR RELATIONAL IQ

1. Has someone valuable and important in your life ever stood between you and your destiny or tried to talk you out of following God's will for your life? How did you feel? How did you respond?
2. Have you ever hindered anyone from pursuing God's plan because you did not understand everything that person understood? How do you wish you had handled the situation differently? If you have not already done so, would you follow Pastor Sanders's example and apologize?
3. In your personal life, are you willing to believe that people who seem to try to keep you from doing what you need to do may genuinely love you but may not completely understand your situation? Are you willing to believe they have positive motives? This willingness to believe the best will pave the way for relationships to remain intact and possibly be restored at some point.

4. Think about the significant, valuable relationships in your life. How can you be a building block instead of a stumbling block for those people?
5. Is there a relationship in your life that needs a constructive transition right now? Based on the understanding you have gained in this chapter, how will you move forward with that?



# You Can't Take Him with You

## KNOWING WHEN AND HOW TO END AN UNHEALTHY RELATIONSHIP

### RAISING YOUR RELATIONAL IQ

1. Have you ever encountered someone like John Mark, a person with whom you had a great relationship at first but who later abandoned you? How did you feel when that person left?
2. Do you see any signs that something is going bad in a current relationship in your life? What do you see?
3. Generally speaking, are you more like Paul or more like Barnabas? Do you tend to distance yourself from people when they have disappointed you, or do you give them grace? Can you see the value in both ways of dealing with people under different sets of circumstances?
4. If you have reached a point where you need to discontinue a relationship that was once good and valuable, how can you do so in the kindest, most affirming, most loving way?
5. Why is it important to have the right people around you as you move forward into the future God has for you?

## Kiss Orpah Goodbye

RECOGNIZING WHO IS IN YOUR  
LIFE FOR THE LONG TERM

### RAISING YOUR RELATIONAL IQ

1. Who are the covenant partners in your life?
2. If you have a covenant partner, even if you've never applied that term to the relationship until now, what qualities in that person inspire your trust and desire for a lifelong relationship?
3. Is there anyone in your life currently who has the potential to become a covenant partner for you? Who is it? How do you know?
4. If you have a major disagreement or problem with a covenant partner, what relationship skills have you learned through this book or elsewhere that will help you successfully navigate and work through that difficult time?
5. Think about how much your covenant partners mean to you. How can you demonstrate or communicate to them in practical ways that you take their partnership very seriously?
6. In your own words, what is the value of having a covenant partner in your life?

# When Helping You Is Killing Me

HOW TO HAVE HEALTHY RELATIONSHIPS  
WITH UNHEALTHY PEOPLE

## RAISING YOUR RELATIONAL IQ

1. Have you found that trying to help someone was good for that person but detrimental to you? What did you learn from that experience?
2. Which relationships in your life are based on shared pain or a shared past? What do you share, and why is it so powerful?
3. In your relationships with people who share your past or your pain, do you see signs that any of these relationships are or could become toxic? What do you see?
4. Are you currently helping anyone who does not appreciate your assistance? Why is a lack of gratitude a bad sign?
5. How do you think wrong relationships actively interrupt or oppose God's plans for your life?
6. Is someone in your life right now displaying any of the eight indicators of a toxic relationship? How can you begin to set limits and keep that person from hurting you emotionally?

7. What kinds of boundaries do you need to set with certain people in order to protect yourself emotionally and to stay on the path of destiny God has laid before you?

## The Journey Matters

UNDERSTANDING THE PROCESS  
OF GREAT RELATIONSHIPS

### RAISING YOUR RELATIONAL IQ

1. In your life right now, who are the candidates for great relationships? Why?
2. Are you content to be in the background or do you prefer the spotlight? If you want to be the center of attention in your relationships all the time, what good things might you miss by not allowing the other person to shine at times?
3. Why are jealousy and competition so destructive in relationships?
4. In what practical ways can you show the people who are important to you that you really want the best for them and will help them achieve it?
5. Have you ever made a hasty decision and backed away from a relationship before really giving someone a chance? Did you later regret it?

6. Do you consider yourself patient with others or do you tend to react too quickly when they make mistakes, say something wrong, or do something you don't like?
7. In your own words, why is it necessary for relationships to go through certain things if they are going to be strong, healthy, and valuable to both parties involved? What benefits can people reap from the process and journey of relationships?

# Lovesickness and Its Cure

## THE VERTICAL FACTOR

### RAISING YOUR RELATIONAL IQ

1. Have you ever been lovesick? What was that experience like?
2. If you are lovesick now, is it time to walk away from the relationship you have been so strongly pursuing?
3. Have you ever thought about God in terms of a Lover pursuing you, His beloved? How do you feel when you realize He is longing for you?
4. What does it mean to you personally to know you are part of God's family?
5. How does the fact that you are God's darling impact you?
6. How do you feel when you realize that God wants to bring peace to every area of your life?
7. In your own words, express what it means to you to be flawless before God.