BEULAH FIRST BAPTIST

Dr. Felix L. Cole, Senior Pastor

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Focus: PROVERBS – Wisdom for the Way We Live
Week 4: The Wisdom of Relationships – Building Healthy Relationships, Navigating Conflict, and Speaking with Wisdom
Dr. Felix L. Cole – Senior Pastor

Primary Texts: Proverbs 17:17, Proverbs 27:17

Supporting Texts: Proverbs 12:18; Proverbs 13:20; Proverbs 15:1–2; Proverbs 16:28; Proverbs 17:14; Proverbs 18:13; Proverbs 19:11; Proverbs 27:5–6

Tonight's Question: What does wisdom teach us about building and maintaining healthy relationships?

INTRODUCTION: Relationships are one of life's greatest blessings, but they can also be among our greatest challenges. Proverbs teaches us that wisdom shapes not only our personal decisions, but also how we invest in others, communicate, handle disagreements, and demonstrate character. Healthy relationships require more than good intentions; they call for consistent, wise conduct.

Central Aim: Healthy relationships are cultivated through wisdom, strengthened by character, and sustained through how we communicate, handle conflict, and treat one another.

1. Relationships Require Investment – Proverbs 17:17; Proverbs 27:17
Healthy relationships require intentional effort, faithfulness, and consistency. They provide opportunities for mutual encouragement, accountability, and growth. We must consider not only what we receive from relationships, but also what we contribute to them.

Truth to See: Healthy relationships require more than finding people who stand with us; they also require becoming people who can be counted on.

Question to Consider: Am I becoming the kind of person who contributes to healthy relationships?

2. Communication Requires Wisdom – Proverbs 15:1–2; Proverbs 18:13; Proverbs 12:18
Wisdom begins with listening to understand before responding. Our words can strengthen relationships or create unnecessary wounds. Tone, timing, and attitude matter alongside the truth of what we say.

Truth to See: Being right about what we say does not excuse being wrong in how we say it.

Question to Consider: Do my words and responses strengthen my relationships or create unnecessary tension?

3. Conflict Requires Maturity – Proverbs 19:11; Proverbs 17:14; Proverbs 27:5–6
Even healthy relationships experience disagreement and disappointment. Wisdom helps us discern when to overlook an offense, when to address an issue through honest conversation, and when to disengage from an unproductive argument. Forgiveness does not automatically restore trust.

Truth to See: Healthy relationships are not free from conflict; they require wisdom in how conflict is handled.

Question to Consider: When disagreements arise, am I seeking resolution or simply trying to prove that I am right?

4. Healthy Relationships Require Character – Proverbs 16:28; Proverbs 13:20
Trust is strengthened through honesty, consistency, and discretion, while gossip and divisive behavior weaken relationships. The people we allow to influence us also shape our attitudes and conduct. We cannot control others, but we are responsible for our own character.

Truth to See: Healthy relationships require more than good intentions; they require godly character.

Question to Consider: Do my actions make it easier or harder for others to trust me?

Healthy Relationships in Everyday Life

Area	What Wisdom Requires
Investment	Faithfulness, intentional effort, mutual growth
Communication	Listening, thoughtful words, appropriate tone
Conflict	Patience, honest correction, discernment
Character	Trust, integrity, discretion, wise influence

Personal Reflection: What habits or attitudes may be weakening the relationships in my life?

This Week's Challenge: Identify one relationship in which you can practice greater intentionality, patience, or maturity.

Wisdom for the Week

LISTEN	SPEAK	RESPOND
Seek understanding before responding.	Communicate truth with wisdom and grace.	Choose actions that reflect patience and integrity.