

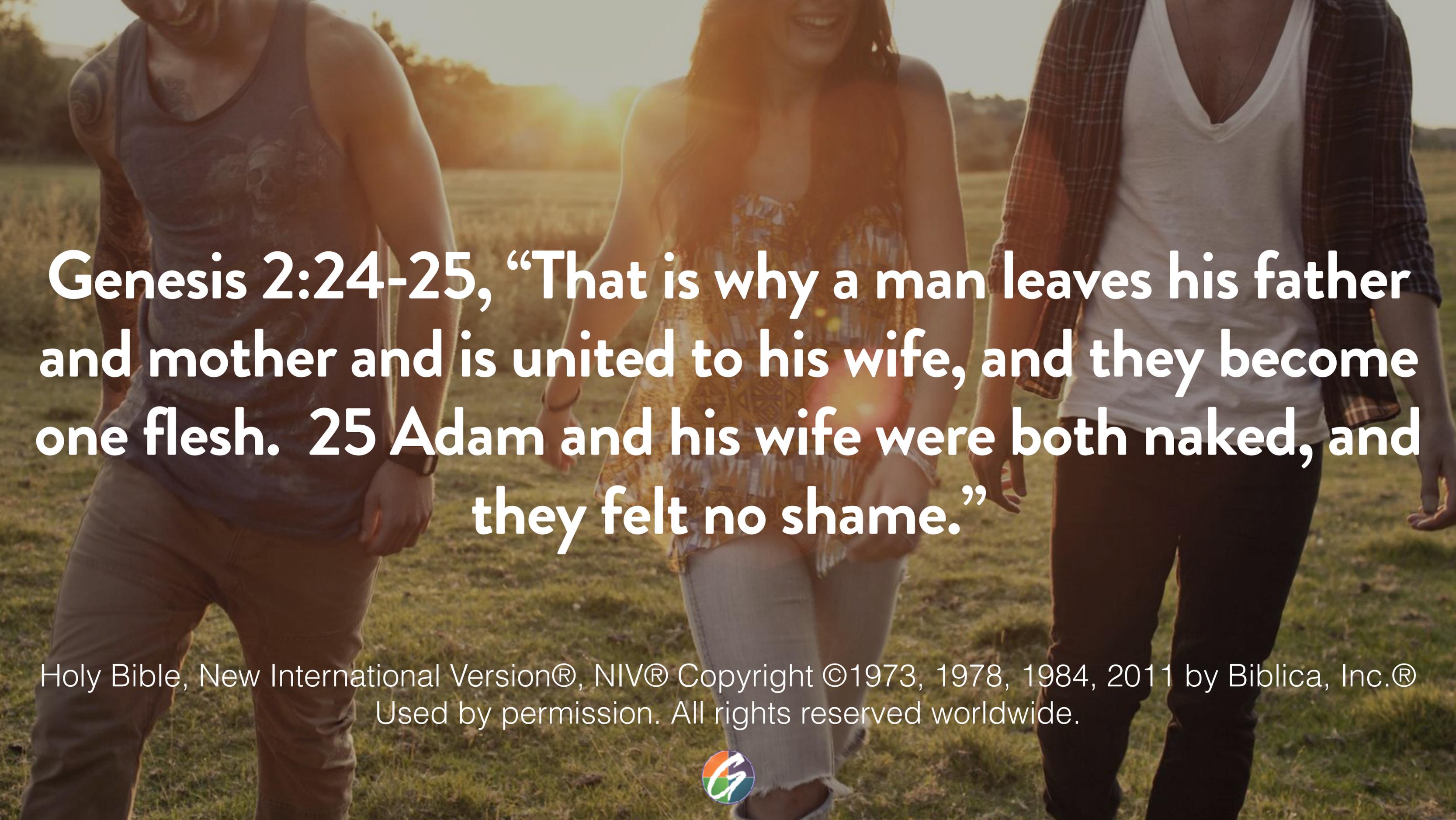
RELATIONSHIPS.

Is there an app for that?



4 Commitments for Healthy Relationships: Part 1



A young man, woman, and another young man are walking in a field at sunset. The man on the left is wearing a dark tank top and pants. The woman in the middle is wearing a patterned dress and jeans. The man on the right is wearing a white tank top, a plaid shirt, and dark pants. The background is a bright sunset over a field.

Genesis 2:24-25, “That is why a man leaves his father and mother and is united to his wife, and they become one flesh. 25 Adam and his wife were both naked, and they felt no shame.”

Holy Bible, New International Version®, NIV® Copyright ©1973, 1978, 1984, 2011 by Biblica, Inc.®
Used by permission. All rights reserved worldwide.



When you say yes to covenant and love yourself the way the Father loves you, then you can love others the way the Father does. That's the healthy starting point for relationships.



A photograph of three people walking in a grassy field during sunset. The sun is low on the horizon, creating a warm, golden glow. The person on the left is a man with tattoos, wearing a grey tank top and dark pants. The person in the middle is a woman with long dark hair, wearing a patterned halter top and light-colored jeans. The person on the right is a man wearing a white tank top and a plaid shirt over his shoulders. The text is overlaid on the image.

1. Commitment of Priority

“That is why a man leaves his father and mother...”



Exodus 34:14, “Do not worship any other god, for the Lord, whose name is Jealous, is a jealous God.”

Holy Bible, New International Version®, NIV® Copyright ©1973, 1978, 1984, 2011 by Biblica, Inc.®
Used by permission. All rights reserved worldwide.



How do we establish and maintain healthy priorities?

a. Prove in real terms.

- i. Sacrifice - What will I give up for us?
- ii. Time - Will I make space for us?
- iii. Energy - Do we save the best for each other?
- iv. Attitude - Do I believe the best about us?



How do we establish and maintain healthy priorities?

a. Protect priorities from good things.

i. Hard work.

ii. Constant assessment / conversation.

iii. What is Holy Spirit doing in our relationship?



A group of three people walking in a field at sunset. The scene is bathed in warm, golden light from the setting sun in the background. On the left, a man with tattoos on his arms and chest is wearing a grey tank top and khaki pants. In the center, a woman with long dark hair is wearing a patterned, sleeveless top and light-colored jeans. On the right, a man is wearing a white tank top under a plaid shirt and dark pants. They are all smiling and appear to be in a joyful mood.

2. Commitment to Pursue

“...and is united to his wife...”



A photograph of three people walking in a grassy field at sunset. The sun is low on the horizon, creating a warm, golden glow. The person on the left is a man with tattoos, wearing a grey tank top and dark pants. The person in the middle is a woman with long dark hair, wearing a patterned top and light-colored jeans. The person on the right is a man wearing a white tank top and a plaid shirt over his shoulders. The text is overlaid in the center of the image.

**I choose you.
I'm not leaving.
I'm committed to us.**



What can we do now?

1. Pick up a devotional or use the online version.
2. Build a safe place with open & honest communication.
3. Use assertive communication and ask clarifying questions.
4. Discover and speak love languages.
5. Take personal responsibility.
6. Accept others, but not necessarily bad behavior.
7. Practice the real “F” word.

