

“Healthy Relationships”

I. God wants healthy relationships to flourish. He sends us to help heal the world through our own relationships.

- A. Your Current Struggle?
- B. Automatic responses learned in childhood make this difficult. 1 Corinthians 13:11

4 attachment styles:

Secure
Avoidant
Ambivalent
Disorganized

Adult Love Styles:

The Secure Connector
The Avoider
The Pleaser
The Vacillator / The Chaotic

Which love style is being played out in your marriage/friendships?

II. Help from Ephesians

- A. Ephesians 4:1-3 Walk in Unity
 - 1. How the avoider and pleaser struggle. “Put away”
- B. Ephesians 5:1-3 Walk in Love
 - 1. How the avoider and pleaser struggle. “Put away”

* Secure attachers will sacrifice their own interests for the sake of others. This is the clearest sign of true love.

* Have you loved someone to the point of sacrifice?

III. Help from Jonathon, King Saul’s son, the Secure Connector!

- A. 1 Samuel 19:4
Encouraged the Righteous thing calmed Kings anger towards David
- B. 1 Samuel 23:17-18
He willingly sacrificed a cultural norm to support God’s choice as King.

IV. Reach new depths in your relationships to be a light to the world about what healthy relationships can be