

Godfident Next Gen Resource Episode

“One Healthy Vs. Unhealthy Relationships”

When it comes to biblical resources for teens and young adults addressing healthy and unhealthy relationships, several passages and principles can be explored. Here are some key biblical verses and concepts that can guide individuals in understanding and fostering healthy relationships:

- **1 Corinthians 13:4-7 (NIV):** "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres."
- This passage from Corinthians is often referred to as the "Love Chapter" and provides a comprehensive description of what love should look like in a relationship.
- **Proverbs 4:23 (NIV):** "Above all else, guard your heart, for everything you do flows from it."
- This verse emphasizes the importance of protecting one's heart and being mindful of the emotions and intentions in a relationship.
- **2 Corinthians 6:14 (NIV):** "Do not be yoked together with unbelievers. For what do righteousness and wickedness have in common? Or what fellowship can light have with darkness?"
- This verse encourages believers to seek relationships with those who share their faith and values, promoting a foundation of shared beliefs.
- **Ephesians 5:25-33 (NIV):** This passage provides guidance on the roles of husbands and wives but can be extrapolated to highlight the principles of sacrificial love and mutual respect in a relationship.
- **Philippians 4:8 (NIV):** "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."

- Encouraging individuals to focus on positive and uplifting qualities in relationships, this verse promotes a healthy mindset.
- **Galatians 5:22-23 (NIV):** "But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control. Against such things, there is no law."
- These verses describe the qualities that should manifest in the lives of believers through the Holy Spirit, emphasizing their importance in relationships.

It's essential for young adults to not only read these verses but also discuss and reflect on them in the context of their relationships. Additionally, seeking guidance from trusted mentors, pastors, or counselors can provide valuable insights into applying these principles in real-life situations.

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