

The Relationship Equation: Know

Relationships get better when they're done God's way.

Philippians 2:5: In your relationships with one another, have the same mindset as Christ Jesus.

Becoming Better Together: A Plan for Growing Together When Life is Pulling You Apart.

How to Avoid Falling in Love with a Jerk –Dr. John Van Epp

FIVE MAJOR BONDS IN EVERY RELATIONSHIP

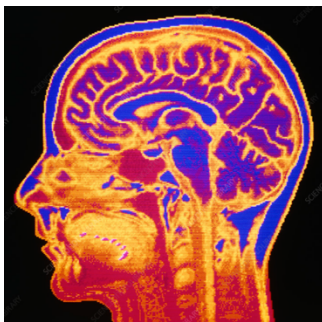


Singles

2 Timothy 2:22: Run from anything that stimulates youthful lusts. Instead, pursue righteous living, faithfulness, love, and peace.

Most dating couples focus on their feelings of chemistry versus evaluating actual compatibility.

Knowing someone takes time and a sound mind.



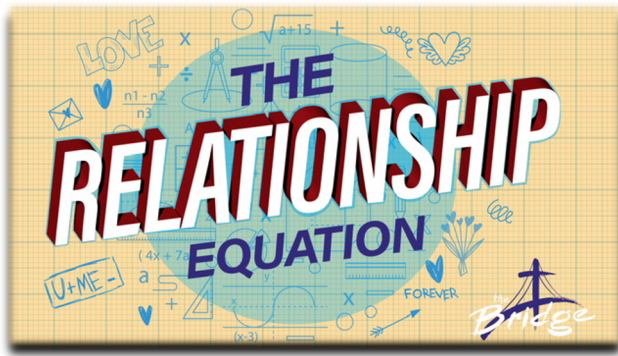
“When we are engaged in romantic love, the neural machinery responsible for making critical assessments of other people including assessments of those with whom are romantically involved, shuts down.”

- Dr. Richard Sonwartz, Harvard Medical School

“Promise me, O women of Jerusalem, not to awaken love until the time is right.” *The Song of Solomon 8:4*

Dating Disclaimers

1. How they treat you now is usually the ceiling for your marriage.
2. The bad usually gets worse.



Married

The #1 complaint in marriage surveys of issues and problems is the feeling of not being known or understood by one's partner.

"O Lord, you've examined my heart and you know everything about me. You know when I sit down when I stand up, you know my thoughts even when I'm far away. You see me when I travel and when I rest

at home, you know everything I do. You know what I'm gonna say even before I say it." Psalm 139:1-4

Philippians 2:2: *Make my joy complete being like-minded having the same love, being one in spirit.*

1. We are incredibly different.
2. Your partner's perception is your reality.

Philippians 2:4: *in humility, value others above yourself, not looking only to your own interests, but each of you to the interest of others.*

3. People change
4. Entertainment is absorbing the time we should be investing in knowing each other.

Takeaway for Singles:

Focus on **KNOWING** before you progress to the next step

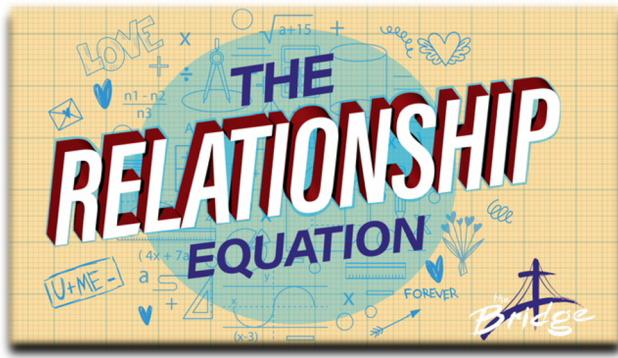
Takeaway for Married:

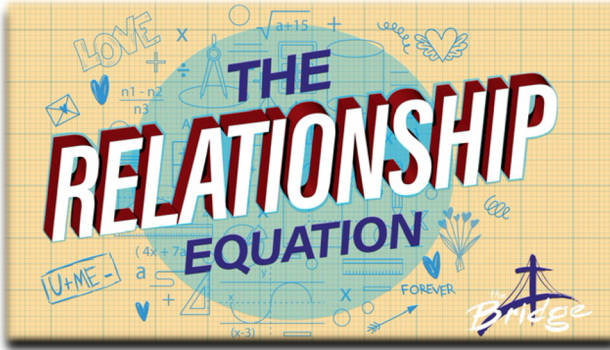
1. Decrease your social media content
2. Schedule a weekly date night
3. Join a small group
4. Go see a counselor

Discussion Guide

How Do You Know?

- Who was your best friend growing up? AND who was your first boyfriend/girlfriend?
- Why do you think it is that we tend to vet friends and business partners more closely than romantic partners? Or do you think that is true?
- In your opinion, what are some of the best ways to really get to know someone? What advice would you give to your younger self about friendships, business partnerships, or romantic relationships?



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- THE RELATIONSHIP EQUATION**
- Choose a relationship that you want to go deeper with (marriage, business partner, friend, or family member). Share one of the 5 steps of the RAM that you need to invest in to make that happen.
 - Genesis 3:5 (NIV) “For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil.”
 - Genesis 4:1 (NIV) Adam made love to his wife Eve, and she became pregnant and gave birth to Cain. She said, “With the help of the Lord I have brought forth a man.”
 - Genesis 19:8 (NIV) Look, I have two daughters who have never slept with a man. Let me bring them out to you, and you can do what you like with them. But don’t do anything to these men, for they have come under the protection of my roof.”
 - Exodus 33:17 (NIV) And the Lord said to Moses, “I will do the very thing you have asked, because I am pleased with you and I know you by name.”
 - Deuteronomy 34:10 (NIV) Since then, no prophet has risen in Israel like Moses, whom the Lord knew face to face.