

Healthy Relationships // Nathan Keller // 02.25.2024

Romans 7:15

I do not understand what I do. For what I want to do I do not do, but what I hate I do.

Healthy Relationships Happen By Choice Not Chance.

Habits (Choices On Repeat) Add To Or Take From Relationships.

Hosea 4:6

My people are destroyed for lack of knowledge.

Choices Keep On Coming... More Than 30K Per Day!

DECISION FATIGUE

The More Tired You Are The More Tempted You Become.

1 Corinthians 10:13

No temptation has overtaken you except what is common to mankind.

Plan For Temptation By Setting Healthy Boundaries.

Proverbs 4:15

Don't take Wicked Bypass... Don't set foot on it — Stay clear of it.

HEALTHY BOUNDARIES

- 1) Avoid Temptation
- 2) Make Yourself Accountable