

Awesome Relationships!

The Move to Healthy Relationships

6-9-19

Week 1: The secret of awesome relationships is wisdom because wisdom is a **Lifestyle**.

Week 2: The Secret Sauce for overcoming conflict: **Humility**.

Week 3: **Mutual** submission is God's standard.

Proverbs 4:23- Above all else, **guard** your **heart**, for it is the wellspring of life.

1. What is your heart? Your heart is the inner person, your core values, your emotions, your thoughts, and your decisions.
 2. God's design for healthy relationships:
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1 Peter 4:10- Each one should use whatever gift he has received to serve others, faithfully **administering God's grace** in its various forms.

Ephesians 4:15- Instead, speaking the truth in love, we will in all things grow up into him who is the Head, that is, Christ.

3. Healthy relationships will include grace (to provide _____) and truth (to provide the _____ that we need).
4. Let's look at two common traits of unhealthy people:

_____ of control

Romans 13:13 - Let us behave decently, as in the daytime, not in orgies and drunkenness, not in sexual immorality and debauchery, not in dissension and jealousy.

What happens if you love that person? You will start taking responsibility for their problems, pain, emotions, and their addiction.

5. Having a relationship with someone with either of those personality types is not healthy or balanced. It is not good for you and God never intended it to be that way.
6. Healthy boundaries will restore God's balance. Think of boundaries like a _____ line around your house.

- The reason we have to set boundaries is because we love the person.

Proverbs 4:23 - Above all else, guard **your** heart, for it is the wellspring of life.

- Property lines guard your value, emotions, thoughts, and decisions.

7. Two key aspects of boundaries:

Galatians 6:1 - Brothers, if someone is **caught** in a sin, you who are spiritual should **restore** him gently. But watch yourself, or you also may be tempted.

Learn to _____ in love.

John 8:3, 11 - The teachers of the law and the Pharisees brought in a woman caught in adultery . . . 11 "No one, sir," she said. "Then neither do I condemn you," Jesus declared. "Go now and leave your life of sin."

Galatians 6:2-5 - **Carry each other's burdens**, and in this way you will fulfill the law of Christ. ³ If anyone thinks he is something when he is nothing, he deceives himself. ⁴ Each one should test his own actions. Then he can take pride in himself, without comparing himself to somebody else, ⁵ for each one should **carry his own load**.

“Carry each other’s burdens” means: A back-crushing boulder

“Carry his own load” means: A knapsack

- Love others without _____.

8. Here’s the question to ask if you’re not sure if you are loving or rescuing them. Should they be _____ it themselves?

9. Homework:

A. Start your conversation from the position of love. (Grace)

B. Say “No” when it is best to say “No.” (Truth)

C. Allow natural consequences to happen.

Galatians 6:7-8 - Do not be deceived: God cannot be mocked. A man reaps what he sows. ⁸ The one who sows to please his sinful nature, from that nature will reap destruction; the one who sows to please the Spirit, from the Spirit will reap eternal life.

D. Jesus is the Savior, _____.

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LAUREL RIDGE
Community Church