

Healthy Relationships

SLIDE 1

Genesis 3:6-19

I want to talk about growing healthy relationships. Of all the 7 key areas of our lives where we want to see change, it's our **relationships** that most often rank at the very top. And the number one killer of relationships is FEAR.



FEAR is a relationship killer because it *clouds our decisions* and it *hinders love*.

SLIDE 2

Fear demotivates us to change. We're afraid to fail.
[story about a king and two options]

I want us to look at a story in the Bible that I think will help us

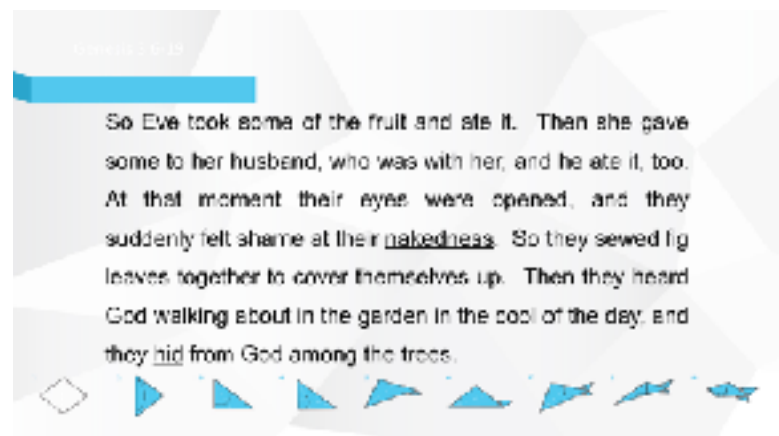
"Deal with the Fears that Most Often Ruin our Relationships".



SLIDE 3

Genesis 3:6-19 NLT

6 So Eve took some of the fruit and ate it. Then she gave some to her husband, who was with her, and he ate it, too. **7** At that moment their eyes were

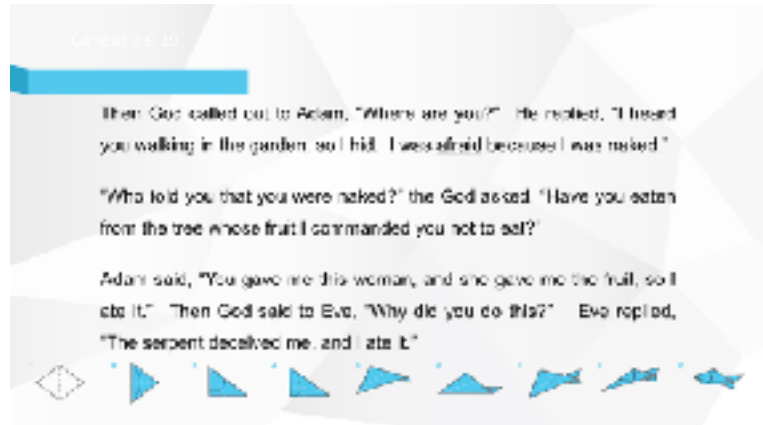


opened, and they suddenly felt shame at their nakedness. So they sewed fig leaves together to cover themselves up. ⁸ Then they heard the God walking about in the garden in the cool of the day, and they hid from God among the trees.

SLIDE 4

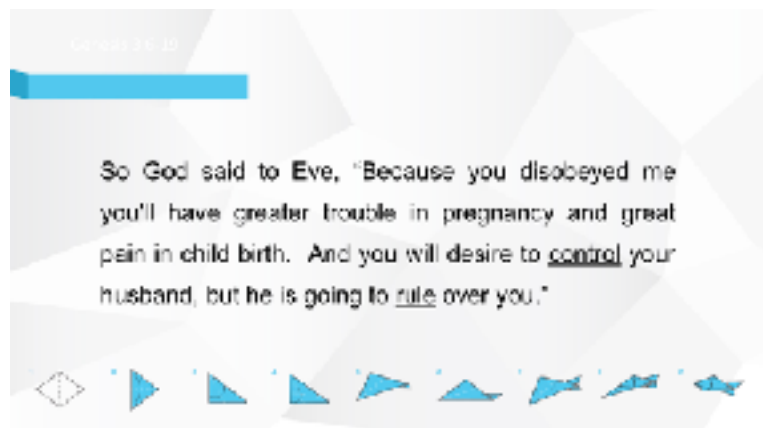
9 Then God called out to Adam, “Where are you?” **10** He replied, “I heard you walking in the garden, so I hid. I was afraid because I was naked.”

11 “Who told you that you were naked?” the God asked. “Have you eaten from the tree whose fruit I commanded you not to eat?” **12** Adam said, “You gave me this woman, and she gave me the fruit, so I ate it.” **13** Then God said to Eve, “Why did you do this?” Eve replied, “The serpent deceived me, and I ate it.”



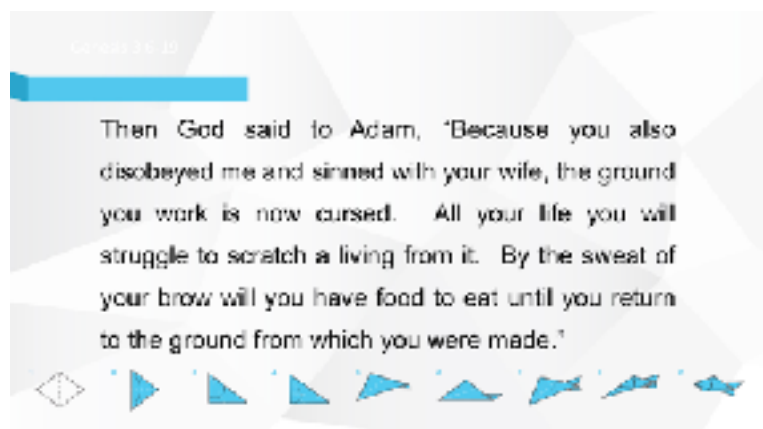
SLIDE 5

16 So God said to Eve, “[Because you disobeyed me] you’ll have greater trouble in pregnancy, and great pain in child birth. And you will desire to control your husband, but he is going to lord it over you.”



SLIDE 6

17 Then God said to Adam, “Because you also disobeyed me and sinned with your wife, the ground you work is now



cursed. All your life you will struggle to scratch a living from it. By the sweat of your brow will you have food to eat until you return to the ground from which you were made.”

In this story we see the 3 most common fears that affect every single relationship on the planet.

SLIDE 7

1) Fear of Exposure

Sin makes us feel dirty. At least at first it does....

Fear always causes us to hide. God doesn't want you to fake it anymore. He wants you to come out of hiding and face your fears.



SLIDE 8

2. My fear of disapproval makes me defensive.

Once we respond from a place of fear, we go running into hiding, and then start blaming and attacking others.

Ever get into an argument with someone.... like a ping-pong game.

The fear of disapproval makes you defensive. And if you want to build healthy relationships you need to be less critical and more compassionate.



SLIDE 9

3. Fear of Losing Control

This makes me demanding.
The result of Adam and Eve's sin is that they lost control of everything.



Would you like to move from competing with people to cooperating with them? It's not fun to be in a relationship where you're fighting each other all the time. God wants you to be on the same team and use your energy to fight together for the common good.

If we want to get rid of these 3 fears that ruin our relationships - *the fear of exposure, disapproval and losing control?*

We need to learn to live in God's love. Love is the antidote to fear.

SLIDE 10

1 John 4:18a NCV - "*Where God's love is, there is no fear, because God's perfect love drives out fear.*"



How do we learn to live in

God's love? We do these 3 things everyday:

SLIDE 11

1. Surrender your heart to God.

The heart is the centre of your emotions.

The closer you get to God, the more *love* will fill your heart.

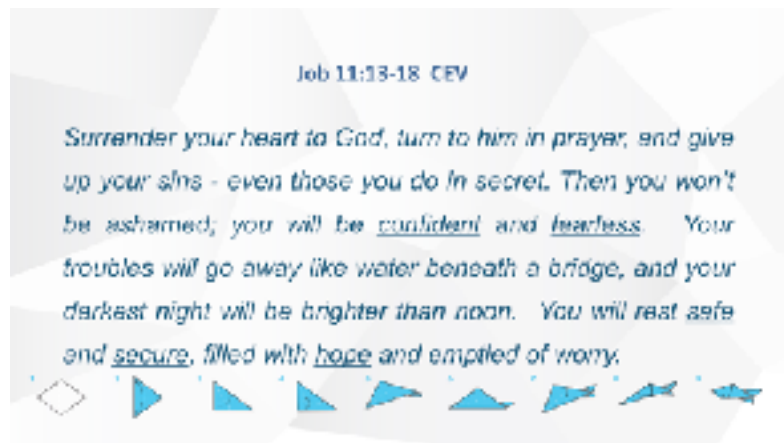
The further away you get, the more *fear*. If you want to get rid of your fears you've got to get close to God.



Job 11:13-18 SLIDE 12

Surrender your heart to God, turn to him in prayer, and give up your sins -even those you do in secret. Then you won't be ashamed; you will be confident and fearless. Your

troubles will go away like water beneath a bridge, and your darkest night will be brighter than noon. You will rest safe and secure, filled with hope and emptied of worry.



SLIDE 13

2. Remember the way God loves you.

I need to remind myself about God's love for me.

a) *I'm accepted by God.*



Titus 3:7 CEV - *"Jesus treated us much better than we deserve. He made us acceptable to God and gave us the hope of eternal life".*

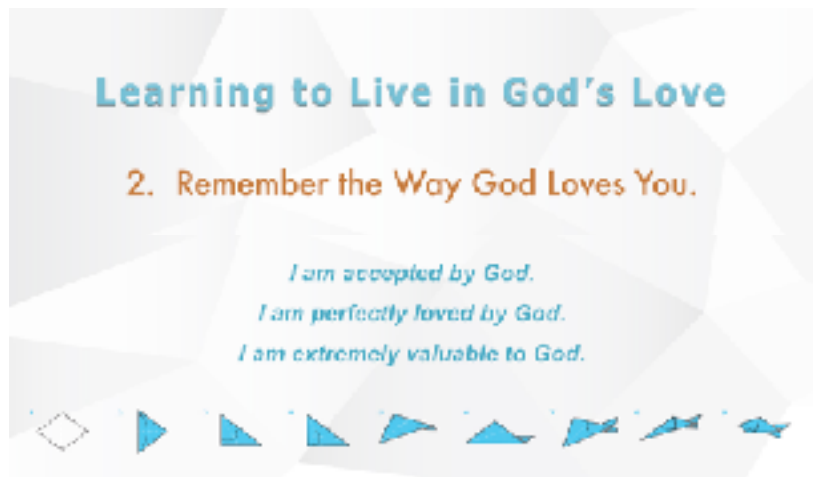
SLIDE 14-15

b) *I am perfectly loved.*

Isaiah 54:10 - *"My love for you will never end, says the Lord."*

c) *I'm extremely valuable to God.*

1 Corinthians 7:23 - *"You've been bought and paid for by Christ's death."*



SLIDE 16

3. Offer that same love to others.

The same love that God gives to me, the Bible says I am to offer that same love to others.



John 13:34 - *"I'm giving you a new commandment: Love each other in the same way that I have loved you."*

That's not an option or a suggestion. This is how Jesus loves you and me. And he expects us to love others the same way.

If you want to transform your relationships, then I want to invite you to take these **three action steps** every day this week:

SLIDE 17

3 Daily Habits for Healthy Relationships

1. **Surrender** your heart to God.
2. **Remember** the way God loves you.
3. **Offer** God's love to others.



3 Daily Habits for Healthy Relationships

- 1) **Surrender** your heart to God.
- 2) **Remember** the way God loves you.
- 3) **Offer** God's love to others every day.