

Retief and Edna Uys



Intro:

Relationship: [Definition]

The way in which two or more people or things are connected, or the state of being connected. [Oxford]



Key Elements for Godly and Healthy Relationships:

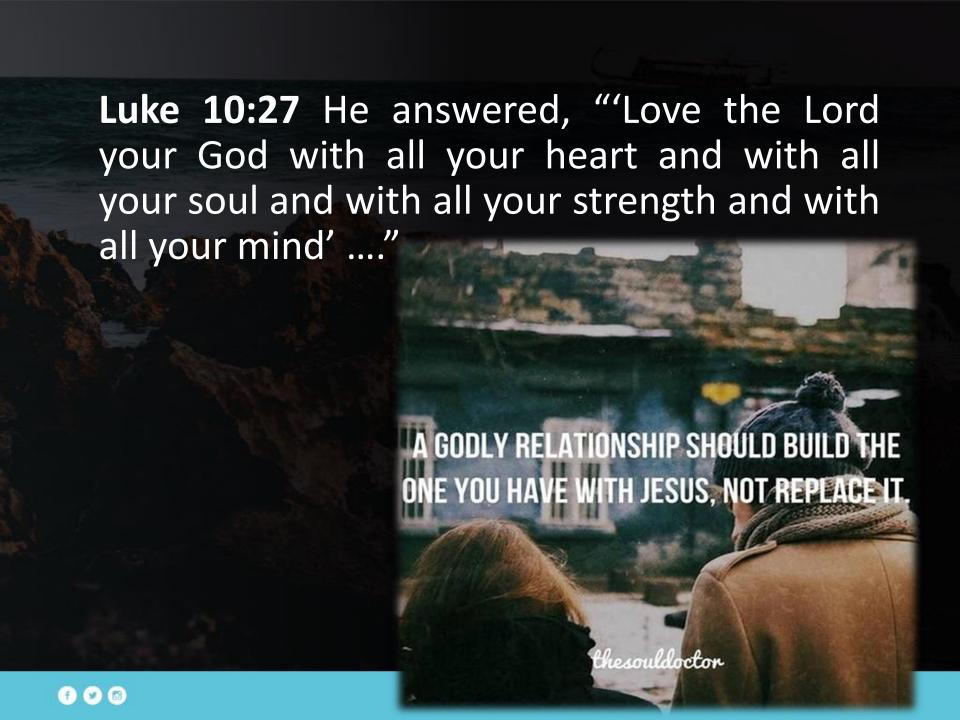
[Social, romantic, work, family, friendships and fellowship]



1. Relationship with JESUS:

- ✓ First Love
- ✓ Absolute foundation





✓ Love the King first.
✓ Relationship with Jesus first.
This brings balance, helps expectations and need-fulfilment.

Matthew 6:33 (NIV) But seek first his kingdom and his righteousness, and all these things will be given to you as well.

MY PRIMARY CONNECTION, DETERMINES ALL OTHER CONNETIONS

2. Is it the WILL of GOD?:

Matthew 6:10 "..Your Kingdom come, Your will be done.."

- ✓ HIS WILL IN ALL THINGS
- ✓ HIS WILL = BEST
- ✓ HIS WILL for my relationships

Jeremiah 29:11 For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future.

2. Is it the WILL of GOD?...

Romans 12:1-2 | appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. [KJV reasonable service] Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

WORSHIP | CONFORMED/TRANSFORMED

2. Is it the WILL of GOD?...

2.1 The Word:

Psalm 119:105

2.2 The Spirit:

'If it's God, it comes with confirmation, if not, it comes with confusion.' Ephesians 5:15-20

2.3 God's People:

Proverbs 11:14

Romans 12:1-2 (MSG) Place Your Life Before God So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.

3. Love:

1 Corinthians 13:4 Love is patient and kind; love does not envy or boast; it is not arrogant 5 or rude. It does not insist on its own way; it is not irritable or resentful; 6 it does not rejoice at wrongdoing, but rejoices with the truth. 7 Love bears all things, believes all things, hopes all things, endures all things. 8 Love never ends.

• • • • • • •

4. Communication:

Healthy Communication = Healthy Relationships

Defective / Dysfunctional Communication:

Silent Treatment
Anger Outbursts
Insults
Whining / Complaining
Sarcasm
Passive-Aggressive Behaviour

Intimidation
Manipulation
Name-calling
Swearing

Definition of communication

1 a: a process by which information is exchanged between individuals through a **common system** of symbols, signs, or behaviour.

For Christians that "common system" should be a BIBLICAL one.

Godly / Healthy Communication:

Honest Honouring Loving Careful Places value on connection

Values the person

Respectful

Assertive

HEALTHY COMMUNCATION BUILDS, UNHEALTHY COMMUNCATION DESTROYS

Proverbs 25:28

"A person without self-control is like a city with broken-down walls." (NIV)

"If you live without restraint and are unable to control your temper, you're as helpless as a city with broken-down defenses, open to attack." (TPT)

Proverbs 13:3
"Careful words make for a careful life;
careless talk may ruin everything." (MSG)



HEALTHY COMMUNCATION BUILDS, UNHEALTHY COMMUNCATION DESTROYS

James 3:2-3 and 5 (AMP)

2 For we all often stumble and fall and offend in many things. And if anyone does not offend in speech [never says the wrong things], he is a fully developed character and a perfect man, able to control his whole body and to curb his entire nature.

3 If we set bits in the horses' mouths to make them obey us, we can turn their whole bodies about.
5 Even so the tongue is a little member, and it can boast of great things. See how much wood or how great a forest a tiny spark can set ablaze!

HOW CAN WE CHANGE THE WAY WE SPEAK OR COMMUNICATE?

We can unlearn bad communication habits!

- 1. Make a wilful decision
- 2. Exercise self-control
- 3. Know that it is a process
- 4. Become a people of blessing

Ephesians 4: 22-32

1. A WILLFUL DECISION

Ephesians 4:22-25 (TPT)

22 And he has taught you to let go of the lifestyle of the ancient man, the old self - life, which was corrupted by sinful and deceitful desires that spring from delusions. 23 Now it's time to be made new by every revelation that's been given to you.[o] 24 And to be transformed as you embrace the glorious Christ-within as your new life and live in union with him! For God has re-created you all over again in his perfect righteousness, and you now belong to him in the realm of true holiness. 25 So discard every form of dishonesty and lying so that you will be known as one who always speaks the truth, for we all belong to one another.

2. EXERCISE SELF CONTROL

Ephesians 4:26-32 (TPT)

26 But don't let the passion of your emotions lead you to sin! Don't let anger control you or be fuel for revenge, not for even a day. 27 Don't give the slanderous accuser, the Devil, an opportunity to manipulate you!

29 And never let ugly or hateful words come from your mouth, but instead let your words become beautiful gifts[q] that encourage others; do this by speaking words of grace to help them.



2. EXERCISE SELF CONTROL

30 The Holy Spirit of God has sealed you in Jesus Christ until you experience your full salvation. So never grieve the Spirit of God or take for granted his holy influence in your life.[r] 31 Lay aside bitter words, temper tantrums, revenge, profanity, and insults. 32 But instead be kind[s] and affectionate toward one another. Has God graciously forgiven you? Then graciously forgive one another in the depths of Christ's love.

3. KNOW IT'S A PROCESS

"instead let your words become beautiful gifts"

"until you experience your full salvation."

4. BE A PEOPLE OF BLESSING

1 Peter 3:8-12 (NKJV)

8 Finally, all of you be of one mind, having compassion for one another; love as brothers, be tenderhearted, be courteous; 9 not returning evil for evil or reviling for reviling, but on the contrary blessing, knowing that you were called to this, that you may inherit a blessing.

1 Peter 3:8-12 (NKJV)

"He who would love life And see good days, Let him refrain his tongue from evil, And his lips from speaking deceit. 11 Let him turn away from evil and do good; Let him seek peace and pursue it. 12 For the eyes of the Lord are on the righteous, And His ears are open to their prayers; But the face of the Lord is against those who do evil."

Elements 1. Relationship with Jesus 2. Is it God's Will? 3. Love 4. Communication

#Knownforlove Healthy RELATIONSHIPS

