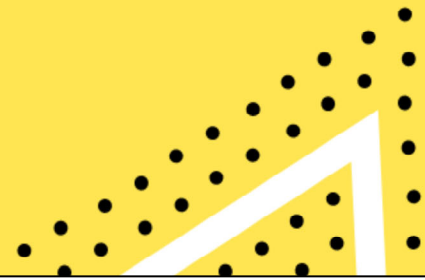




Healthy Relationship

Pursuing a Godly Relationship – Session Two



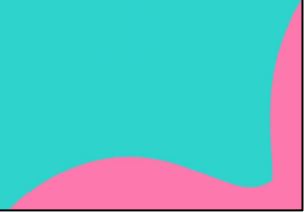


Who are you

introduction time!

Tell us your name

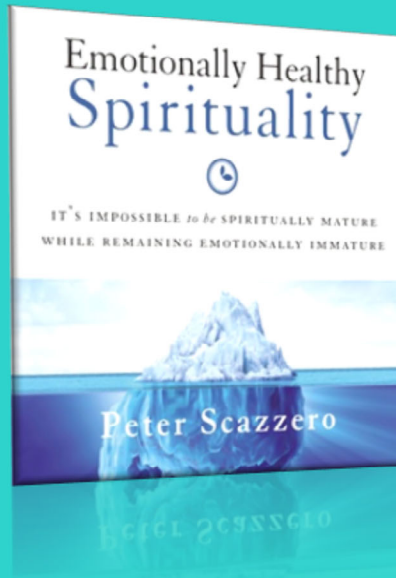
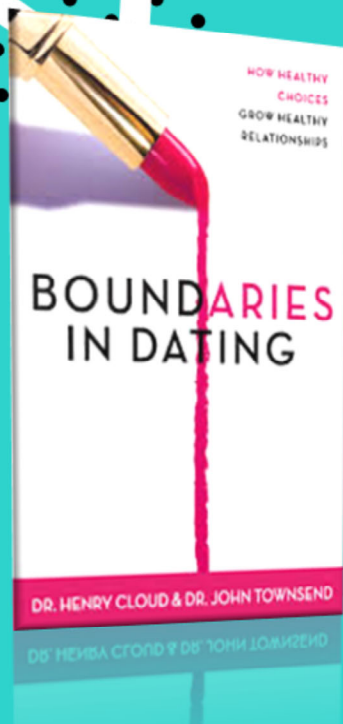
*Name one characteristics of a healthy
relationship*





Session Objectives

1. Establish a Biblical view of a healthy relationship
2. How to prepare yourself for a healthy relationship
3. Warnings signs of unhealthy relationship





01.

Biblical view of a healthy
relationship



Relationship is ...





God design us
for
relationships

Relationship with...

God

Others

Romance



- God designs us to be in relationship
 - o He is in relationship (Trinity)
 - o God desires to have relationship with us
 - Even in Adam and Eve in the gardens of Eden
 - God walks with Adam and Eve in the cool of the evening
 - o Gen 3:9



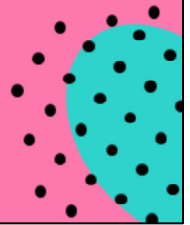
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Spiritual growth in the search of relationship



Growing areas:

- Your emotions
- Faith
- Rejection/conflict
- Communication
- Truth
- Sacrifice





World's view	Christian view
It is all about meeting my needs	God satisfies our needs so we can take care of one another
Life is short. If we don't have a good time, I am outta here.	Life is eternal. Let's help each other finish the race strong.
Our love is the greatest thing	Jesus is the greatest thing
Emotion is always right	Emotion may not always be right

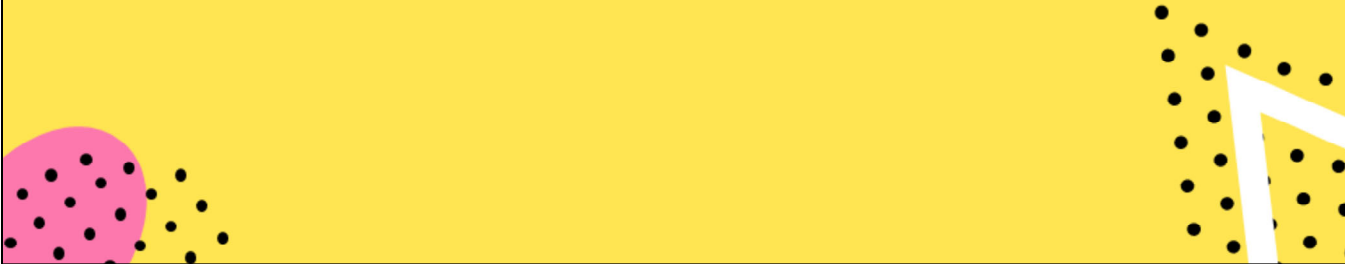


You Complete Me



I am complete
in Jesus!

The *most* healthy
relationship is rooted in
Christ and Christ alone.



Correct from the overview

What seems like a healthy relationship without Christ is not healthy

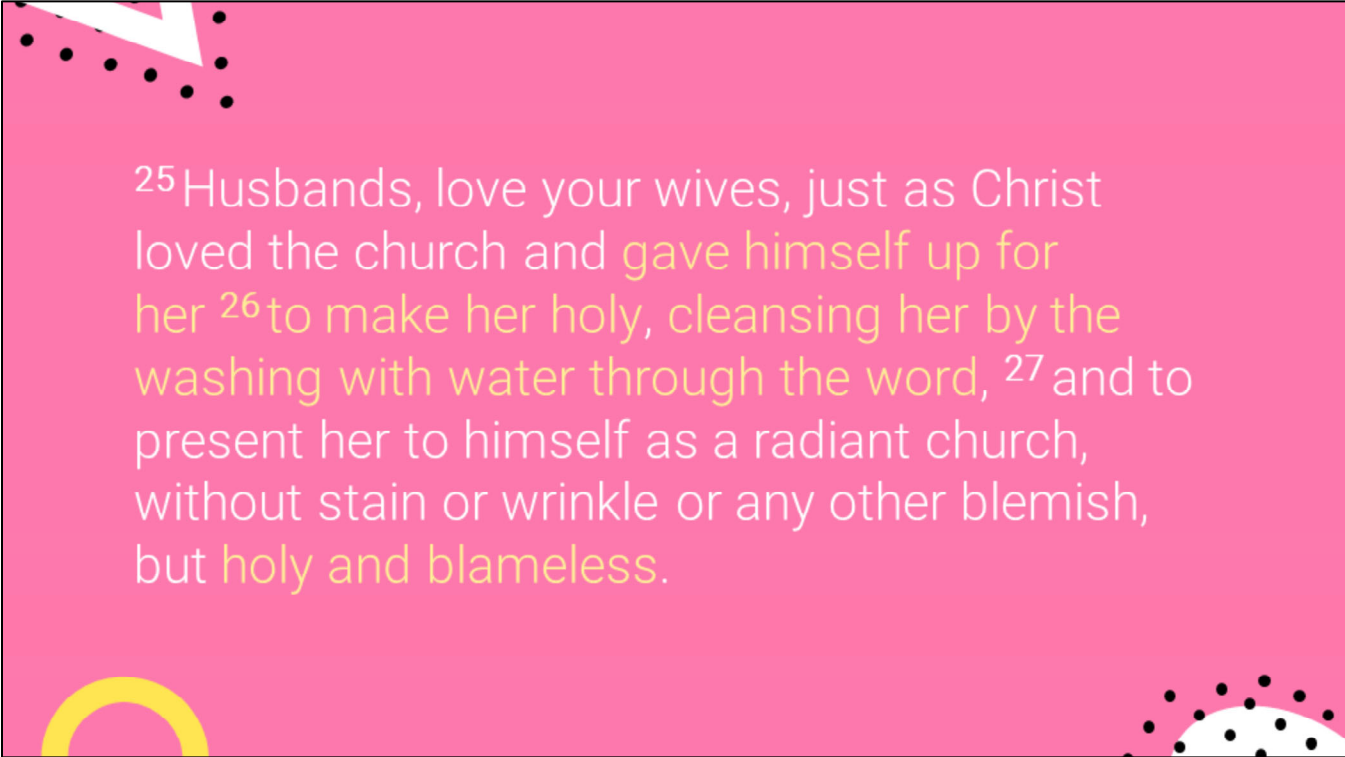


²¹ Submit to one another out of reverence for Christ.

²² Wives, submit yourselves to your own husbands as you do to the Lord. ²³ For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior. ²⁴ Now as the church submits to Christ, so also wives should submit to their husbands in everything.

Our relationship with Christ


- We give reverence to Christ
- Christ is the head and we are body
- Christ is the husband and we are the 'wife'





²⁵Husbands, love your wives, just as Christ loved the church and gave himself up for her ²⁶to make her holy, cleansing her by the washing with water through the word, ²⁷and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless.


We:

- 1 submit to Christ in EVERYTHING
2. Jesus cleanse us and wash us with His words
3. His desire is for us to be without stain or wrinkle – Holy and blameless



²⁸In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. ²⁹After all, no one ever hated their own body, but they feed and care for their body, just as Christ does the church— ³⁰for we are members of his body.





³¹ “For this reason a man will leave his father and mother and be united to his wife, and **the two will become one flesh.**” ³² This is a profound mystery— but I am talking about **Christ and the church.** ³³ However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.

- Ephesians 5:21-33 (NIV)



- Jesus loves me as He cares for Himself
- We are members/part of Jesus
- Here is the clincher – we and Christ are joined as one
 - Just as husband and wife is join as one
- Paul uses analogy of husband and wife with Christ and church (you and me).

Summary: Our desire should be root in Christ as husband and wife join together as one



Keys to a Healthy Relationship

01.

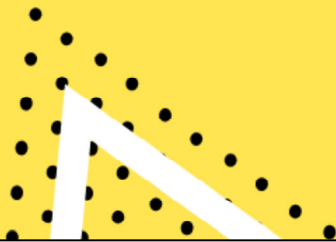
Spiritual
Maturity

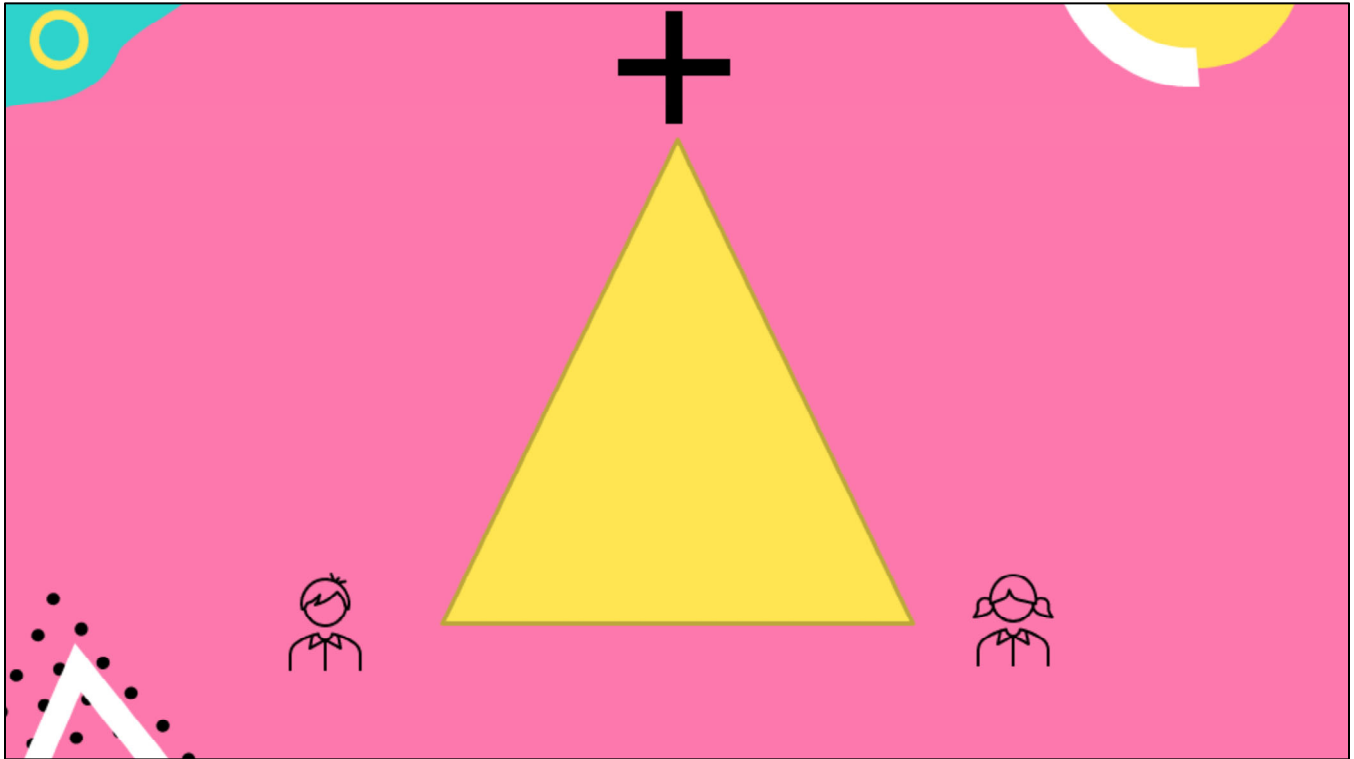
02.

03.

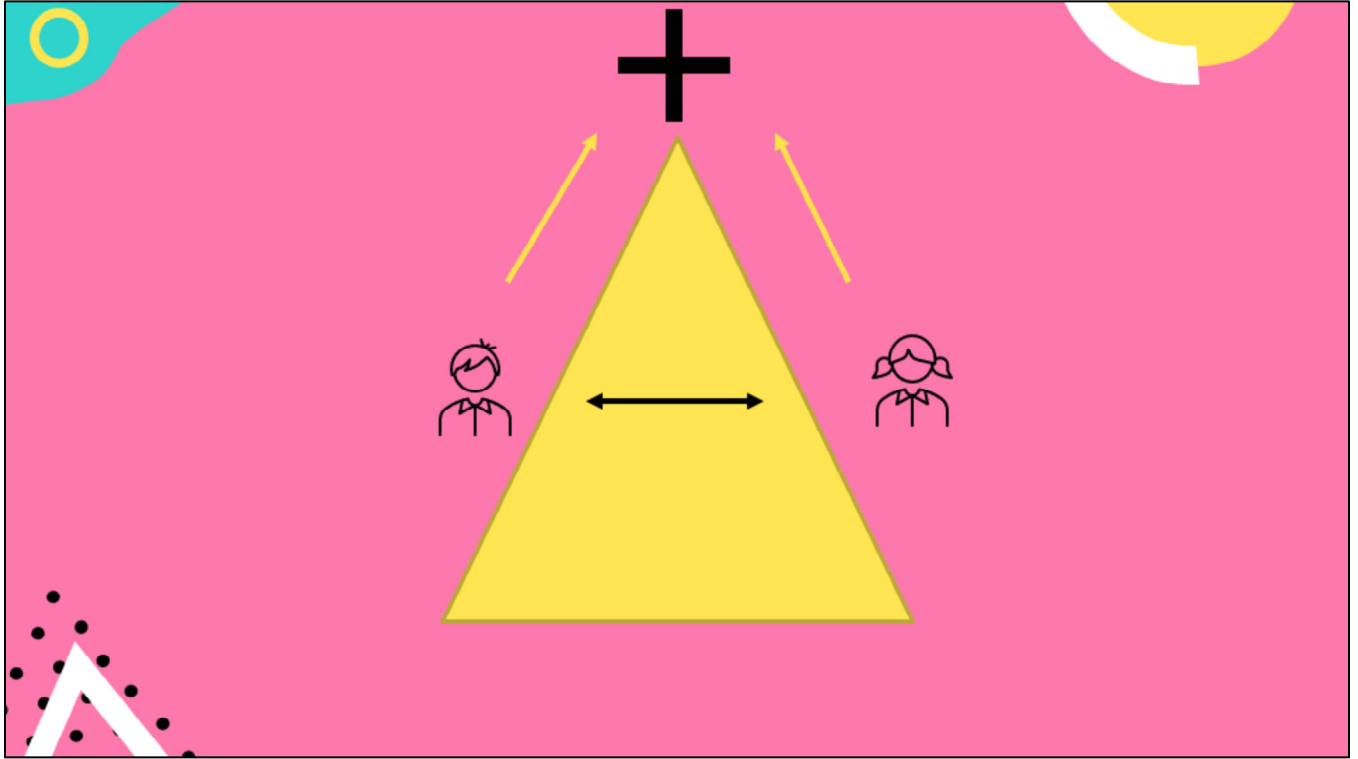
04.

05.





- Is he/she growing in Christ
- Do you have a community that help you grow
- Fusion/dependency/self-centeredness = immature people
- Dating works best between two responsible people
 - Maybe a season you are not dating or in a relationship bc you need to grow in this area
- The triangle
 - No evangelism dating/
 - Iron sharpens iron (but not exclusive discipleship)
- The person is growing in Christ first, then the other person second
 - Aka if the relationship is not working out, then the other person is still going to grow in Christ





WJ is always my second.
Jesus is my first

It is impossible and unhealthy to find fulfillment from one person
We are made to find fulfillment in Christ / God, alone.



Keys to a Healthy Relationship

01.
Spiritual
Maturity

02.
Boundaries

03.

04.

05.

- Healthy boundaries = preserve freedom, responsibility and ultimately, love
- Boundaries = property line
 - Areas where it belongs to you and where it belongs to others
 - What we are and are not
 - How much to give and how much to not
 - Is he overstepping
 - Physical boundaries and emotional too
 - Boundaries help you navigate those risks

One important boundaries – spiritual growth

- We are responsible for our own walk in Christ
- If someone is not doing his/her part, cannot blame you nor do you feel guilty – you may feel sad

- A lot of times in relationship, we feel guilty for things that are not our responsibility
- This is not necessary
- It is also not healthy to overstep those boundaries bc that person will not grow



Keys to a Healthy Relationship

01.
Spiritual
Maturity

02.
Boundaries

03.
Freedom

04.

05.

- loving someone is freewill
 - Christ give us a choice to follow Him
 - God loves us but doesn't force us to love Him back
- Love and freewill go hand in hand
 - If there is no freewill, there is no love
 - Love is a choice aka freewill
- What happens when you lose your freedom
 - You are pretending someone you are not
- Irony is establishing boundaries (rules) in order to have freedom



Keys to a Healthy Relationship

01.
Spiritual
Maturity

02.
Boundaries

03.
Freedom

04.
Responsibility

05.

- Person is **responsible** in the relationship
 - Takes ownership for his/her part in the relationship
 - responsible for our actions, for controlling ourselves
 - Yes, there are feelings but we are here to practice self-control
 - We cannot blame others or circumstances for areas which are our responsibilities (aka our emotions)
 - don't tolerate harmful or inappropriate behavior ()



Keys to a Healthy Relationship

01.
Spiritual
Maturity

02.
Boundaries

03.
Freedom

04.
Responsibility

05.
Truth

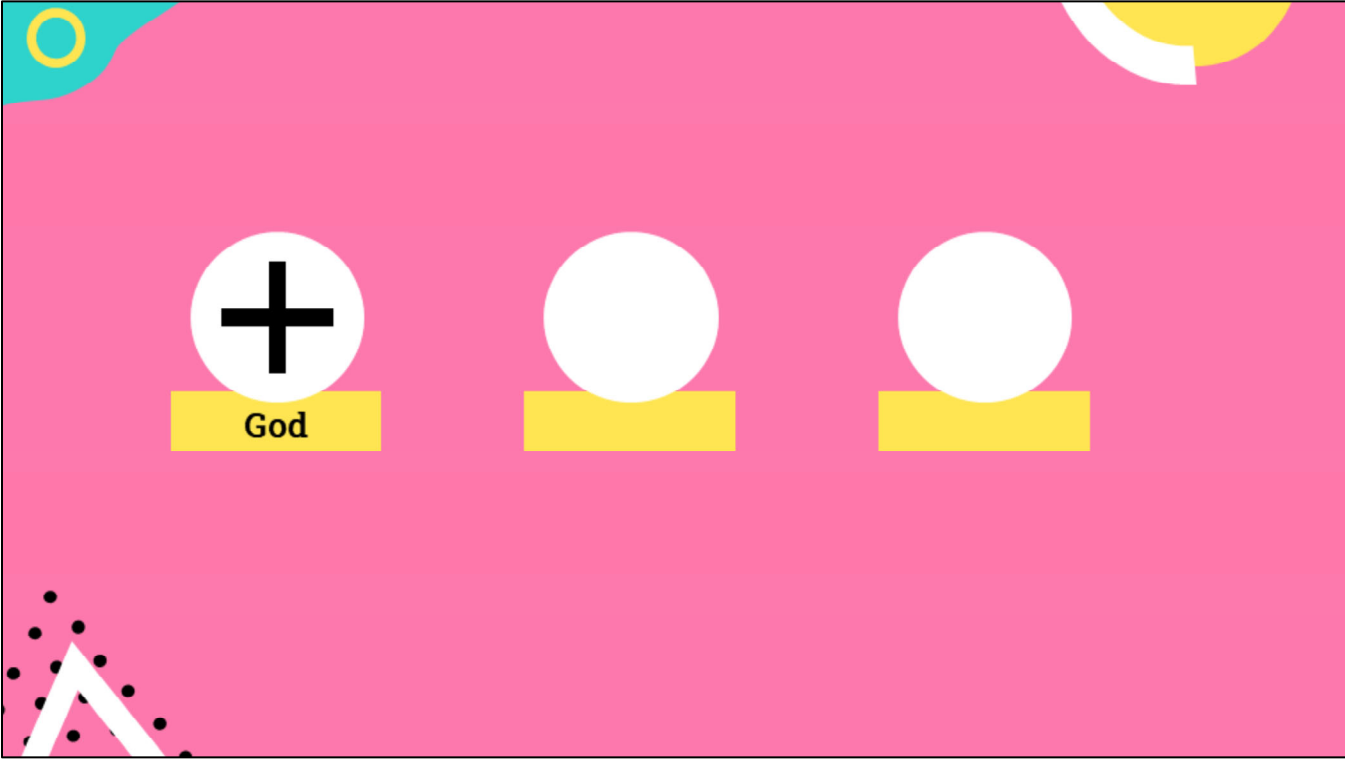
- how you feel and the purpose of the relationship
 - do not lead someone on
 - no secret crush/ulterior motive
 - open to others – mentors, friends and family

Summary Keys to a healthy relationship in Christ and with the one you are in a relationship is the SAME



02.

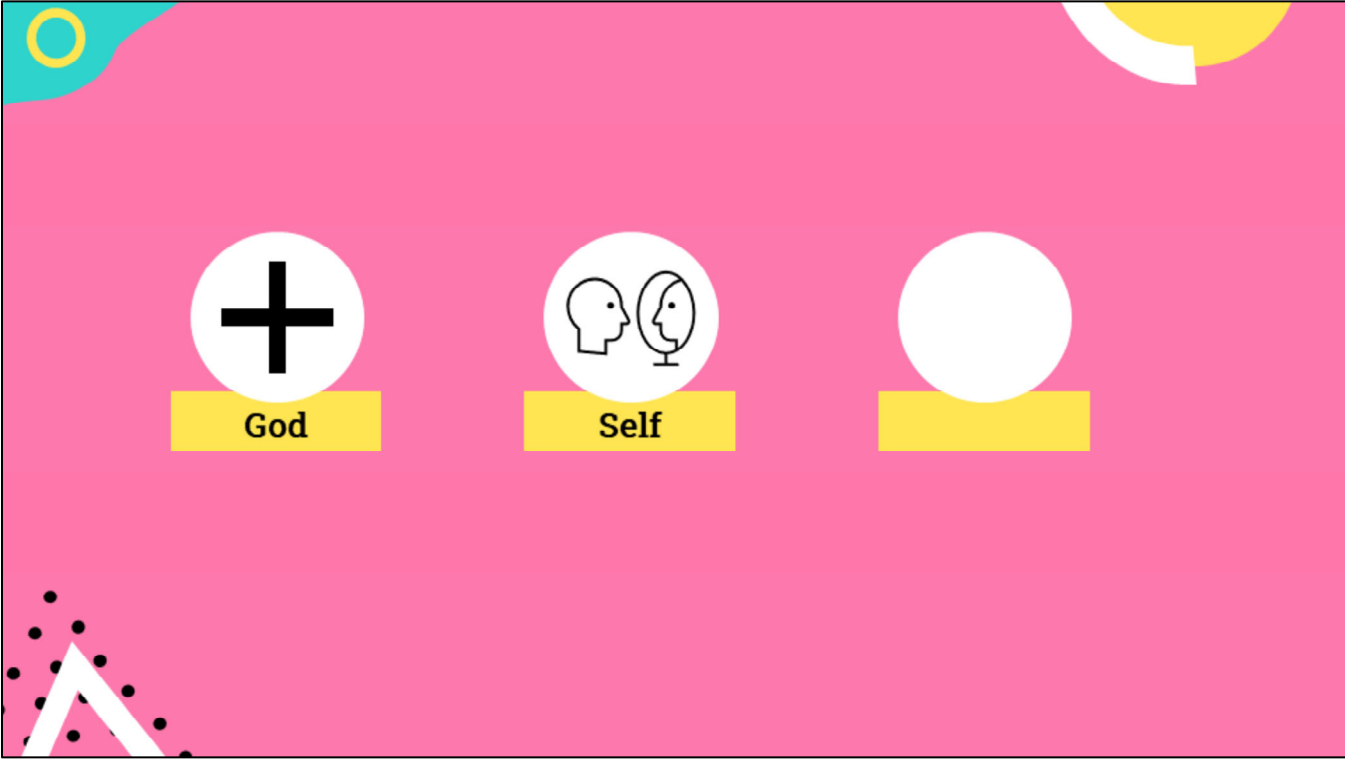
How to prepare yourself
for a healthy relationship





Unhealthy scripts/beliefs of God

- God must be punishing me. That's why I am single/childless.
- God is mad at me when things are not going my way
- God is sovereign but I must do things myself to get it done
- Is He really there?
- God is too busy for me. He doesn't care what I am going through

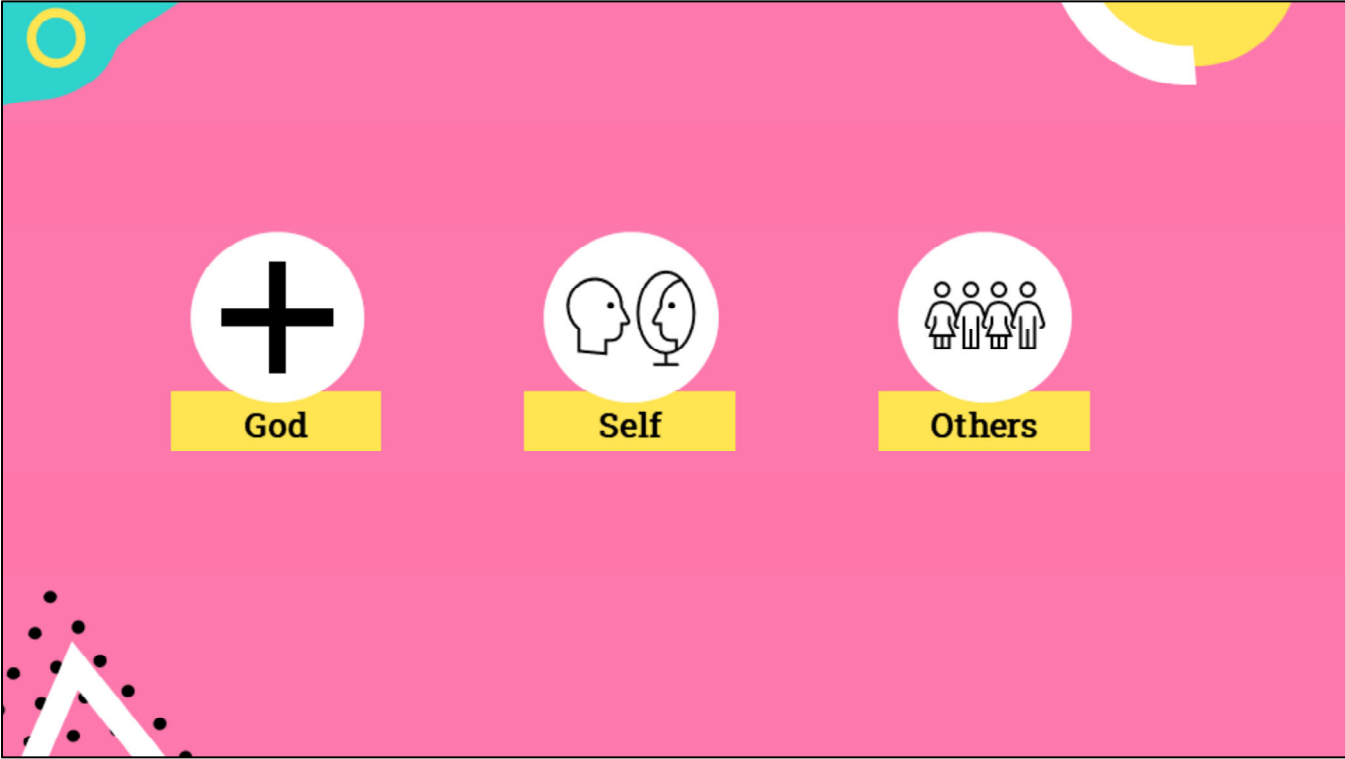




Unhealthy scripts/beliefs of self

- I am not good enough
- I am not attractive (No one will like me)
- I am clumsy
- I need to compromise what I want to get friends
- If I am not doing something important, I am useless

-
-
-



God




Self



Others



Unhealthy scripts/beliefs with others

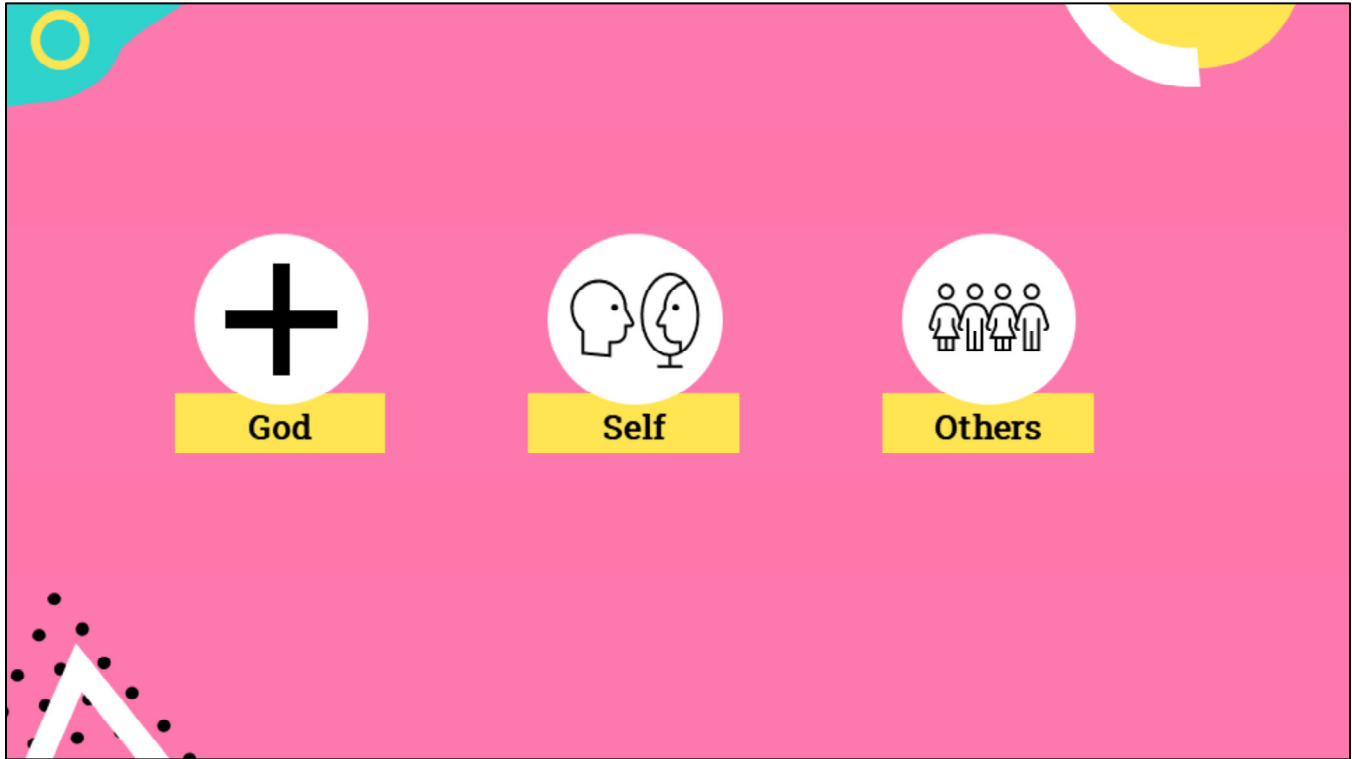
- People only talk to me to get something out of me
 - People are too busy for me because I am not valuable/important
 - I cannot stand being alone. I need someone to be with me all the time.
- 

The focus here is what other people think of me...

But it is between loving men or loving God


Someone who is truly in connect with God, will say God loves me and that's more than enough.

-




- these negative patterns/scripts can distort how we approach relationship
 - These patterns are the patterns we may inherit from our previous generations
- people pleaser – I will do anything for you – not set proper boundaries
- to please in order to gain love – this is not healthy
- justify as sacrificial – self sacrificing – but this is not healthy
- greater love John 15:13
- flaw – bc it will not confront evil or things not right –

we are to speak truth in love Eph 4:15




Healthy Relationship
begins with you rooted
in Jesus Christ.





Unhealthy scripts in Cliff's life

People pleasing....





Renewing my mind in Christ

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. – Romans 12:2 (NIV)



the
audience
of
ONE



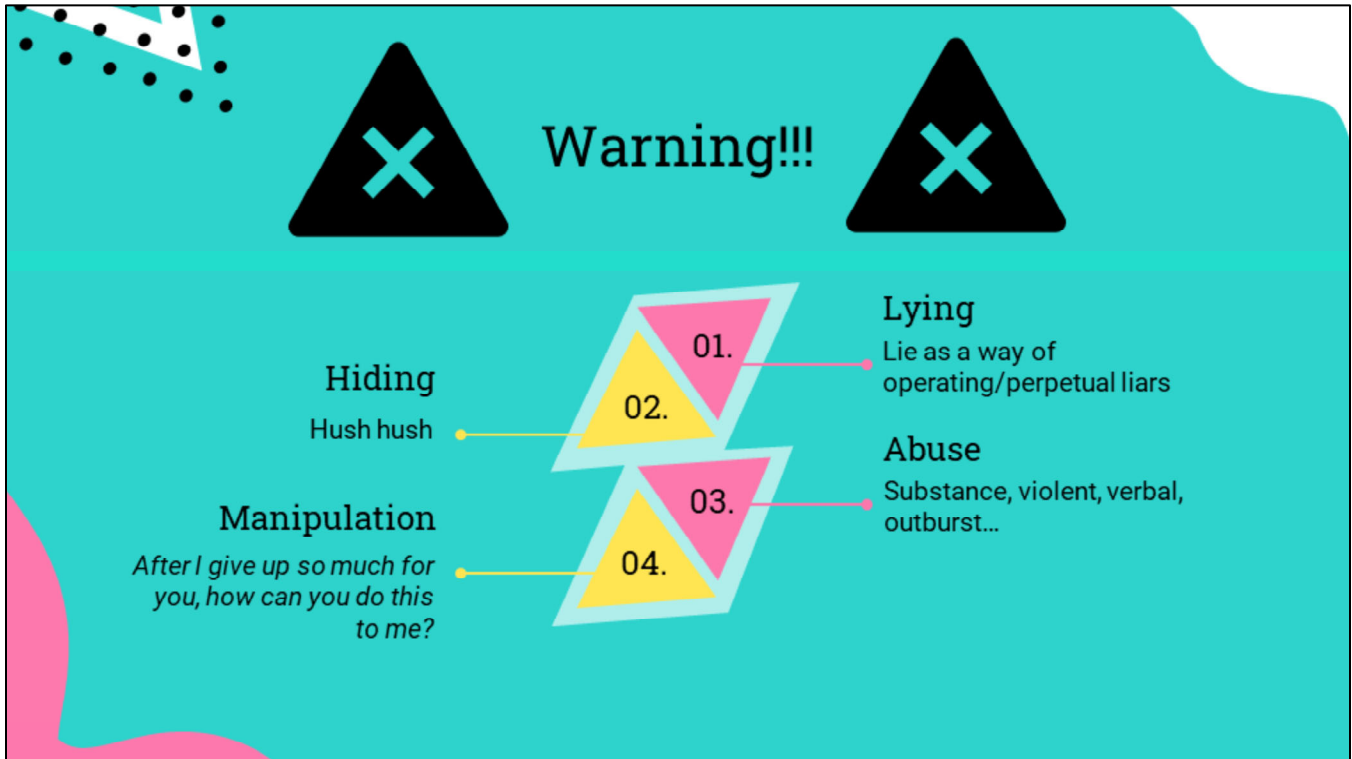
Exercise

1. Three unhealthy scripts in your life
2. Find in the Bible to change the script
3. What the 'renew' script looks like?



03.

Signs of an unhealthy
relationship



- 2 types of liars
 - o 1 – lie out of shame, guilt, other fears
 - o 2 – lie as a way of operating
 - Lies and cheat to take advantage of someone
 - Second group is no go – perpetual liars
- Hiding in secret
 - o Don't need to be social media but to a certain degree parents and especially spiritual mentor (pastor, older Christian brothers or sisters)
 - Accountability
- Substance abuse
- Violence / outburst
 - o Proverbs 16:32 - Better a patient person than a warrior, one with self-control than one who takes a city.



- Emotional manipulation – oh I cannot leave without you. Please come back to me, I am wrong.
 - Are they willing to seek help? Maybe there is a period of waiting
 - Let your yes be yes and no be no
 - Matthew 5:37
- More interest in physical than spiritual
- Dating or be in a relationship from inner hurts (Boundary)
- Spiritual dependency on you
 - Get excited about Jesus bc you are
 - Follow you to your church or other Christian programs bc you are interested in



Thank you! Same time next week

Thursday (8:45 pm) or Saturday (2 pm)
Singapore time (SGT)

Feedback -> <http://bit.ly/relationship-feedback>
Contact Cliff -> Cliff.tam@gmail.com

