



**Key Scripture:**

2 Corinthians 5:18 GOD'S WORD

God has done all this. **He has restored our relationship with Him through Christ,** and has **given us this ministry of restoring relationships.**

**Life is relationships...everything else is just details.**

**Unhealthy Relationship Rhythms**

- ✓ **I Hurt...** *The range of emotions you feel when wounded.*
  - Bewilderment, sadness, anger, frustration, confusion, embarrassment

**What does your hurt look like?** \_\_\_\_\_

- ✓ **I Want...** *A solution to make you feel better.*
  - Overeating, shopping, drinking, drugs.
  - You expect the other person's change and be your solution.

**What does your want look like?** \_\_\_\_\_

- ✓ **I Fear...** *Your fears reflect your wants.*
  - **Women:** disconnection, not being heard, not being valued, losing the love of another.
  - **Men:** Helplessness, being controlled, failure, getting stepped on.

**What does your fear look like?** \_\_\_\_\_

- ✓ **I React...** *Usually when your fear button gets pushed.*
  - You react with unhealthy words and actions calculated to motivate the other person to give you what you want.
  - Usually triggers the core fear of the other person who then reacts.

**What does your reaction look like?** \_\_\_\_\_

**Healthy Relationship Rhythms...Start with you.**

Luke 6:27-28 NLT

27 "But to you who are willing to listen, I say, **love** your enemies!  
**Do good to those who hate you. 28 Bless those who curse you.**  
**Pray for those who hurt you.**

**Notes:** \_\_\_\_\_  
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# Relational Health

## Relationship Rhythms

### Healthy Relationship Rhythms...

1. **Use your God given tools to take control of your thoughts, emotions, and impulses.**

2 Corinthians 10:3-5 Message

- 3 The world is unprincipled. It's dog-eat-dog out there! The world doesn't fight fair. But we don't live or fight our battles that way — never have and never will.
- 4 The tools of our trade aren't for marketing or manipulation, but they are for demolishing that entire massively corrupt culture. 5 **We use our powerful God-tools for smashing warped philosophies, tearing down barriers erected against the truth of God, fitting every loose thought and emotion and impulse into the structure of life shaped by Christ.**

2. **Don't give others the power to control your feelings.**

John 14:30 NLT

I don't have much more time to talk to you, because the ruler of this world approaches. He has **no power over Me...**

3. **Look only to Jesus (not others) for true happiness.**

Hebrews 12:2 NCV

**Let us look only to Jesus,** the One who began our faith and who makes it perfect...

4. **Stop keeping score by making forgiveness a habit.**

1 Corinthians 13:5 Message

(Love) Doesn't force itself on others, Isn't always "me first," doesn't fly off the handle, **doesn't keep score of the sins of others,**

Psalms 130:3-4 Message

- 3 If You, God, **kept records on wrongdoings, who would stand a chance?**
- 4 As it turns out, **forgiveness is Your habit,** and that's why You're worshiped.

**Notes:** \_\_\_\_\_  
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