



**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.**

Psalm 133:1 GOD'S WORD

See how good and pleasant it is when brothers and sisters live together in harmony!

**Causes of conflict and responses to conflict...**

Proverbs 13:10 NLT

**Pride leads to conflict;** those who **take advice** are wise.

- ✓ **Causes: Hurt...Fear...Frustration**
- ✓ **Responses: Explosion...Implosion...Resolution**

**Communication is the key to solving conflict.**

Proverbs 13:17 TLB

An unreliable messenger can cause a lot of trouble.

**Reliable communication permits progress.**

**Communication is a matter of the heart...**

**1. Take care of your heart.**

Proverbs 4:23 NLT

**Guard your heart** above all else, for **it determines the course of your life.**

Ezekiel 36:26 NLT

And I will give you a new heart, and I will put a new spirit in you.

I will take out your **stony, stubborn heart** and give you **a tender, responsive heart.**

**2. Speak from a healthy heart.**

Matthew 15:18 NLT

But **the words you speak come from the heart**—that's what defiles you.

Proverbs 18:21 Message

**Words kill, words give life;** they're either poison or fruit — **you choose.**

Ephesians 4:29 NCV

When you talk, do not say harmful things, but **say what people need** — **words that will help others become stronger.**

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

# Relational Health

## Matter of the Heart

**3. Listen from your heart.**

James 1:19 NLT

Understand this, my dear brothers and sisters:

You must all **be quick to listen, slow to speak,** and **slow to get angry.**

**4. Examine your heart.**

2 Corinthians 13:5 NASU

**Test yourselves** to see if you are in the faith; **examine yourselves!** Or do you not recognize this about yourselves, that **Jesus Christ is in you** — unless indeed you fail the test?

Matthew 7:1-2 CEV

**1. Don't condemn others, and God won't condemn you. 2 God will be as hard on you as you are on others! He will treat you exactly as you treat them.**

**Do your best to live with a peaceful heart.**

Romans 12:18 NCV

**Do your best to live in peace with everyone.**

- ✓ **Live Righteous**
- ✓ **Recognize who the real enemy is**
- ✓ **Demonstrate Forgiveness**
- ✓ **Right Word – Right Time – Right Reason**

Ephesians 4:29 CEV

Stop all your dirty talk.

**Say the right thing at the right time** and **help others by what you say.**

- ✓ **Make relationships the priority.**
- ✓ **Live with the joy of the LORD in your heart.**

Nehemiah 8:10 NKJV

**...the joy of the Lord is your strength.**

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

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