



## HOW TO MAINTAIN A HEALTHY RELATIONSHIP

*1 Peter. 3:8-9 Finally, all of you be of one mind, having compassion for one another; love as brothers, be tenderhearted, be courteous;<sup>[a]</sup> <sup>9</sup> 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.*

### Questions Of Interaction

- What do you understand when you hear the phrase Healthy Relationship?
- How can we have Healthy Relationship while having problems?
- How can we have success in our spiritual life?

### Our Values:

1. Faith in people (including Winning souls)
2. Teamwork (including a sense of Urgency)
3. Healthy Relationships (including the Family)
4. Empowerment (including being Accountable)
5. Excellence (including Relevance)

**Introduction:** Relationships with other people can be difficult and it is necessary to intentionally work on them. The closer we are to the people we have more possibilities to face the problems, differences or misunderstandings. Today we study the value of healthy relationships, whether in **the family, spouse, children, siblings, friends, comrades, we must understand that were not created to live in isolation**, we are designed to live in community, therefore it is very important to learn solve all conflicts quickly and biblically with grace, courage, respect and dignity without giving rise to resentment or gossip. Intentionally cultivate good relations. **To do this we must take into account the following:**

### 1. WORKING THE PEACE *Mat. 5:9 NIV.*

- a. Jesus said "blessed are those who love peace." To work for peace is not to turn around the problems, to escape from the discussions when they are needed, or to simply be as if nothing was happening.
- b. Of course you have to discern how, where and when to talk to resolve conflict and maintain healthy relationships at home, on your computer, work, school or church.
- c. The Lord invites us to work for peace with all people, not looking for more trouble, or cause differences in order to fight, seek peace not looking for who is right, but so that the calm will come in the storm.

### 2. LISTEN TO GOD FIRST. *Phil. 4:6.*

- a. When we have a problem or dispute with someone, the first thing to do is take the time to pray for the person and ask God to give us wisdom to deal with the situation.
- b. This will bring peace and clarity in our mind and will allow us stay calm and be understanding. We must put the complaint to God first and then to the person.

### 3. LISTEN TO THE PERSON WITH THE EARS OF JESUS CHRIST.

*Eccle. . 5:1-2*

- a. If God has the patience to listen and that makes us feel better, we must also learn to listen to the person with sincerity. Commonly when a person is offended they explode, scream, fights and does not listen to the other part. In Christ we must learn to shut up and listen and appreciate what the other person has to say.
- b. All human beings have the need to feel understood and that our (real or unreal) feelings are validated or appreciated and not ridiculed.

Use phrases like "I did not know you felt this way, I understand it must be very draining emotionally," you can achieve a lot and open the heart of the person for a talk that aims to improve and heal the relationship. Phil. 2: 4

#### 4. ATTACK THE PROBLEM NOT THE PERSON.

- a. *Remember that the devil is the accuser. You do not want be a partner of the devil accusing your brother. (Revelation. 12:10).*
- b. You can attack an object, for example, you can place a small table nearby and affected individuals can look at it pretending that it represents the problem at hand. When you point the finger it has to be done to the table not to the person.
- c. When we have a conversation we should avoid accusatory words like "always, never, all, no, YOU humiliated me when .... you, you, you" and use more "frequently, rarely, some, I felt humiliated when ... me, me, me." Note: If you decide to burn the problem that the table was only a symbol , no need to burn the table !!!! Attack the problem and the devil, not the person.

#### 5. AIM TO RESTORE MORE THAN A TO PROVE WHO IS RIGHT. *Prov. 15:1*

- a. It's important to decide to make the relationship work instead of imposing our being right. To maintain healthy relationships we must learn to forgive and stop fighting for our rights or reasons.
- b. Consider what is more important to win an argument or win the war, we want happiness in our marriage or to be right in divorce court.
- c. It is not to demonstrate from which leather morre belts are made but how to heal the relationship...

**Conclusion:** todaylet's practice the value of healthy relationships: working for peace, listening to God and people first, attacking the problem, aiming at restoring and forgiving every offense that is preventing us from living in peace with those around us. Start today having a healthy relationship with God throughout Jesus Christ by doing with all your heart the following prayer.

#### SINNER'S PRAYER

*Lord Jesus I recognize that I have sinned and that you died for me, today I repent and ask for forgiveness. I give you my life and heart so you can be my Lord and Saviour, Amen.*

#### WEEKLY ANNOUNCEMENTS:

- **Practice the value of healthy relationships:** If you have any dispute or problem with someone seek forgiveness and fix as soon as possible.
- ***Service of Healing and Miracles:*** Friday October 31st at 7 p.m.
- **3 days of power:** 5-7 of December