

HEALTHY RELATIONSHIP PREACH-IN



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HOME IMPROVEMENT: REAL RELATIONSHIPS: DEVELOPING AUTHENTIC CONNECTION - #1

We are going to examine God's original blueprint for discovering who you really are – becoming “whole” (which refers to “nothing missing, nothing broken” – i.e = “without fragmentation”) so that you can align with God's purpose for your life in every area, especially in our relationships!

-Without this, things get out of balance – and relationships become hard, as we try to relate to others out of false illusions & faulty perceptions.

-Restoration of all things, healthy relationships & wholeness are possible!

(1 Thess 5:23-24 KJV) 23) And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ. 24) Faithful is he that calleth you, who also will do it.

-Seeking God to re-discover His truth about “who” you were born to be is the key!

-His original, perfect intention for your life is found through studying & meditating on His Word.

-It is ONLY through allowing God, the Holy Spirit - to reveal your hidden pains & fears that you can begin to confront & ultimately conquer – the lies & illusions that keep you from TRULY loving yourself & others!

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-This month through His Word & the Holy Spirit – you will experience restoration to yourself, your relationships & your family!

-Wholeness occurs through the power of LOVE!

-The LOVE of God is the Absolute vital foundation to the child of God!

Text: [Prov 18:19-24 MESSAGE]

19) Do a favor and win a friend forever; nothing can untie that bond. 20) Words satisfy the mind as much as fruit does the stomach; good talk is as gratifying as a good harvest. 21) Words kill, words give life; they're either poison or fruit — you choose. 22) Find a good spouse, you find a good life and even more: the favor of God! 23) The poor speak in soft supplications; the rich bark out answers. 24 Friends come and friends go, but a true friend sticks by you like family.

[Prov 18:19, 24 KJV]

19 A brother offended is harder to be won than a strong city: and their contentions are like the bars of a castle. 24) A man that hath friends must shew himself friendly: and there is a friend that sticketh closer than a brother.

-Life is relational...

-We exist and perceive our identity, NOT in a vacuum but rather IN RELATION to others.

-It has been said that you become the average of the 5 people you associate the most with...

(Henry Drummond), ... "Men are all mosaics of other men"

-You become a product of who you are around!

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-That means we are the “WAX” upon which others leave their MARK...

-We translate the actions of others into very simple yet powerful unspoken messages to ourselves... [that range from] = “I AM NOT ALONE”, to “I HAVE VALUE”, to “I AM WORTHLESS”, “I AM SIGNIFICANT”, “I AM NOTHING”...

-People close to us Impact us...

-Those who have proven to be the Happiest or most content people in life learn to cultivate & have healthy relationships...

-In order to get the most out of your car – you need to know what it takes to operate effectively – what fuel & oil, etc

-The same with humans... God put at the core of all humans the same fundamentals...

-We all want 3 A's:

- 1) Acknowledgement
- 2) Appreciation
- 3) Acceptance

-When you feel loved, nurtured, cared for, supported & intimate, you are much more likely to be happier & healthier...

-We desire this from others... but you MUST also be able to provide it for yourself... This ultimately comes from an intimate “love relationship” with the Father thru Jesus!

In our text, v.24) “FRIENDS” come & “friends” go...

-[heb] = “an associate, more or less close, a brother, companion or fellow friend, a husband”

-But a true “FRIEND”... (different Hebrew word)

-[heb] = “to have affection for, to love, love like a friend”

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... "Sticks by you"... (i.e) – HAS STICKABILITY

-The difference in both words translated "friend" is that one (a true friend) is based on LOVE!

-We must get a Biblical understanding of LOVE in order to be whole and have healthy relationships

-Isn't that what we all really want? (i.e = "Stickability")

-Will you be here for me?

-Can I count on you?

-Am I safe with you?

-To have that type of bond of relationship... IT IS BUILT on the BASIS or FOUNDATION of LOVE!

"To BOND" = comes from the 12th century mid English word "BAND" ...

-Meaning = "Something that binds, ties or restrains"

-Ultimately, the only thing that binds me to another person is "LOVE" – (i.e) a "God Love - Agape"!

-...Not LUST, ... Not meeting my needs, ... Not Sex... Not a Feeling... BUT LOVE!!!

-The highest quality of relationships are based or founded on LOVE... (which we will be giving truest biblical definition of "love" over the course of this series)

- It is the value of building relationships on mutual respect, loyalty & trust...

-It is having relationships with individuals who draw us closer to being the people God intended us to be...

-These individuals, though they are not perfect, are good enough in their own character that the net effect of their presence in our lives is positive.

-They are accepting, honest, and present... and help us bear good fruit in our lives.

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[Good people = Good Fruit]

[Bad people = Bad Fruit]

-(Dr. Henry Cloud) = "Relationship or bonding is at the foundation of Gods nature. Since we are created in His likeness, relationship is our most fundamental need, the very foundation of who we are. Without relationship, without attachment to God and others, we can't be ourselves"

-Relationships are the currency of the kingdom & the network of life

[Jewish Proverb states]...

"Anyone who goes too far alone.. goes mad"

-Therefore, Relationships are vital to the development of the whole person...

-(Psychologist Janet Surrey) says..

" Authentic connection is described as the core of psychological wellbeing and is the essential quality of growth-fostering and healing relationships.

In moments of deep connection in relationship, we break out of isolation & contraction into a more whole and spacious state of mind and heart"

-In other words, it is in connection and community that we heal & grow!

-(Psychologically) - "Self-concept" is largely developed by HOW the most important person in my life views me...

-If that person is not healthy, safe & secure in themselves... then it can create a false identity in my life... which means I am responsible for who is in my life...

-There are 5 characteristics that are fundamental to a healthy, secure relationship:

- 1) We seek proximity (closeness) to people who are our caregivers (esp in times of trouble)
-(they are "present" – i.e. = "intimacy)

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2) The "caregiver" provides a safe haven, a felt sense of security
(i.e = they are safe for me)

3) The "caregiver" offers us a secure base from which to explore the world
(i.e = they give us a foundation)

4) Any threat of separation induces fear & anxiety
(i.e. = they are not abandoners)

5) Loss of "caregivers" prompts grief & sorrow

-(Mother Teresa) summed it up best...

"Each person has been created to love & to be loved"

-It's the core of our essence... our foundation.. To be loved, accepted & respected

-Studies have proven - long term happiness is achieved by the ability to give & receive love unconditionally

-Unconditional means = "We choose to love even though there are imperfections that we wish to be otherwise"

-Success is achieved by knowing how to manage those differences & imperfections within the relationship

-You don't change relationships by trying to control other people's behavior BUT by changing yourself in relation to them

-This is achieved by ACCEPTANCE

If God gives this gift to you... shouldn't you give it to others?

(Eph 1:6 KJV) " To the praise of the glory of his grace, wherein he hath made us accepted in the beloved."

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-THE STARTING POINT OF CHANGE IS ACCEPTANCE

-A sculptor begins his work by accepting the block of marble "as is"...

-Michael Angelo's "David" was carved from a flawed block of marble...

..Another sculptor had begun work on the block & abandoned it. There was a deep gash in the side making the stone "unacceptable" to sculptors for decades...

-Michael Angelo, however, accepted the marble.. gash & all... & created one of the marvels of human kind

-With acceptance, you can't set some things aside and say..

"I'll accept these, but not those"

-ACCEPTANCE IS UNCONDITIONAL: Without conditions or limitations...

-You can like 1 thing more than the other = that's preference & that's o.k.

-BUT Acceptance is NOT to expect or except anything (that is different than setting boundaries)

-That is only done by walking in a "God-love"

(Eph 3:17-19 AMP)

17 May Christ through your faith [actually] dwell (settle down, abide, make His permanent home) in your hearts! May you be rooted deep in love and founded securely on love,

18 That you may have the power and be strong to apprehend and grasp with all the saints [God's devoted people, the experience of that love] what is the breadth and length and height and depth [of it];

19 [That you may really come] to know [practically, through experience for yourselves] the love of Christ, which far surpasses mere knowledge [without experience]; that you may be filled [through all your being] unto all the fullness of God [may have the richest measure of the divine Presence, and become a body wholly filled and flooded with God Himself]!

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-This leads to WHOLENESS:

“Wholeness” – occurs when you have a realistic, appreciative, loving opinion of yourself...

In spite of your imperfections, you discern your unconditional human worth...

Love depends, in part, on our ability to own & share our faults.

-[Luke 7:47] “The one who is forgiven much, loves much”

-In order to be healthy & whole & - ultimately Love others with the love of God .. I MUST know & have:

- 1) My Unconditional human worth and value
- 2) Love
- 3) Continual Growth

-Let's examine...

1) UNCONDITIONAL HUMAN WORTH:

-It means that you are important and valuable as a person because your essential, core self (your spirit) is unique, precious, of infinite, eternal, unchanging value, and good. It is created in the image of God

-Unconditional human worth implies that you are as precious as any other person

-As a child of God You must know:

A) All have infinite, eternal and unconditional worth as persons – they begin to discover that worth when they are “born again” – or saved

B) All have equal value as persons. Worth is not comparative or competitive

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(Acts 10:34-35 KJV) 34) Then Peter opened his mouth, and said, Of a truth I perceive that God is no respecter of persons: 35) But in every nation he that feareth him, and worketh righteousness, is accepted with him.

C) Externals neither add or diminish worth.

D) Worth is stable and not in jeopardy, even if others reject you.

-When you get saved – Justification is an instantaneous legal act of God in which He counts our sins forgiven & Christ's righteousness as belonging to us, & declares us to be righteous in His sight.

-Justification means = "to be declared righteous". This does not make the Christian righteous (that is what sanctification progressively does); rather, DECLARES US to be RIGHTEOUS when we are not on the Basis of the Righteousness of Christ (Rom 3:20, 26, 28; 5:1; 8:30; 10:4; Gal 2:16; 3:24)

Our Righteousness comes from placing our faith in the finished work of Jesus Christ. His sacrifice covers our sin, allowing God to see us as perfect and unblemished.

E) Worth doesn't have to be earned or proved. It already exists. It must be recognized, accepted and appreciated.

Therefore, you realize that you are important & valuable as a person because your essential core self (your spirit) has been born again – REGENERATED –

Simply put – it is God making you "spiritually alive", a new creation, as a result of faith in Jesus Christ.

= It means that I am lovable because God first loved me

-You can never love others until you love yourself

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-Your life is capable of bringing satisfaction to you

-You have to develop a disposition to experience yourself as a "good person" through the forgiveness of Christ & as competent to cope with whatever challenges you face in life

-I have come to realize the greatest trap in our life is not success, popularity, money or power, BUT SELF-REJECTION

-When we have come to believe in the voices that call us worthless and unlovable, then we look for power, money, success, people as attractive solutions...

-Self-rejection is the greatest enemy of the spiritual life because it contradicts the sacred voice that calls us "His Beloved"

-Being the "beloved" expresses the core truth of our existence...

-When I accept this... NOW I am able to love others as I love myself..

[Matt 22:37-39 KJV]

37 Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind.

38 This is the first and great commandment.

39 And the second is like unto it, Thou shalt love thy neighbour as thyself.

-The LOVE of God is the absolute vital foundation to the child of God

-The life you have longed for is locked up in your ability to love & to be loved...

-If you don't develop in this character nothing else will work..

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LOVE IS:

- 1) A feeling that you experience
- 2) An attitude : Love wants what's best for the loved one at each moment
- 3) A decision & commitment that you make every day – Sometimes you “will it” – even though it's difficult at the time
- 4) A skill that is cultivated

-LOVING is something we learn to do...

I Cor 13 describes that LOVE:

LOVE: Endures long / patient / kind / suffereth long / not envious (means it pains you to see someone else successful)

-Not jealous (fear of someone being preferred over you)

-Not boastful / haughty / rude / act unbecomely

-Not self seeking – or selfish (selfishness is – the matrix for fear – fear is born out of selfishness)

-Not resentful / doesn't keep an accounting book of everything done wrong to you

-Bears up under anything & everything (means it covers the scandal with silence)

-It never fails

-[1 John 3:13,14]

“The person who does not love is spiritually dead”

-You have to practice love to perfect love... & THAT is a decision you make every day

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