

# Be Healthy

DIET | EXERCISE | HABITS

RELATIONSHIPS | FUN | STRESS | SERVICE

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**bad memories**

**angry words**

**disappointment**

**divorce**

**STRESS**

**grudges**

# RELATIONSHIPS

**emotional baggage**

**hurtful**

**childhood**

**bitterness**

**PAIN**

**exhausting**

# God created us for **RELATIONSHIPS**

- with Him
- with each other

**“Teacher, which is the greatest commandment in the Law?”**

**Jesus replied:**

**“Love the Lord your God with all your heart  
and with all your soul and with all your mind.’**

**This is the first and greatest commandment.**

**And the second is like it:**

**‘Love your neighbor as yourself.’**

**All the Law and the Prophets hang on these two  
commandments.”**

Matthew 22:36-40

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Spouse

Employer

Child

Sibling

Neighbor

Relative

Parent

# RELATIONSHIPS

Friend

Co-Worker

Student

Teacher

Employee

Mentor

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# RELATIONSHIPS

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*What do*  
**HEALTHY**  
**RELATIONSHIPS**  
*look like??*

honest enjoyment caring balanced  
pro-active not superficial not manipulative loving  
concern **HEALTHY** loyalty  
respect **RELATIONSHIPS**  
considerate supportive accepting  
not jealous **FUN** not controlling  
kind courteous

What things can we  
DO to keep our  
RELATIONSHIPS  
HEALTHY??

# 1) Control YOURSELF

- You are only responsible for YOU
- You can only control YOU
- You can only change YOU

1) Control YOURSELF

2) Deal with it

- Say you're SORRY
- Reconcile
- Make peace
- Don't let things FESTER...

**“... Do not let the sun go down  
while you are still angry...”**

**Ephesians 4:26**

**“If you are offering your gift at the altar and  
there remember that your brother or sister has  
something against you, leave your gift there in  
front of the altar. First go and be reconciled to  
them; then come and offer your gift.”**

**Matthew 5:23-24**

1) Control YOURSELF

2) Deal with it

3) Give GRACE & MERCY,  
not judgment

- A critical spirit is a relationship KILLER

“Do not judge, or you too will be judged.  
For in the same way you judge others,  
you will be judged,  
**and with the measure you use,  
it will be measured to you.**

“Why do you look at the speck of sawdust  
in your brother’s eye  
and pay no attention  
to the plank in your own eye?”

Matthew 7:1-3

1) Control YOURSELF

2) Deal with it

3) Give GRACE, not judgment

4) FORGIVE

- Inability to forgive is another relationship KILLER

“For if you forgive  
other people when they sin against you,  
your heavenly Father will also forgive you.  
But if you do not forgive others their sins,  
**your Father will not forgive your sins.”**

Matthew 6:14-15

# FORGIVENESS

- is not a FAVOR
- is for US
- is REQUIRED
- doesn't mean that what happened is OK
- doesn't mean the guilty won't pay
- is not the same as TRUST

- 1) Control YOURSELF
- 2) Deal with it
- 3) Give GRACE, not judgment
- 4) Forgive
- 5) Watch your MOUTH

If we could just keep our mouth SHUT!

**“...Do not lie to each other...”**

**Colossians 3:9**

**“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.”**

**Ephesians 4:29**

**“... Everyone should be quick to listen,  
slow to speak  
and slow to become angry...”**

**James 1:19**

“... **the tongue** is a small part of the body, but it makes great boasts.

Consider what a great forest is set on fire by a small spark. **The tongue** also is a fire, a world of evil among the parts of the body.

It corrupts the *whole* body,  
sets the *whole* course of one’s life on fire,  
and is itself set on fire by *hell*. ...

“... All kinds of animals, birds, reptiles and sea creatures are being tamed and have been tamed by mankind, but **no human being can tame the tongue**. It is a restless evil, full of deadly poison.

With the tongue we praise our Lord and Father, and with it we curse human beings, who have been made in God’s likeness.

Out of the **same** mouth come praise and cursing. My brothers and sisters, **this should not be.**”

James 3:5-10

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**“The good man  
brings good things  
out of the good stored up in his heart,  
and the evil man  
brings evil things  
out of the evil stored up in his heart.  
For out of the overflow of his heart  
his mouth speaks.”**

Luke 6:45

# “Watch your mouth”

- Don't LIE
- Build up, don't tear down
- Talk ½ as much as you listen
- Take out the garbage

- 1) Control YOURSELF
- 2) Deal with it
- 3) Give GRACE, not judgment
- 4) Forgive
- 5) Watch your mouth
- 6) Love

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Matthew 22:36-40

**Love is patient, love is kind.  
It does not envy, it does not boast,  
it is not proud.**

**It does not dishonor others,  
it is not self-seeking,  
it is not easily angered,  
it keeps no record of wrongs.**

**Love does not delight in evil  
but rejoices with the truth.**

**It always protects, always trusts, always hopes,  
always perseveres.**

**Love never fails.**

**I Corinthians 13:4-8**

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**“Only people are going  
to last forever.”**

*- Rick Warren*

*“What On Earth Am I Here For?” p. 293*

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**Moore, OK  
May 20, 2013**



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# 1<sup>st</sup> John 4

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