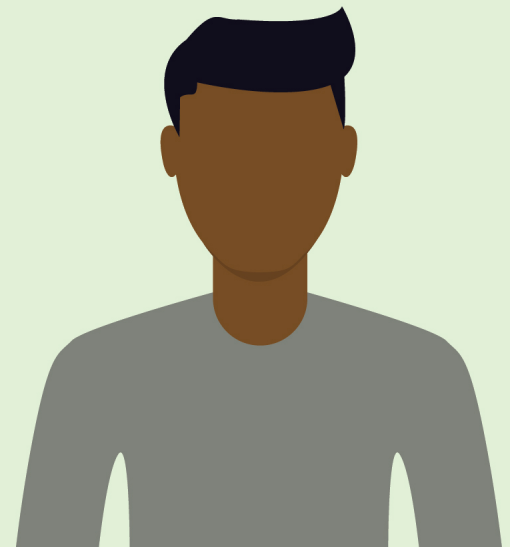
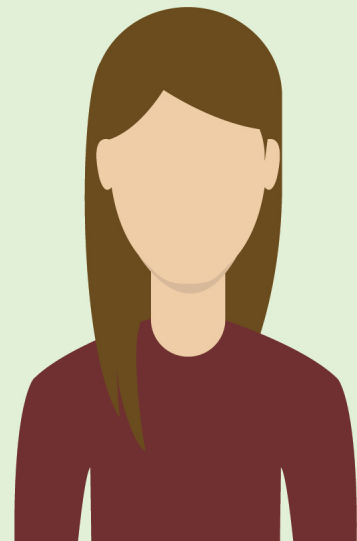
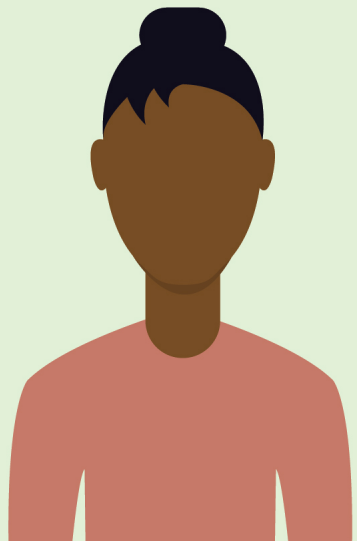
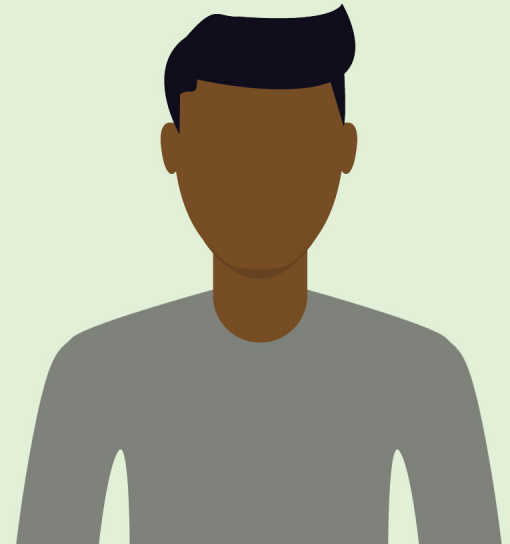
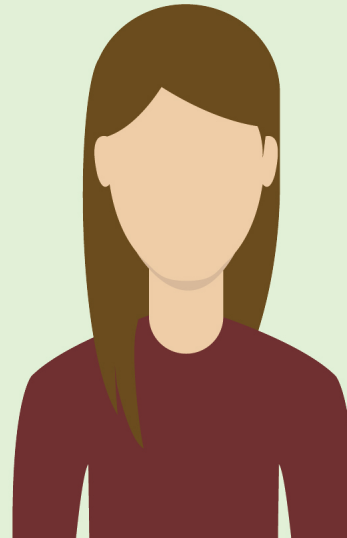
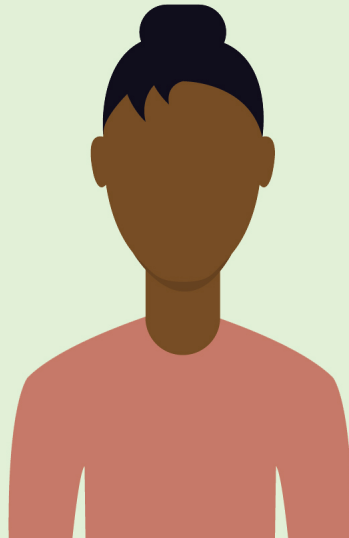
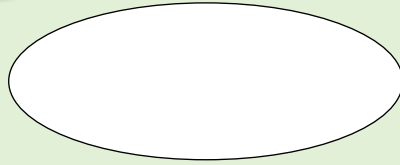


#The Struggle is Real
#RELATIONSHIPS

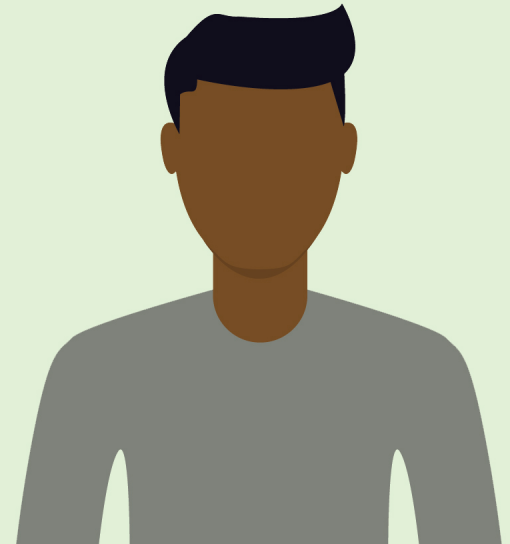
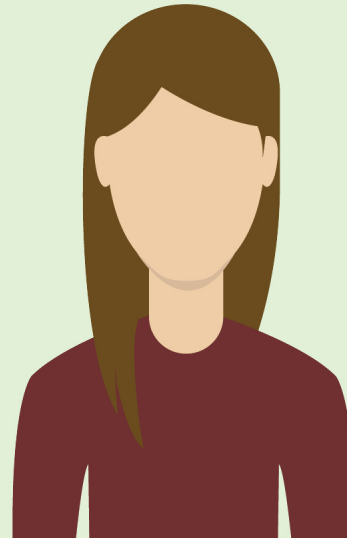
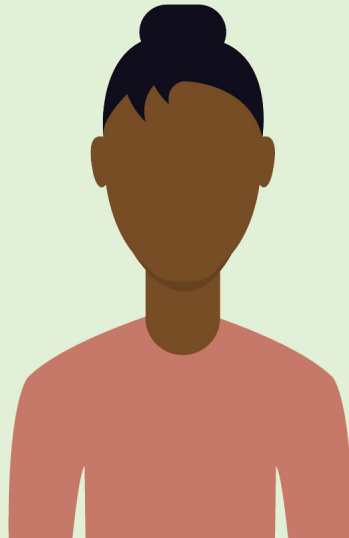


We are designed for relationships...



We are designed for relationships...

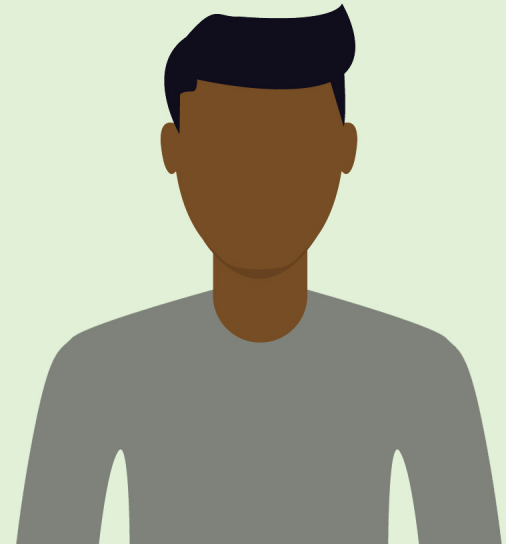
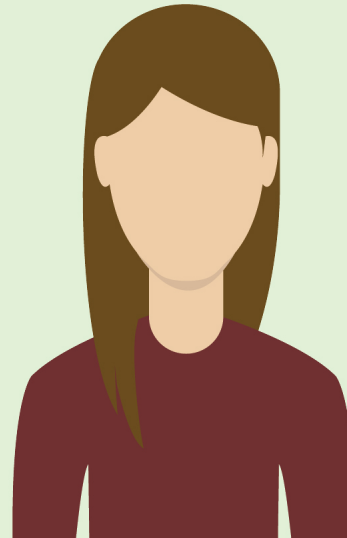
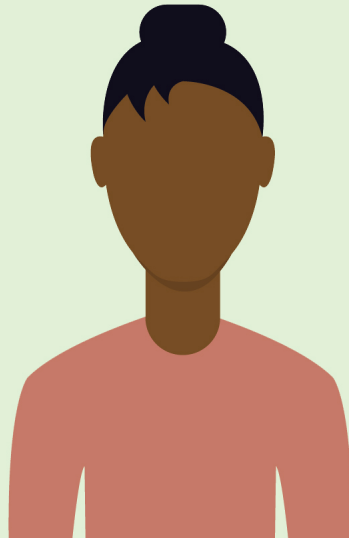
but...



We are designed for relationships...

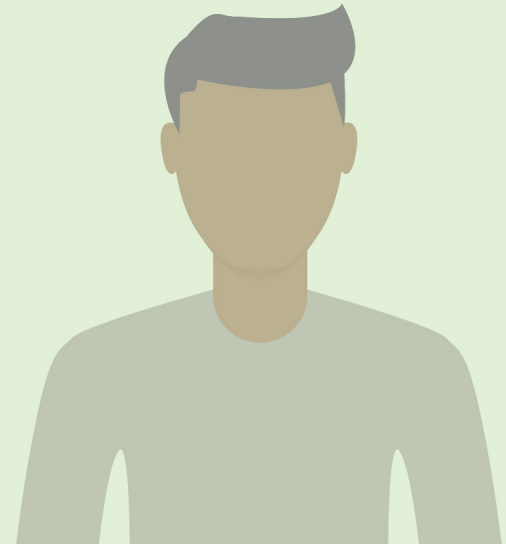
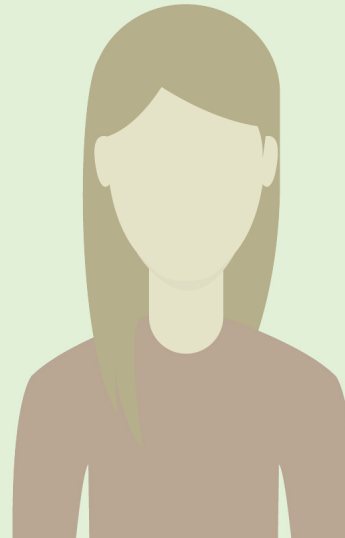
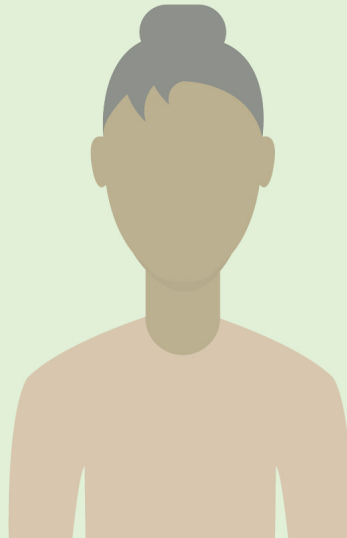
but...

they can be the source of all sorts of pain!



Ephesians 5:1-2, 15-20

- 1 Therefore be imitators of God, as beloved children.
- 2 And walk in love, as Christ loved us and gave Himself up for us, a fragrant offering and sacrifice to God.



15 Look carefully then how you walk,

not as unwise but as wise,

16 making the best use of the time,

because the days are evil.

17 Therefore do not be foolish,

but understand what the will of the Lord is.

18 And do not get drunk with wine,

for that is debauchery, **but be filled with the Spirit,**

19 addressing one another in psalms and hymns and
spiritual songs, singing and making melody to the
Lord with your hearts,

20 giving thanks always for everything to God the Father
in the name of our Lord Jesus Christ,

15 Look carefully then how you walk,

not as unwise but as wise,

16 making the best use of the time,

because the days are evil.

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19 addressing one another in psalms and hymns and

spiritual songs, singing and making melody to the

Lord with your hearts,

20 giving thanks always for everything to God the Father

in the name of our Lord Jesus Christ,

21 submitting to one another
out of reverence for Christ.

.....

21 submitting to one another
out of reverence for Christ.

.....

...to yield...

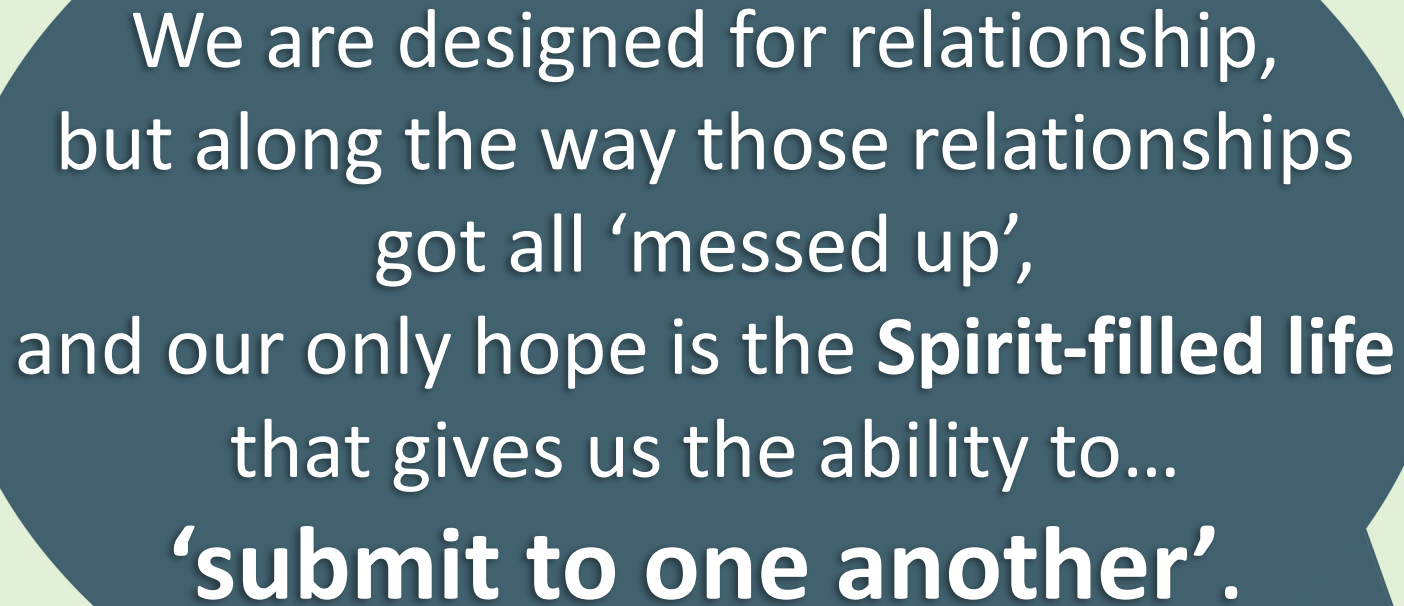
...to offer...

21 submitting to one another
out of reverence for Christ.

.....

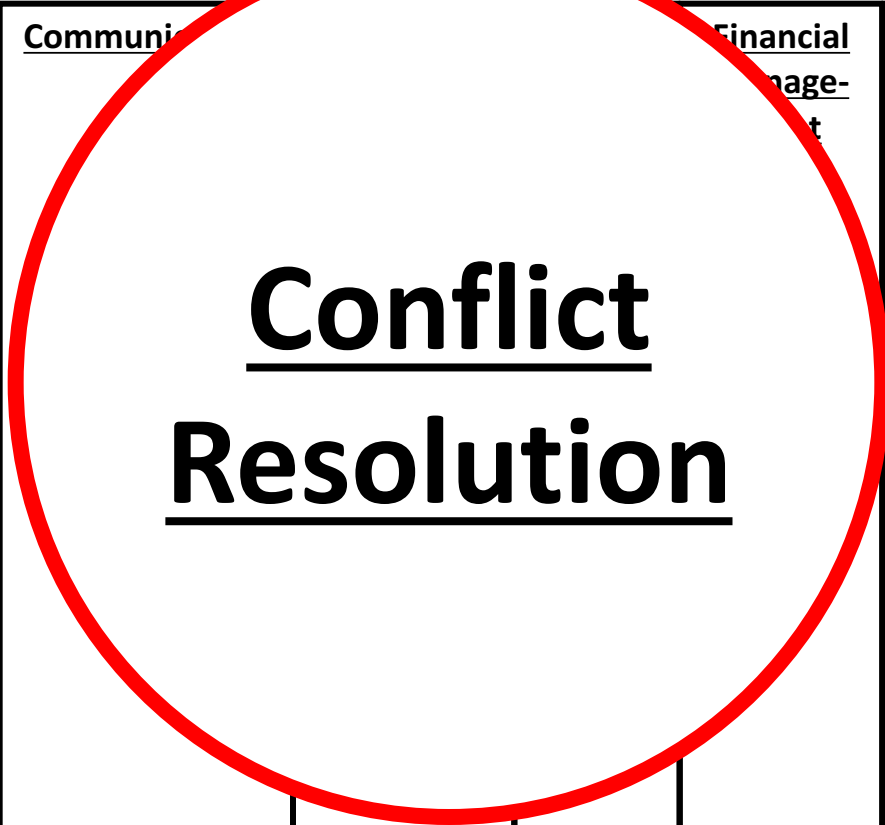
...to stop resisting...

...to stop hiding...

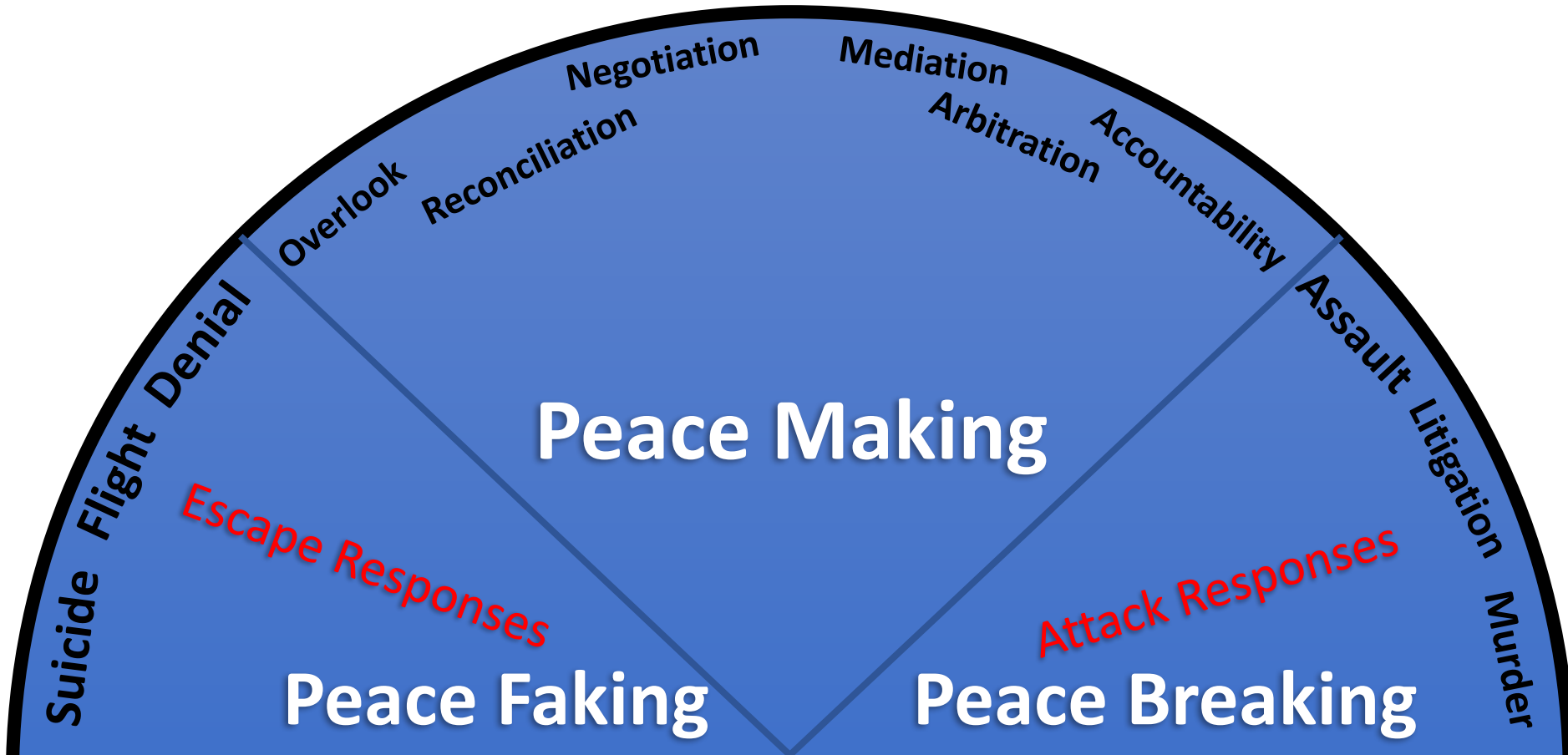


We are designed for relationship,
but along the way those relationships
got all 'messed up',
and our only hope is the **Spirit-filled life**
that gives us the ability to...
'submit to one another'.

Prepare/Enrich: Relational Assessment

<u>Communi</u>	<u>Financial</u> <u>manage-</u> <u>t</u>	<u>Leisure</u> <u>Activities</u>	<u>Sexual</u> <u>Expecta-</u> <u>tions</u>	<u>Family</u> <u>and</u> <u>Friends</u>	<u>Relationship</u> <u>Roles</u>	<u>Spiritual</u> <u>Beliefs</u>	
 <p><u>Conflict</u> <u>Resolution</u></p>							

Options in dealing with conflict: *The Slippery Slope*



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Options in dealing with conflict: *The Slippery Slope*



Options in dealing with conflict: *The Slippery Slope*



Options in dealing with conflict: The Slippery Slope



Prepare/Enrich: Relational Assessment

<u>Communications</u>	<u>Sexual Expectations</u>	<u>Family and Friends</u>	<u>Relationship Roles</u>	<u>Spiritual Beliefs</u>
<p style="text-align: center;"><u>Communication</u></p>				

Prepare/Enrich: Relational Assessment

Communication

Sexual
Expectations

Family
and
Friends

Relationship
Roles

Spiritual
Beliefs

Communication

Words matter in almost every conflict:

Prepare/Enrich: Relational Assessment

Communication

Sexual
Expectations

Family
and
Friends

Relationship
Roles

Spiritual
Beliefs

Communication

Words matter in almost every conflict:

James 1:26

If anyone thinks he is religious and does not bridle his tongue but deceives his heart, this person's religion is worthless.

Prepare/Enrich: Relational Assessment

Communication

Sexual
Expectations

Family
and
Friends

Relationship
Roles

Spiritual
Beliefs

Communication

Words matter in almost every conflict:

James 3:6

The tongue is set among our members,
staining the whole body, setting on
fire the entire course of life....

Prepare/Enrich: Relational Assessment

Communicati

Sexual
Expecta-
ns

Family
and
Friends

Relationship
Roles

Spiritual
Beliefs

Communication

Words matter in almost every conflict:

Ephesians 4:15

Speak the truth in love, so that we can
grow up in every way into Christ
who is the head of us all.

Communication

Three profound commitments:

Communication

1

Communication

Speak to be
understood...

1

Communication

Speak to be

understood...

rather than

1 to convince,

to overwhelm,

to win,

or to belittle.

Communication

Speak to be
Understood...

1

1. Words should not be a weapon.

Communication

Speak to be
Understood...

1

1. **Words should not be a weapon.**

Ephesians 4:29

Let no corrupting talk come out of your mouths,
but only such as is good for building up,
as fits the occasion,
that it may give grace to those who hear.

Communication

Speak to be
understood...

1

2. Many words inevitably injure others.

Communication

Speak to be
Understood...

1

2. Many words inevitably injure others.

Proverbs 10:19

When words are many,
transgression is not lacking,
but whoever restrains his lips is prudent.

Communication

Speak to be
Understood...

1

3. Speak to people not about people.

Communication

Speak to be
Understood...

1

3. **Speak to people not about people.**

Matthew 18:15

If your brother sins against you,
go and tell him his fault,
between you and him alone. If he listens to you,
you have gained your brother.

Communication

Speak to be
Understood...

1

4. Speak to bless those who hate you.

Communication

Speak to be
Understood...

4. **Speak to bless those who hate you.**

Luke 6:27-28

But I say to you who hear, Love your enemies,
do good to those who hate you,
bless those who curse you,
pray for those who abuse you.

Communication

Speak to be
Understood...

1

5. Words can be all about restoration.

Communication

Speak to be
Understood...

1

5. Words can be all about restoration.

Galatians 6:1

Brothers, if anyone is caught in any transgression, you who are spiritual should restore him in a spirit of gentleness.

Communication

2

Communication

Listen in order to
understand...

2

Communication

Listen in order to
understand...

rather than

to agree,

to

to build a defense,

to find a crack,

Communication

Listen in order to understand...

2

1. Listening does not seem to come naturally.

Communication

Listen in order to understand...

1. **Listening does not seem to come naturally.**

James 1:19-20

Know this, my beloved brothers,
let every person be quick to hear, slow to speak,
slow to anger, for the anger of man does not
produce the rightness of God.

Communication

Listen in order to
understand...

2

2. A lack of listening exacerbates problems.

Communication

Listen in order to
understand...

2. A lack of listening exacerbates problems.

Proverbs 18:13

If one gives an answer before he hears,
it is his folly and shame.

Communication

Listen in order to understand...

2. A lack of listening exacerbates problems.

Proverbs 15:28

The heart of the righteous ponders how to answer, but the mouth of the wicked pours out evil things.

Communication

Listen in order to
understand...

2. A lack of listening exacerbates problems.

Proverbs 29:20

Do you see a man who is hasty in his words?
There is more hope for a fool than for him.

Communication

Listen in order to
understand...

2

3. Listening is the work of understanding.

Communication

Listen in order to
understand...

3. Listening is the work of understanding.

Proverbs 20:5

The purpose in a man's heart is like deep water,
but a man of understanding will draw it out.

Communication

Listen in order to understand...

2

4. Listening lets you size up the other person.

Communication

Listen in order to understand...

4. Listening lets you size up the other person.

Proverbs 9:8-9

Do not reprove a scoffer, or he will hate you;
reprove a wise man, and he will love you.

Give instruction to a wise man, and he will be still wiser,
teach a righteous man, and he will increase in learning.

Communication

3

Communication

Speak & Listen to
heal...

3

Communication

Speak & Listen to heal...

3

1. **Speak in a constructive manner.**

Communication

Speak & Listen to heal...

1. **Speak in a constructive manner.**

Proverbs 12:18

There is one whose rash words
are like sword thrusts,
but the tongue of the wise brings healing.

Communication

Speak & Listen to heal...

3

2. Be face to face whenever possible.

Communication

Speak & Listen to heal...

2. Be face to face whenever possible.

The telephone, texting, email, twitter, instagram, and voicemail miss 55% of communication.

Communication

Speak & Listen to heal...

2. Be face to face whenever possible.

The telephone, texting, email, twitter, instagram, and voicemail miss 55% of communication.

7% is verbal.....93% is non-verbal

Communication

Speak & Listen to heal...

3

3. Don't use the Bible as a weapon.

Communication

Speak & Listen to heal...

3. Don't use the Bible as a weapon.

Hebrews 4:12

For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and spirit, of joints and marrow, and discerning the thoughts and intentions of the heart.

Communication

1
2
3

Communication

1

Speak to be understood.

2

3

Communication

1

Speak to be understood.

2

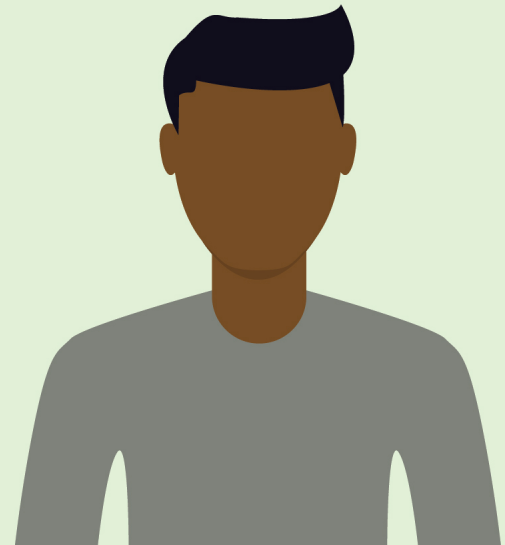
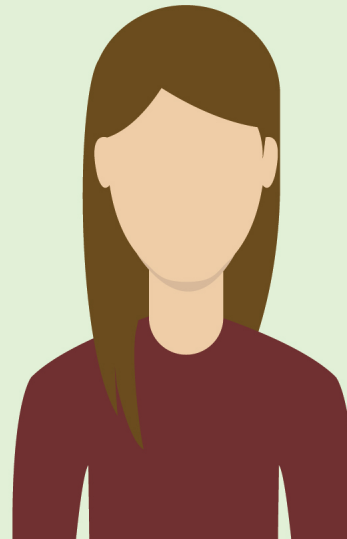
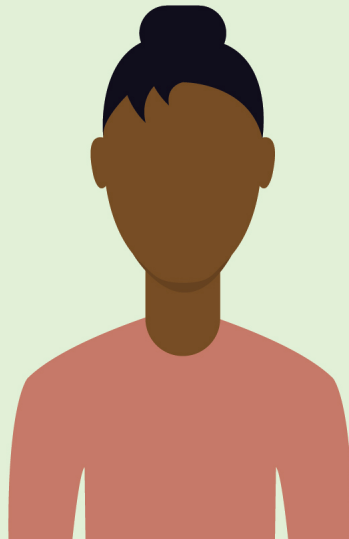
Listen in order to understand.

3

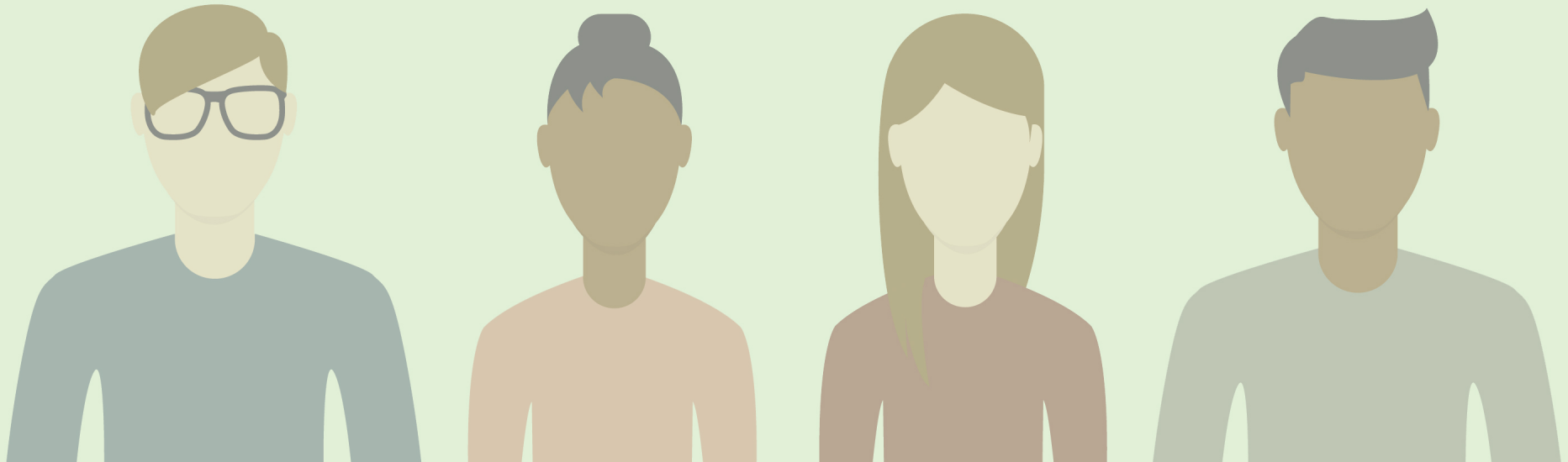
Communication

- 1 *Speak to be understood.*
- 2 *Listen in order to understand.*
- 3 *Speak & Listen in order to heal.*

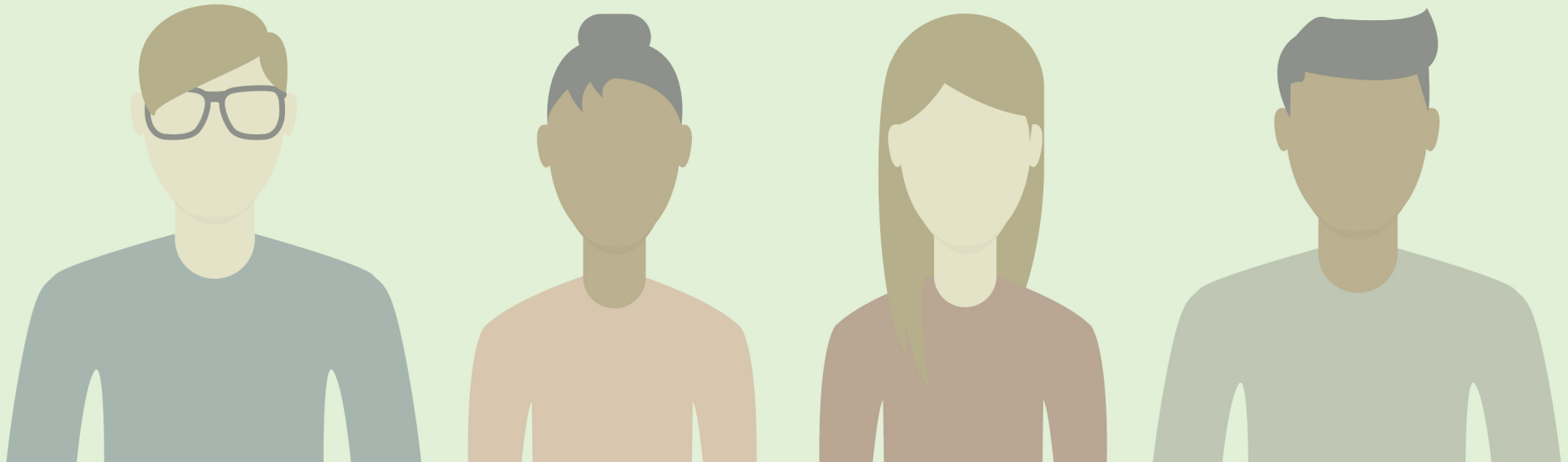
So...therefore...what now?



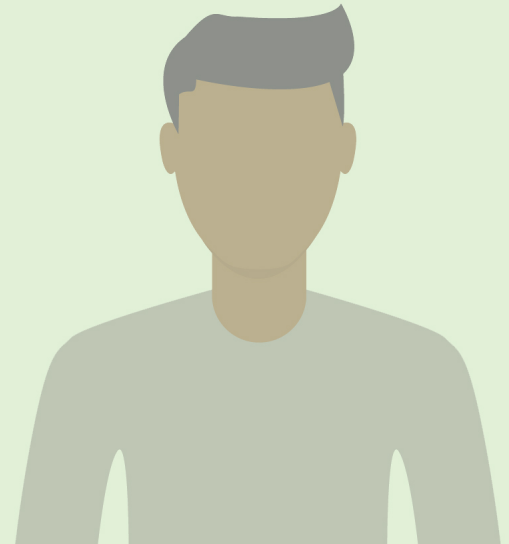
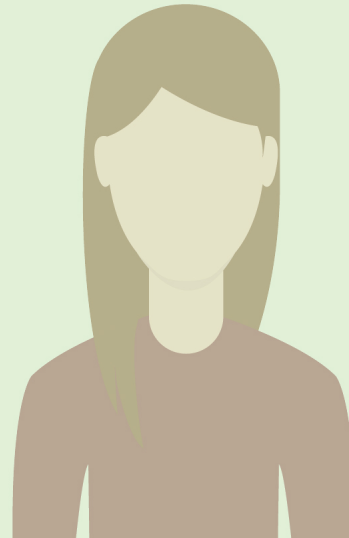
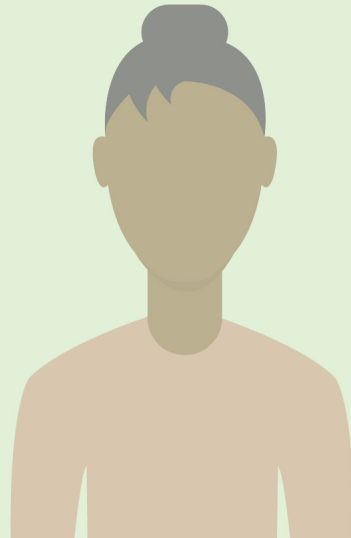
This is the most important
yet difficult work you will
ever do in a relationship!



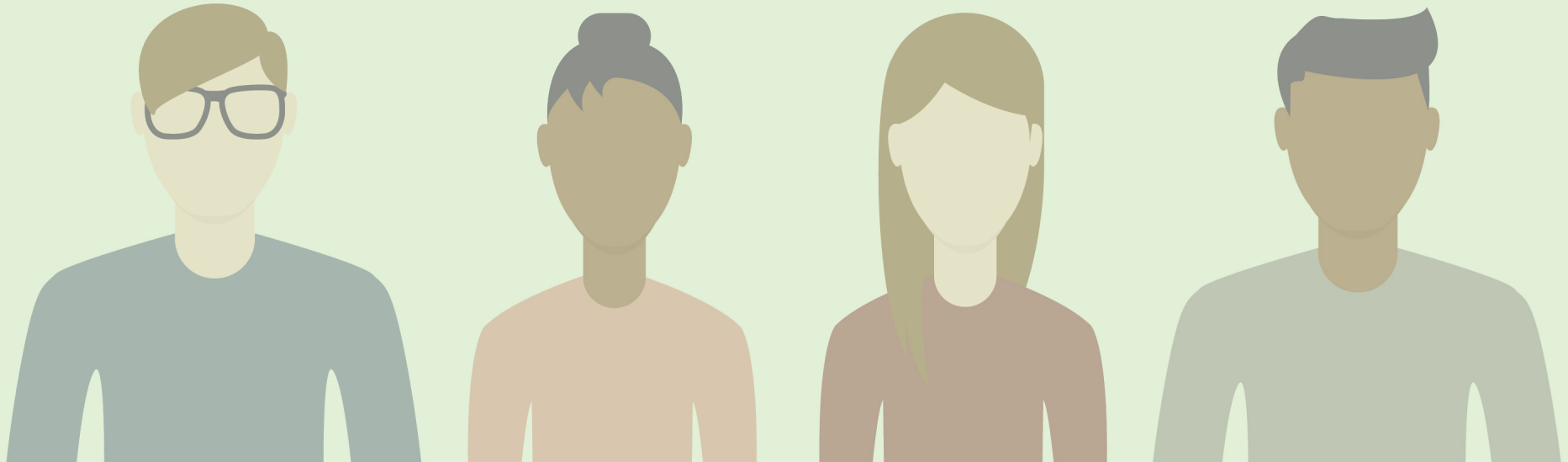
Communication takes practice...



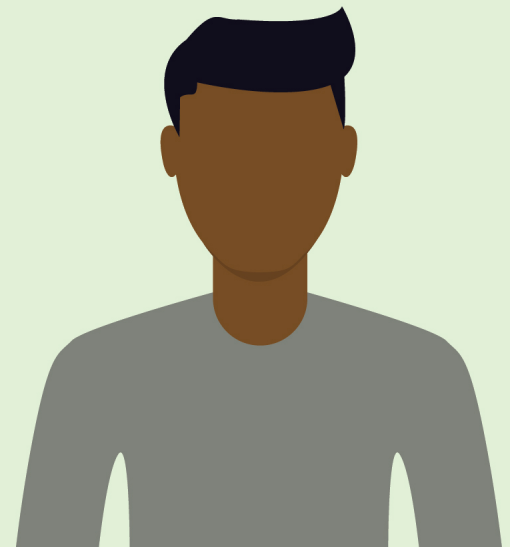
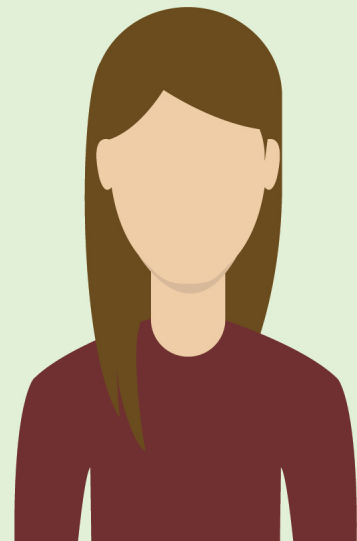
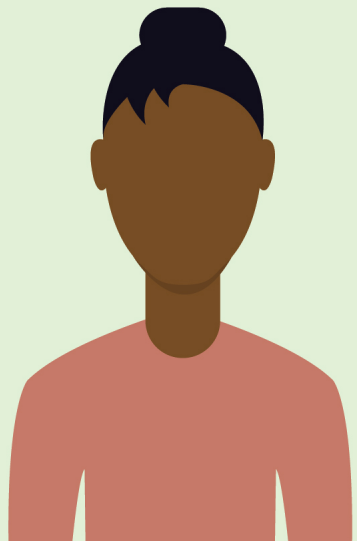
Communication takes practice...
a lot of practice...



Communication takes practice...
a lot of practice...
an amazing amount of practice!

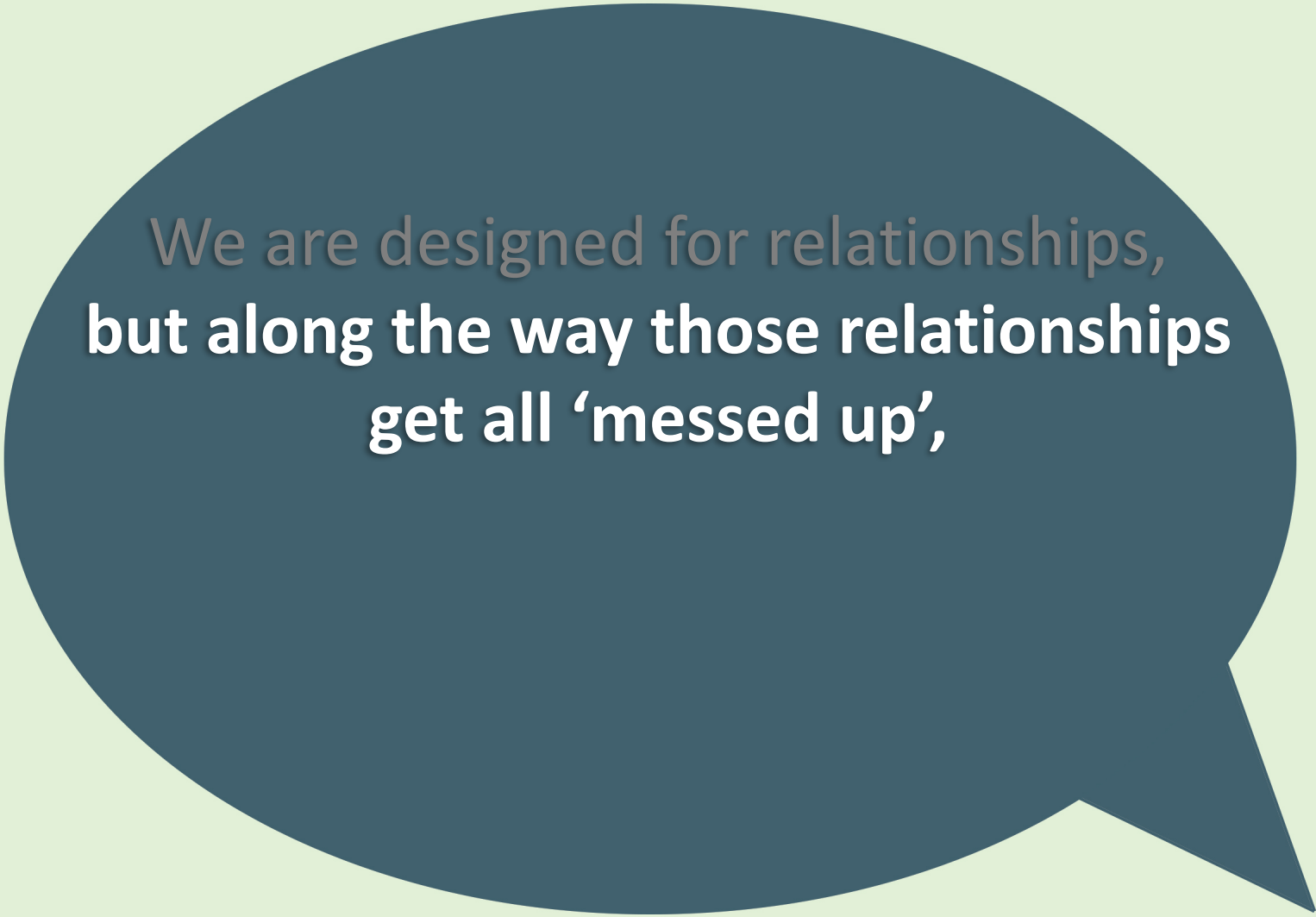


#The Struggle is Real
#RELATIONSHIPS

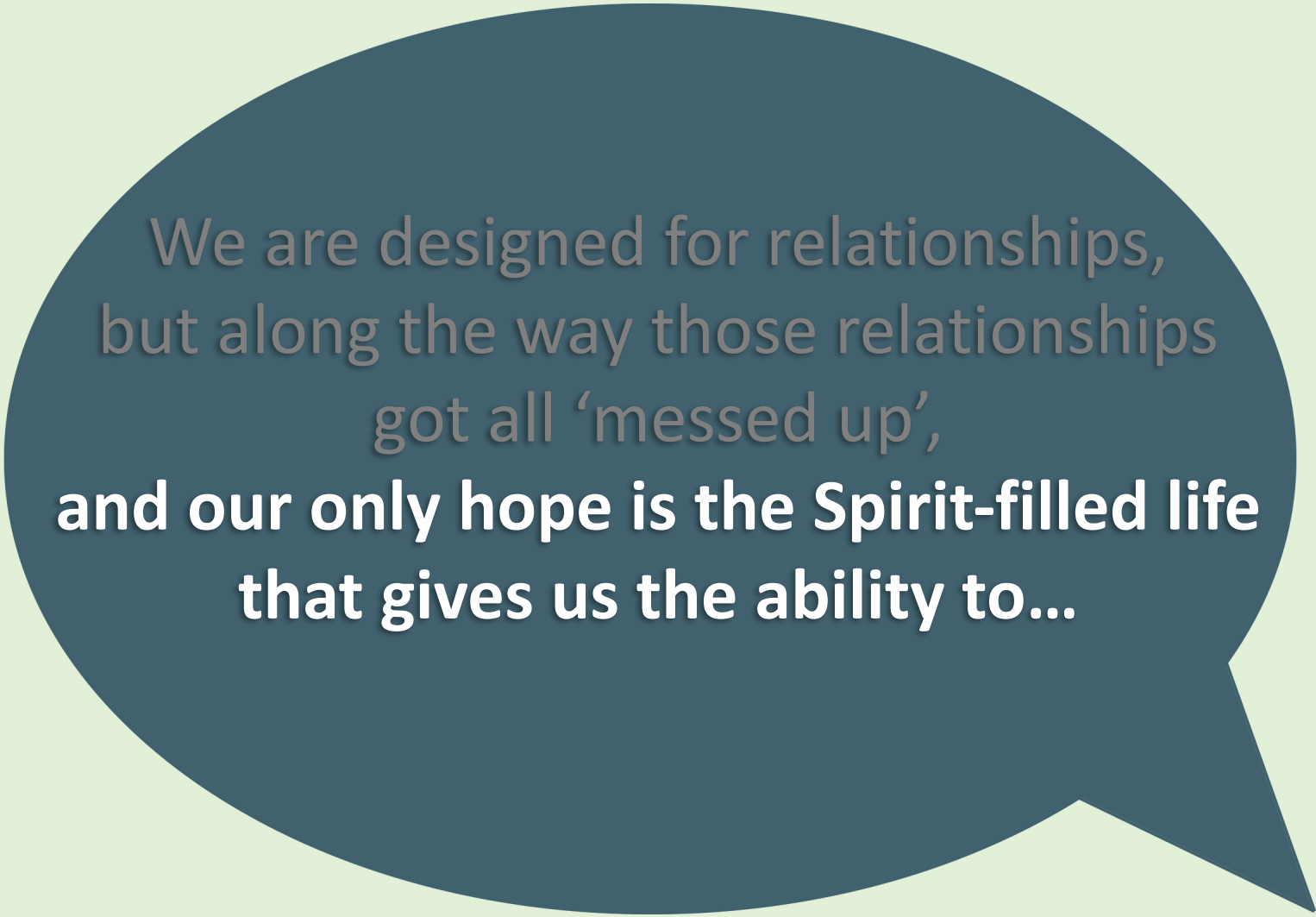




We are designed for relationships,



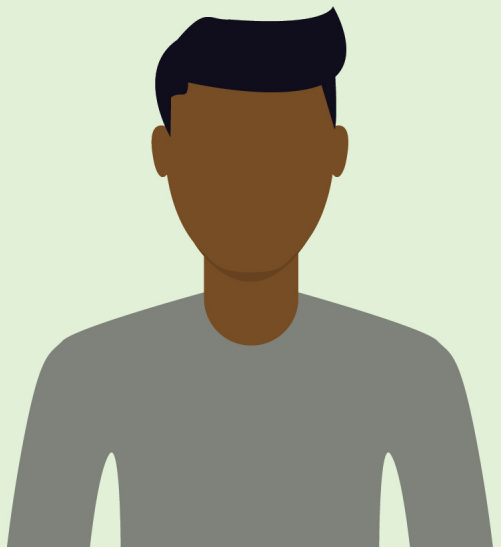
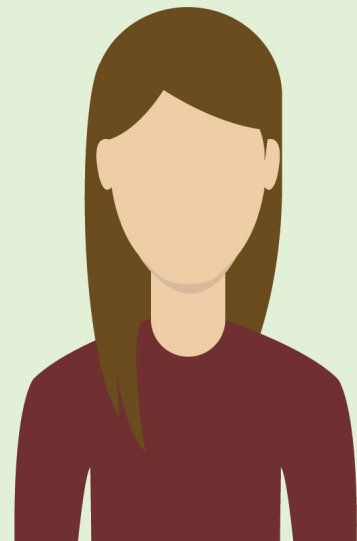
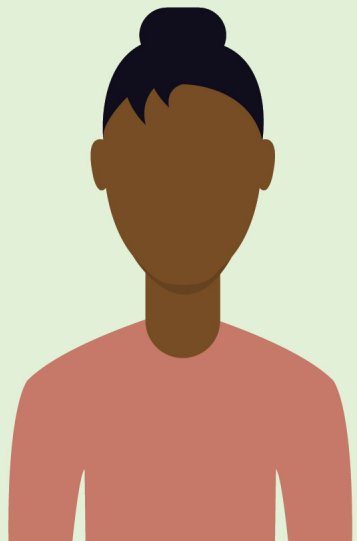
We are designed for relationships,
**but along the way those relationships
get all 'messed up',**




We are designed for relationships,
but along the way those relationships
got all 'messed up',
**and our only hope is the Spirit-filled life
that gives us the ability to...**

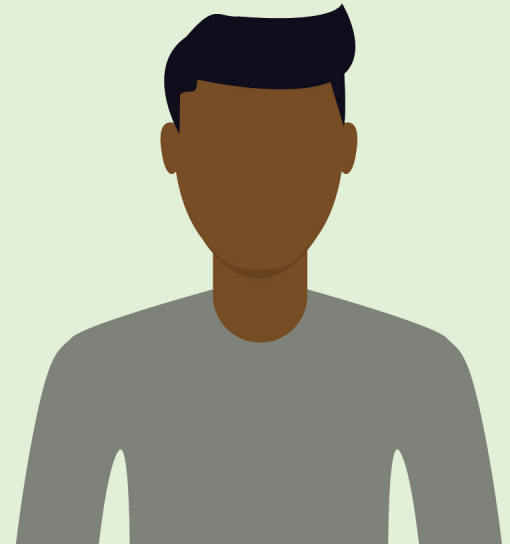
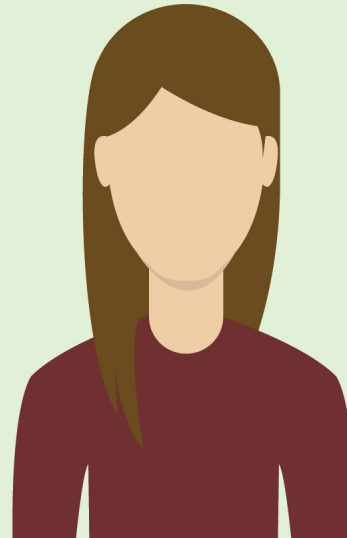
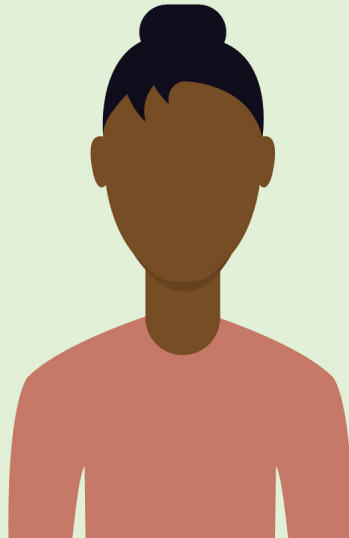
We are designed for relationships,
but along the way those relationships
got all 'messed up',
and our only hope is the **Spirit-filled life**
that gives us the ability to...

'submit to one another'.

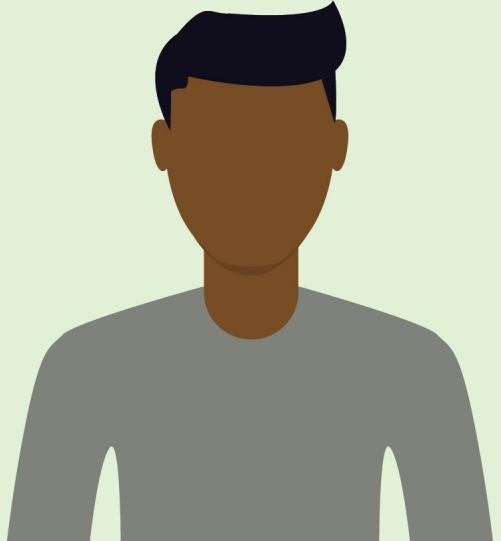
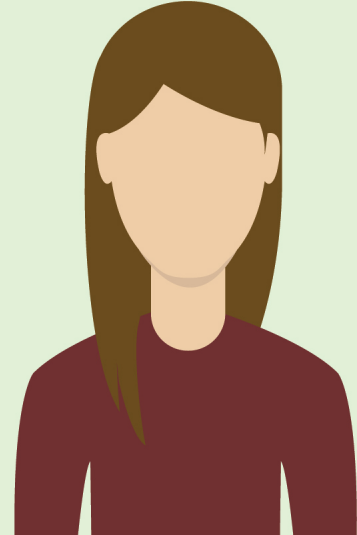
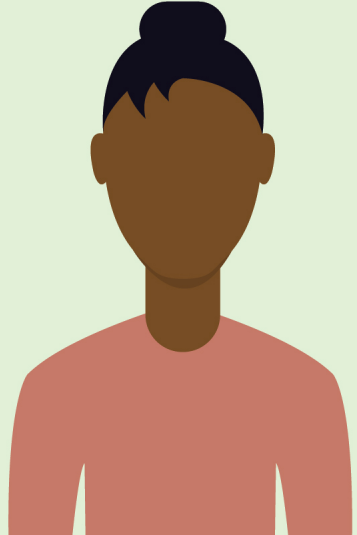





I think I have
a lot of work
to do!

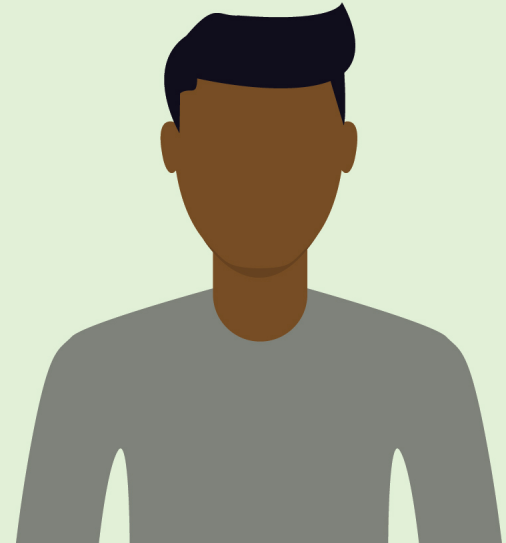
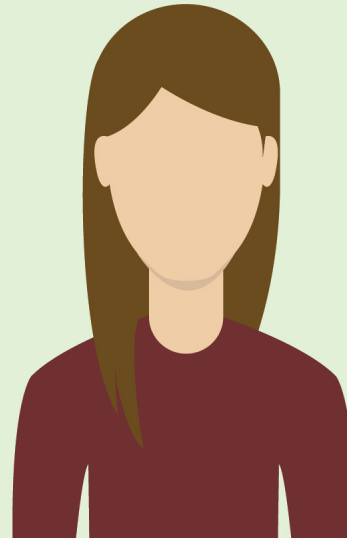
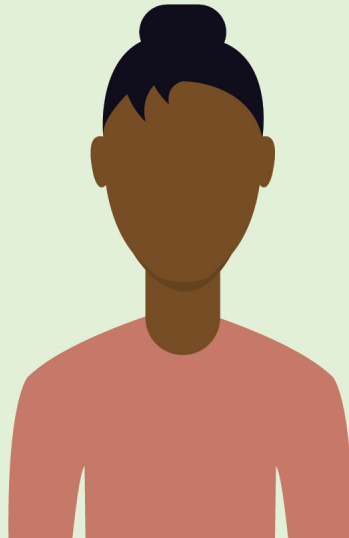



I've been hurt
a lot by
others.





I've caused a
lot of pain over
the years.



An illustration featuring four stylized human figures in a row at the bottom. From left to right: a man with brown hair and glasses wearing a blue long-sleeved shirt; a woman with dark skin and hair in a bun wearing a pink long-sleeved shirt; a woman with long brown hair wearing a maroon long-sleeved shirt; and a man with dark skin and short dark hair wearing a grey long-sleeved shirt. Above them are several overlapping speech bubbles in various colors (blue, brown, grey, orange). The central speech bubble contains the text "It will take an act of God to help me get there...".

It will take an
act of God to
help me get
there...



"EXACTLY"....

"Exactly"....

*...a relationship with Him is the
cornerstone and the starting
line for relationships...*

"EXACTLY"....

...we need to pray!

