

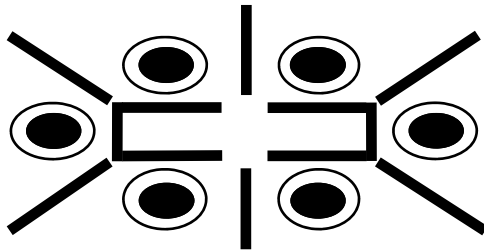
# Developing Healthy Relationships

## Two Types of Relationships

1 John 4:18

*There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.*

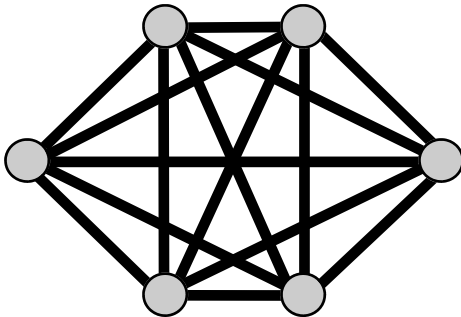
### Fear - Based Relationships



#### Fear Relationships

- ◆ relationships controlled by fear
- ◆ everyone erects barriers with others
- ◆ everyone creates a shell to protect their feelings
- ◆ no trust
- ◆ no communication

### Love - Based Relationships



#### Healthy Relationships

- ◆ relationships are controlled by love
- ◆ barriers have been replaced by acceptance
- ◆ shells have been replaced by openness
- ◆ trust is a characteristic of relationships
- ◆ communication is direct

### How we developed fear - based relationships

**When Adam sinned, he immediately experienced five things:**

**Shame - Genesis 3:7**

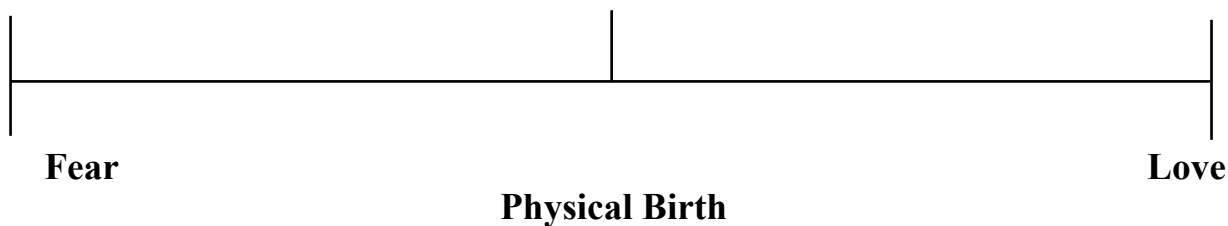
**Separation from God (and each other) - Genesis 3:8**

**Fear - Genesis 3:10**

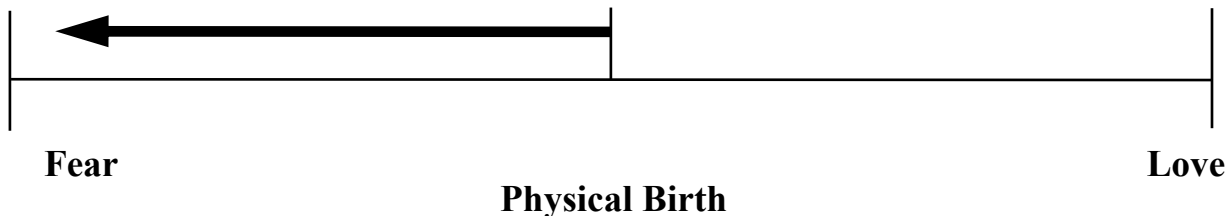
**Guilt - Genesis 3:11**

**Blame - Genesis 3:12-13**

**At physical birth, we knew neither love nor fear**




**Two things quickly caused us to begin moving toward fear:  
Our own sin - Isaiah 53:6, Romans 3:23  
The sins of others - Romans 1:18-32**



**As a result, our lives became controlled by fear  
Hebrews 2:14-15**

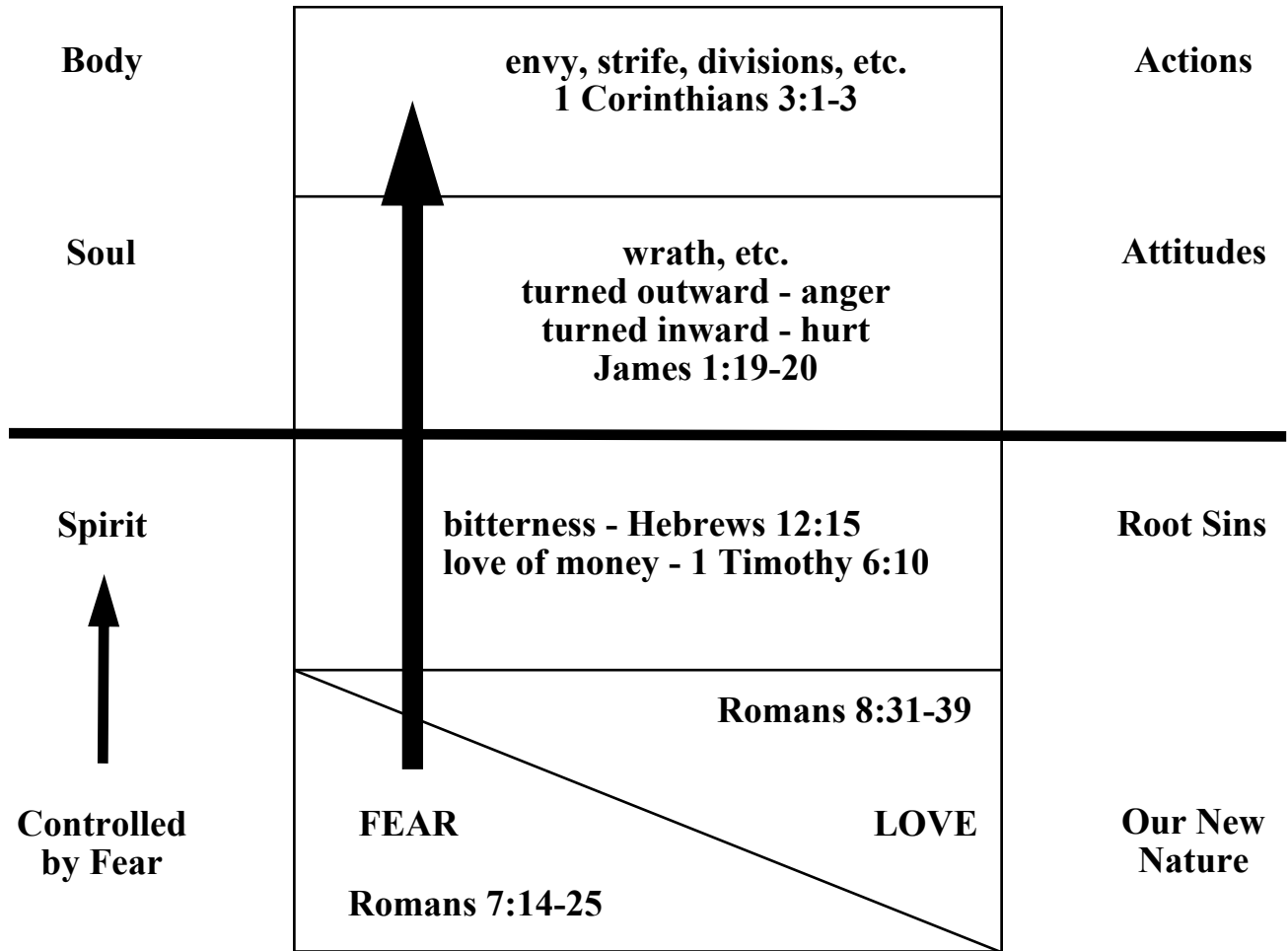
*Inasmuch then as the children have partaken of flesh and blood, He Himself likewise shared in the same, that through death He might destroy him who had the power of death, that is, the devil, and release those who through fear of death were all their lifetime subject to bondage.*

<b>Body</b>	<b>Surface symptoms</b>	<b>Actions</b>
<b>Soul</b>	<b>Surface causes</b>	<b>Attitudes</b>
<hr style="border: 2px solid black;"/>		
<b>Spirit</b>	<b>Root symptoms</b>	<b>Root sins</b>
 <b>controlled by fear</b>	<b>Root cause</b>	<b>Sin nature</b>

**The world often deals only with surface symptoms and causes;  
it never realizes that the spirit is controlled by fear which is the root cause**

**As Christians, our lives can still be rooted in fear.  
Romans 7:14-25**

**This fear produces the following results for our body, soul and spirit:**



**When fear controls us:  
We are not yielding to the Spirit  
Romans 6:16**

*Do you not know that to whom you present yourselves slaves to obey, you are that one's slaves whom you obey, whether of sin leading to death, or of obedience leading to righteousness?*

**We need to be rooted and built up in Christ  
Colossians 2:6-7**

*As you therefore have received Christ Jesus the Lord, so walk in Him, rooted and built up in Him and established in the faith, as you have been taught, abounding in it with thanksgiving.*

## Moving from fear to love is a process of spiritual growth

**2 Peter 3:18**

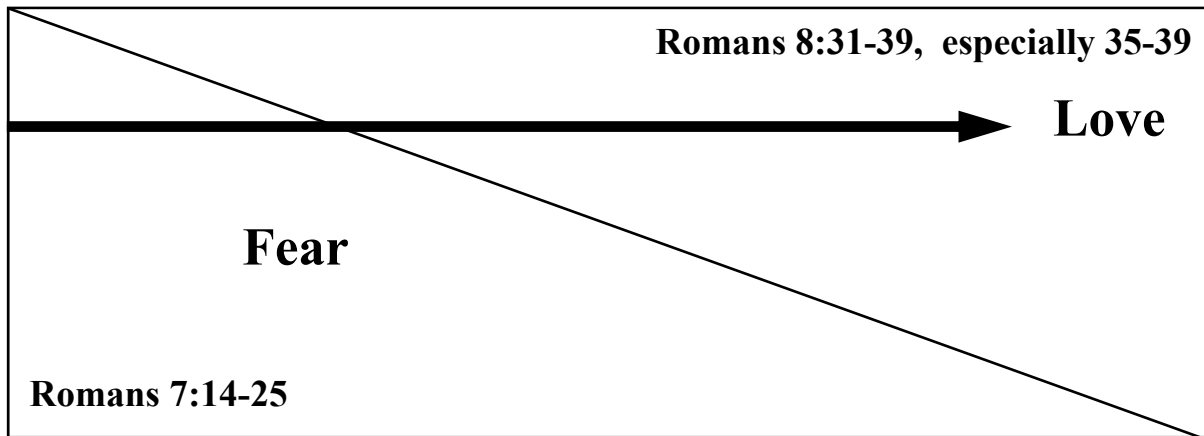
*...but grow in the grace and knowledge of our Lord and Savior Jesus Christ. To Him be glory both now and forever. Amen.*

**1 John 4:16-18**

*And we have known and believed the love that God has for us. God is love, and he who abides in love abides in God, and God in him. Love has been perfected among us in this: that we may have boldness in the day of judgment; because as He is, so are we in this world. There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.*

**Fear**

**Love**



**Paul's prayer was that we would all become rooted in the Love of Christ**  
**Ephesians 3:14-21**

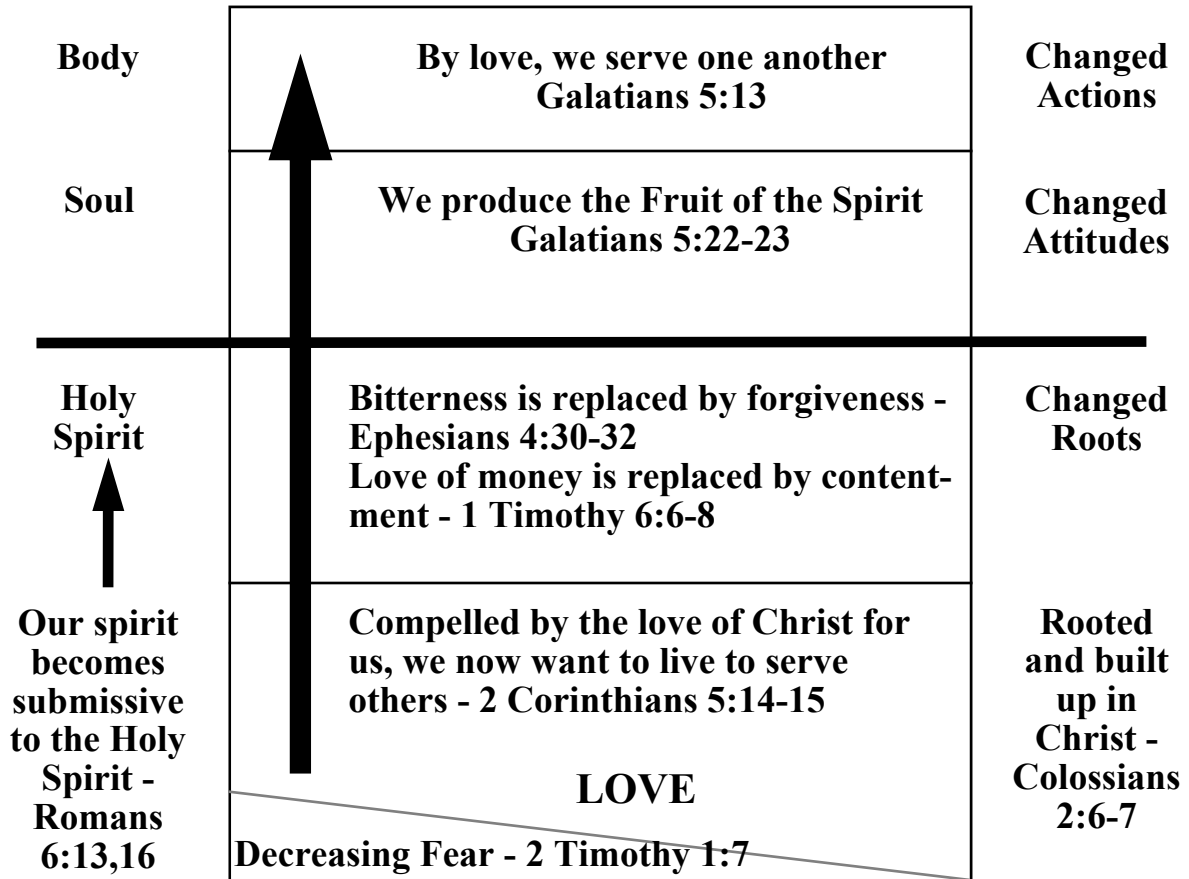
*For this reason I bow my knees to the Father of our Lord Jesus Christ, from whom the whole family in heaven and earth is named, that He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man, that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, may be able to comprehend with all saints what is the width, and length and depth, and height - to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God. Now to Him who is able to do exceeding abundantly above all that we ask or think, according to the power that works in us, to Him be glory in the church by Christ Jesus to all generations, forever and ever. Amen.*

### Godly love has four dimensions instead of three

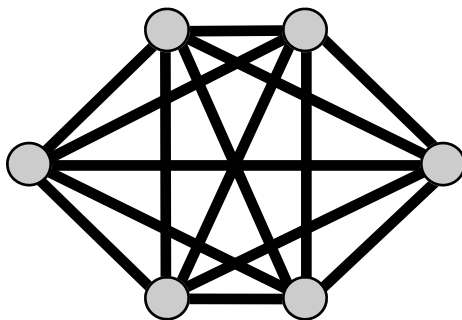
As humans, we can only see three dimensions — width, length and height. However, Christ wants us to learn to experience love in the fourth dimension, depth, as we learn to take root in the Love of Christ which is the dimension that cannot be seen.

**Results of learning to take root in the Love of Christ  
2 Corinthians 5:14-15**

*For the love of Christ compels us, because we judge thus: that if One died for all, then all died; and He died for all, that those who live should live no longer for themselves, but for Him who died for them and rose again.*



**When we are rooted in the Love of Christ, we will be developing  
Love - Based Relationships**



**Healthy Relationships**

- ◆ relationships are becoming controlled by love
- ◆ barriers are being replaced by acceptance
- ◆ shells are being replaced by openness
- ◆ trust is becoming a characteristic of relationships
- ◆ communication is becoming direct

**Are we working to develop love - based relationships?**