

Prayer Meeting &
Bible Study

June 12, 26
Jul 3, 10, 17, 24

11:30 am - 1:15 pm

IN GOOD HEALTH

God's Design for a Healthy You

5-WEEK BIBLE STUDY SERIES

Join us live on Zoom

Meeting ID: 834 5430 3988

Passcode: 627132

Rev. Larrin Robertson, Pastor-Teacher
Word For Life Church Ministries

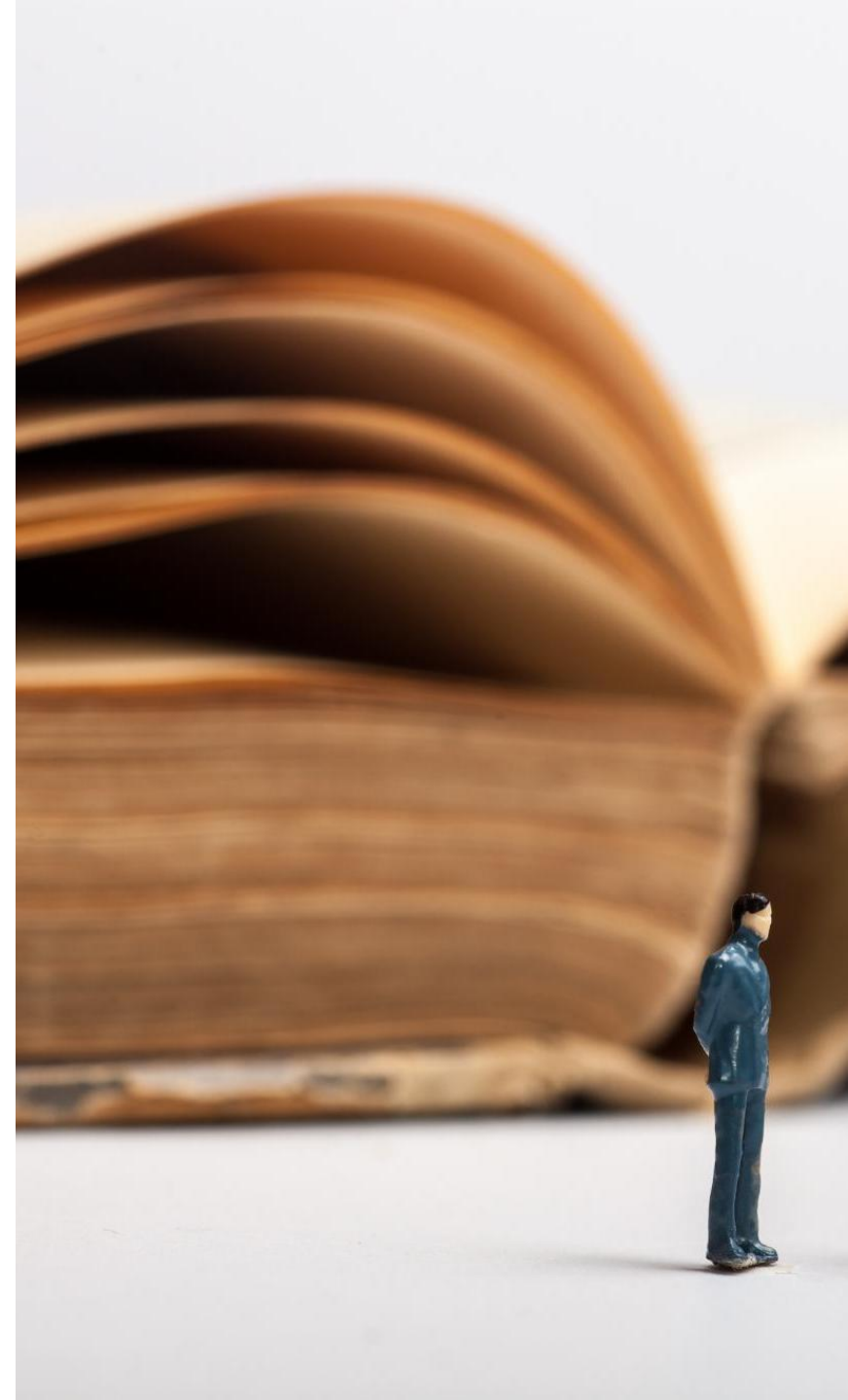


RELATIONAL HEALTH

Guiding principles
for relationships
that glorify God
and respects
people

LESSON OVERVIEW

- A Biblical Perspective of Relational Health
- Essential Virtues for Healthy Relationships
- Effective and Christlike Communication
- Practical Application for Relational Growth



A BIBLICAL PERSPECTIVE OF RELATIONAL HEALTH

COLOSSIANS 3:12–14

12. As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience.
13. Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive.
14. Above all, clothe yourselves with love, which binds everything together in perfect harmony.
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Explore & Explain

ROMANS 12:9–18

⁹ Let love be genuine; hate what is evil, hold fast to what is good; ¹⁰ love one another with mutual affection; outdo another in showing honor. ¹¹ Do not lag in zeal; be ardent in spirit, serve the Lord. ¹² Rejoice in hope, be patient in suffering, persevere in prayer. ¹³ Contribute to the needs of the saints; extend hospitality to strangers.

¹⁴ Bless those who persecute you; bless and do not curse them. ¹⁵ Rejoice with those who rejoice, weep with those who weep. ¹⁶ Live in harmony with one another; do not be haughty, but associate with the lowly; do not claim to be wiser than you are. ¹⁷ Do not repay anyone evil for evil, but take thought for what is noble in the sight of all. ¹⁸ If it is possible, so far as it depends on you, live peaceably with all.

Explore & Explain



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THE TRANSFORMATIVE POWER OF GOD'S LOVE

Transformation through Love

God's love encourages personal transformation by promoting forgiveness and grace for others.

Advancing Healing

Forgiveness nurtured by God's love restores and heals relationships between people.

Unity and Reflection

Understanding God's love helps believers embody unity and reflect godly character in interactions.



RELATIONSHIPS THAT REFLECT GOD'S NATURE AND MISSION

Reflection of LOVE

Healthy relationships embody God's love, showing kindness and grace in daily interactions. [Consider, Rom 16:1-16]

Reflection of REDEMPTION

Relationships model redemption by fostering forgiveness and restoration among individuals. [Eph 1 and 2, various]

Reflection of RECONCILED COMMUNITY

Relationships actively contribute to building community and motivating reconciliation in society. [Phlp 4:2-3; Phlm]



THREE VIRTUES ESSENTIAL FOR HEALTHY RELATIONSHIPS

- Forgiveness for healing
 - Humility through patience
 - The love of Christ
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FORGIVENESS FOR HEALING



Foundation for Healing

Forgiveness serves as the essential foundation for spiritual and emotional health after conflicts or hurts. [Mt 18:15; 1 Jn 1:8-9]



Restoring Relationships

Forgiveness enables the restoration of broken relationships by removing resentment and encouraging understanding. [Acts 15:36-40 and 2 Tim 4:11]



Reflecting Grace

Forgiveness reflects Christ's grace, reminding believers to be merciful and compassionate in our daily walk. [Mt 6:12]

PRACTICING HUMILITY AND PATIENCE

Role of Humility

Humility encourages respect, peace, service, and understanding.

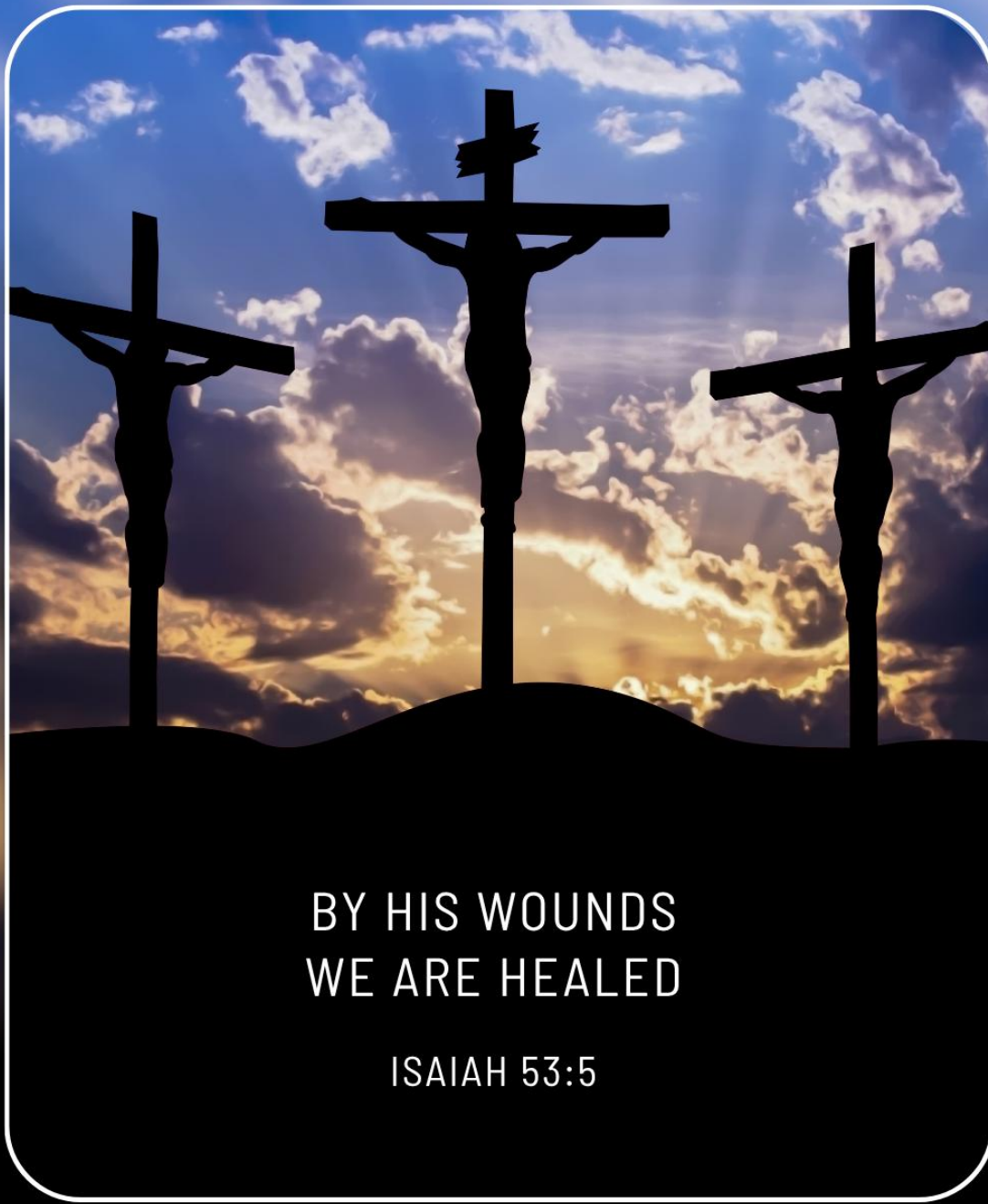
- Jn 13:3-17; Col 3:12-15

Importance of Patience

Patience allows individuals to handle challenges calmly, reducing conflicts and promoting harmony.

- Prov 19:11; Jam 1:3-4
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MODELING JESUS' LOVE IN ALL RELATIONSHIPS

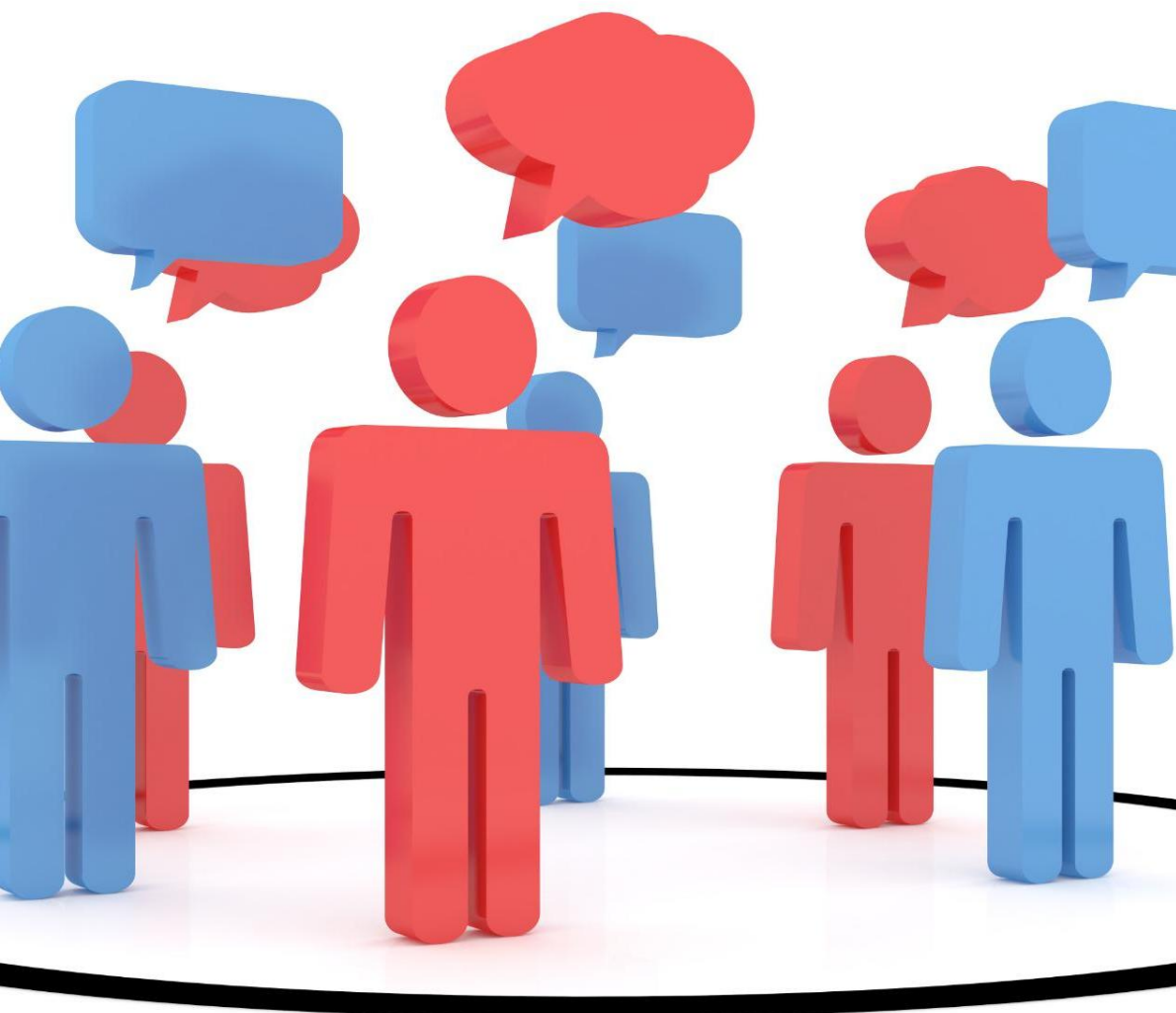
Sacrificial Love Example

Christ's sacrificial love serves as the ultimate example to inspire our relationships with others.

Building Trust and Respect

Demonstrating Christ's love builds trust, respect, and deeper connections in all relationships.

EFFECTIVE AND CHRISTLIKE COMMUNICATION



COMMUNICATION AS A TOOL FOR UNDERSTANDING AND GROWTH

Open Communication

Open communication encourages transparency and sharing of true thoughts and feelings to build trust.

Mutual Understanding

Honest exchanges foster mutual understanding by sharing perspectives and reducing misunderstandings.

Relationship Growth

Effective communication strengthens relationships by promoting empathy and connection over time.



AVOID DOMINATION AND DEMONSTRATE MUTUAL RESPECT

Avoiding Controlling Behaviors

Effective communication steers clear of domination and controlling actions to maintain healthy relationships.

Prioritizing Respect

Respect is fundamental in communication to ensure every voice is heard and valued equally.

Valuing All Voices

Encouraging openness and inclusiveness helps all participants feel appreciated and understood.




LISTENING ACTIVELY AND SPEAKING TRUTH IN LOVE

Listen Actively

Active listening helps build trust and shows respect in communication, reducing chances of misunderstandings due to the intent to understand.

Lovingly Speak Truth

Speaking truth in love ensures honesty and insists on kindness, respect, openness, and respectful dialogue.



PRACTICAL APPLICATION FOR RELATIONAL GROWTH



REGULAR RELATIONAL CHECK-INS

Maintain Connection

Regular check-ins strengthen emotional bonds and promote open communication.

Early Detection

Routine check-ins allow concerns to be addressed before they escalate, promoting relationship health.

Build Accountability and Support

Scheduled check-ins enable mutual accountability and emotional support, nurturing stronger bonds.

STEPS FOR PRACTICING FORGIVENESS WITHIN COMMUNITY



Recognize Hurt

Acknowledging pain is the first step towards genuine forgiveness within community relationships.

Choose Grace

Forgiveness requires the conscious decision to offer grace, even when it is difficult or feels undeserved.

Seek Restoration

Working to restore trust and rebuild harmony creates paths for restored relationships after hurt.

Commit to Unity

Committing to love and unity sustains forgiveness and promotes lasting peace in the community.



FACILITATING GROUP DISCUSSIONS TO BUILD STRONGER CONNECTIONS

Encouraging Openness

Group discussions promote openness by allowing participants to express thoughts freely and respectfully.

Shared Learning

Participants gain knowledge through exchanging perspectives, fostering a collaborative learning environment.

Building Deeper Bonds

Engaging in meaningful conversations promotes trust, making stronger interpersonal connections possible.

CONCLUSION: BUILDING AND MAINTAINING HEALTHY RELATIONSHIPS

Embrace Biblical Principles

Following biblical principles guides believers to foster relationships rooted in faith and love.

Cultivate Essential Virtues

Practicing virtues like patience, kindness, and forgiveness strengthens Christ-centered connections.

Effective Christ-like Communication

Clear communication and healthy boundaries promote respect and understanding in relationships.

Practical Application

Applying biblical principles builds relationships that glorify God and bless others.
