

June 21, 2015

“Our Lives Under Construction Returns”

A sermon series on building healthy relationships in our marriages, our homes, our workplaces, our friends, and our world!

“Build On A Solid Foundation!” Part 1

“built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone.”
Ephesians 2:20

A. We were created for relationships...

“So God created man in his own image, in the image of God he created him; male and female he created them.”

“The LORD God said, “It is not good for the man to be alone. I will make a helper suitable for him.” Genesis 1:27; 2:18

1. Our original design was in the image of God.
2. Our original design was to be in relationship with God.
3. Our original design was to be in relationship with others.
4. Sin marred the original design and purpose of God.

B. We were created for relationship with God...

“Greater love has no one than this, that he lay down his life for his friends.

¹⁴You are my friends if you do what I command. ¹⁵I no longer call you servants, because a servant does not know his master’s business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you.” John 15:13-15

1. Our greatest and most vital relationship is with God.
2. Our Cornerstone relationship is the building block for all other relationships.
3. The Ten Commandments were given to help us restore that relationship.
4. God continues to reach to us in relationship.

C. We were created for relationship with ourselves...

“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.” ³¹The second is this: Love your neighbor as yourself. There is no commandment greater than these.” Mark 12:30

1. We must have a love for ourselves.
2. We must be at peace with who we are.
3. We must be content with God’s design.
4. We must be secure in ourselves as we are secure in Him!

D. We were created for relationship with others...

“This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers. ¹⁷If anyone has material possessions and sees his brother in need but has no pity on him, how can the love of God be in him? ¹⁸Dear children, let us not love with words or tongue but with actions and in truth. ¹⁹This then is how we know that we belong to the truth, and how we set our hearts at rest in his presence ²⁰whenever our hearts condemn us. For God is greater than our hearts, and he knows everything.” 1 John 3:16-20

1. We were designed to understand love by the model of Jesus Christ.
2. We were designed to love one another.
3. We were designed to serve one another.
4. We love God when we love others.

“Then the righteous will answer him, ‘Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? ³⁸When did we see you a stranger and invite you in, or needing clothes and clothe you? ³⁹When did we see you sick or in prison and go to visit you? ⁴⁰’The King will reply, ‘I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me.’ Matthew 25:37-40

“By the grace God has given me, I laid a foundation as an expert builder, and someone else is building on it. But each one should be careful how he builds. ¹¹For no one can lay any foundation other than the one already laid, which is Jesus Christ” 1 Corinthians 3:10-11

Healthy Relationship Quiz

Everyone deserves to be in a safe and healthy relationship. Do you know if your relationship is healthy? Answer yes or no to the following questions to find out. Make sure to check the boxes to record your responses. At the end, you’ll find out how to score your answers.

The Person I’m with:

- | | |
|--|-----|
| 1. Is very supportive of things that I do. | Y/N |
| 2. Encourages me to try new things. | Y/N |
| 3. Likes to listen when I have something on my mind. | Y/N |
| 4. Understands that I have my own life too. | Y/N |
| 5. Is not liked very well by my friends. | Y/N |
| 6. Says I’m too involved in different activities. | Y/N |
| 7. Texts me or calls me all the time. | Y/N |
| 8. Thinks I spend too much time trying to look nice. | Y/N |
| 9. Gets extremely jealous or possessive. | Y/N |
| 10. Accuses me of flirting or cheating. | Y/N |
| 11. Constantly checks up on me or makes me check in. | Y/N |
| 12. Controls what I wear or how I look. | Y/N |
| 13. Tries to control what I do and who I see. | Y/N |

- | | |
|--|-----|
| 14. Tries to keep me from seeing or talking to my family and friends. | Y/N |
| 15. Has big mood swings, getting angry and yelling at me one minute but being sweet and apologetic the next. | Y/N |
| 16. Makes me feel nervous or like I’m “walking on eggshells.” | Y/N |
| 17. Puts me down, calls me names or criticizes me. | Y/N |
| 18. Makes me feel like I can’t do anything right or blames me for problems. | Y/N |
| 19. Makes me feel like no one else would want me. | Y/N |
| 20. Threatens to hurt me, my friends or family. | Y/N |
| 21. Threatens to hurt him or herself because of me. | Y/N |
| 22. Threatens to destroy my things. | Y/N |
| 23. Grabs, pushes, shoves, chokes, punches, slaps, holds me down, throws things or hurts me in some way. | Y/N |
| 24. Breaks or throws things to intimidate me. | Y/N |
| 25. Yells, screams or humiliates me in front of other people. | Y/N |
| 26. Pressures or forces me into having sex or going farther than I want to. | Y/N |

Scoring Give yourself one point for every no you answered to numbers 1-4, one point for every yes response to numbers 5-8 and five points for every yes to numbers 9 and above. Now that you’re finished and have your score, the next step is to find out what it means. Simply take your total score and see which of the categories below apply to you.

Score: 0 Points You got a score of zero? Don’t worry -- it’s a good thing! It sounds like your relationship is on a pretty healthy track. Maintaining healthy relationships takes some work -- keep it up! Remember that while you may have a healthy relationship, it’s possible that a friend of yours does not. If you know someone who is in an abusive relationship, find out how you can help them by visiting loveisrespect.org.

Score: 1-2 Points If you scored one or two points, you might be noticing a couple of things in your relationship that are unhealthy, but it doesn’t necessarily mean they are warning signs. It’s still a good idea to keep an eye out and make sure there isn’t an unhealthy pattern developing. The best thing to do is to talk to your partner and let them know what you like and don’t like. Encourage them to do the same. Remember, communication is always important when building a healthy relationship. It’s also good to be informed so you can recognize the different types of abuse.

Score: 3-4 Points If you scored three or four points, it sounds like you may be seeing some warning signs of an abusive relationship. Don’t ignore these red flags. Something that starts small can grow much worse over time. No relationship is perfect -- it takes work! But in a healthy relationship you won’t find abusive behaviors.

Score: 5 or More Points If you scored five or points, you are definitely seeing warning signs and may be in an abusive relationship. Remember the most important thing is your safety -- consider making a safety plan.