

CONTENTS :

DEFINITIONS:

BIBLICAL EXAMPLES

(good and bad)

FRIENDSHIPS

requirements & levels of intimacy

COMMUNICATION

styles, types, & healthy rules

CONFLICT RESOLUTION

causes, solutions, anger mngt.

EVALUATIONS / QUESTIONNAIRE

FUNCTIONAL VS. DYSFUNCTIONAL

MORE ESSENTIALS . . .

DISCIPLESHIP

the ultimate relationship !

COVENANTS & COMMUNITIES

The root word for relationship is relate. If we don't relate, we have no interaction. God made man for the purpose of having a relationship with him. The only way for God to relate to us was to make us in his image and to come in the form of a man; (or common likeness) Jesus. He relates to us and with us in the every way. Jesus was a man who learned and grew. He rejoiced with men and was rejected by men. He experienced every emotion we do, he worked a job for a living and dwelt with his family. He had brothers, sisters, cousins, aunts and uncles. Yes, God can relate to us and with us on every level.

It is very important how we relate to each other. It is a direct reflection of how we relate to God. If we can't get along with people, then we have a problem with God. These people are made in God's image. The Bible says "if we say we love God and hate our brother, we are a liar." It is not an option to withdraw socially and live a lifestyle of isolation. Although we might separate for a time or purpose, it must not be a lifestyle with all people, all of the time. People bring out the best and the worst of us. They are a mirror of who we are. If we don't want to deal with our own problems, we will reject and repel everyone around us. People can bless us, encourage us, comfort us and provide for us, but we must be accountable to them. Accountability is a lifelong exchange. It is a "checks and balance" to refine our character and personality. God even uses the most hard to get along with people to teach us some of life's most valuable lessons.

Healthy relationships are much more valuable than accomplishments. Unfortunately in today's society, most relationships are dysfunctional where people are confused, disappointed and frustrated with family members, co-workers or friends. Without exception, those who turn to some sort of addictive or destructive behavior, do it because of dysfunctional relationships.

Some are guilty of using people and loving things. We must use things (for their purpose) and love people. Things come and go, they're bought and sold, they rust and decay, but people last a lifetime. A thing that is broken or lost can be replaced, but broken relationships are hard to mend and can not be replaced with another one. Jesus said on the day of judgment that many will brag about accomplishments, but he will be concerned about their relationships. The saddest words for all eternity will be, "depart from me, I never knew you"! When Christ dwelt together with his friends, two sisters were among them. Martha was worried about things needed for preparation but Jesus commended her sister for pursuing the relationship at hand.

God created planets, oceans, galaxies and great things we can barely imagine. His greatest and most treasured prize, was and is, us! He said everything else would pass away, even heaven but we will live with him forever. We are valuable to him and must value relationships with each other.

Elijah / Elisha

1KI 19:19-20 So Elijah went from there and found Elisha son of Shaphat. He was plowing with twelve yoke of oxen, and he himself was driving the twelfth pair. Elijah went up to him and threw his cloak around him. Elisha then left his oxen and ran after Elijah.

PAUL / TIMOTHY

AC 16:1 He came to Derbe and then to Lystra, where a disciple named Timothy lived, whose mother was a Jewess and a believer, but whose father was a Greek. [2] The brothers at Lystra and Iconium spoke well of him.

JOHN / JESUS

[2] So she came running to Simon Peter and the other disciple, the one Jesus loved,[23] One of them, the disciple whom Jesus loved, was reclining next to him.

JESUS / DISCIPLES

[15] I 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.

DAVID / JOHNATHON

1 Sam. 20:[17] And Jonathan had David reaffirm his oath out of love for him, because he loved him as he loved himself.

Elijah / Jezebel

1KI 19:1-3 Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. So Jezebel sent a messenger to Elijah to say, "May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them."

Elijah was afraid and ran for his life.

PAUL / ALEXANDER

2TI 4:14 Alexander the metalworker did me a great deal of harm. The Lord will repay him for what he has done. [15] You too should be on your guard against him, because he strongly opposed our message.

JOHN / DIATROPHESE

3JN 1:9-10 I wrote to the church, but Diotrephes, . . . , will have nothing to do with us. So if I come, I will call attention to what he is doing, gossiping maliciously about us. . . he refuses to welcome the brothers. He also stops those who want to do so and puts them out of the church.

JESUS / PHARISEES

MT 23:15 "Woe to you, teachers of the law and Pharisees, you hypocrites! MT 23:33 "You snakes! You brood of vipers! How will you escape being condemned to hell?"

DAVID / ABSOLOM—

2SA 15:[6] Absalom behaved in this way toward all the Israelites who came to the king asking for justice, and so he stole the hearts of the men of Israel.

GOOD—

BAD—

DEFINING THE ELEMENTS OF RELATIONSHIPS

- 1. Trust—** Firm reliance on the integrity, ability, or character of a person or thing. Custody; care. Something committed into the care of another; The condition and resulting obligation of having confidence placed in one. Reliance on something in the future; hope
- 2. Security—** Freedom from risk or danger; safety. Freedom from doubt, anxiety, or fear; confidence. Something that gives or assures safety,
- 3. Communication—** transmission. The exchange of thoughts, messages, or information, as by speech, signals, writing, or behavior. Interpersonal rapport. The art and technique of using words effectively and with grace in imparting one's ideas.
- 4. Common ground (or goals) -** Belonging equally to or shared equally by two or more; joint. Of or relating to the community as a whole; mutual, habitual, consistent, thoughts, ideas, or values. Not distinguished by superior individuality.
- 5. Codependency—** Contingent on, and unable to function without another. Relying on, or requiring the aid of another for absolute support. Hanging or clinging so as to blend identity and cloud boundaries. Leaving no room for individual identity or responsibility. (opportunistic organism; sponge)
- 6. Boundaries—** Something that indicates a border or limit. Predetermined consequences for certain behavior.
- 7. Enabling—** To supply with the means, knowledge, or opportunity; make able. To make feasible or possible. To give legal power, capacity, or sanction to. To make operational; activate.

RELATIONSHIPS: PURSUING & SEVERING

We all must decide who to have relationships with. They will affect us and we will affect them. We must make the choice. If we only settle for relationships with people who choose us, we will be disappointed with the outcome. For example, we choose our neighbors and the

neighborhood we live in. We choose our job, our spouse, or friends, etc. Some are good to pursue, some must be severed before they cause permanent damages. Consider these references:

AM 3:3 Do two walk together unless they have agreed to do so?

Heb. 10:[25] Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another

AC 2:42 They devoted themselves to the apostles' teaching and to the fellowship, to the breaking of bread and to prayer. All the believers were together and had everything in common. Selling their possessions and goods, they gave to anyone as he had need. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people.

JAS 4:4 You adulterous people, don't you know that friendship with the world is hatred toward God? Anyone who chooses to be a friend of the world becomes an enemy of God.

2CO 6:14 Do not be yoked together with unbelievers. For what do righteousness and wickedness have in common? Or what fellowship can light have with darkness? What harmony is there between Christ and Belial? What does a believer have in common with an unbeliever? What agreement is there between the temple of God and idols? For we are the temple of the living God. As God has said: "I will live with them and walk among them, and I will be their God, and they will be my people." "Therefore come out from them and be separate, says the Lord.

so·cial Living together in communities. Of or relating to communal living (having things in common). Of or relating to society. Living together in organized groups or similar close aggregates. Inclined to seek out or enjoy the company of others; sociable. Spent in or marked by friendly relations or companionship.

dis-social - withdrawn, hermit, isolated - *could develop into...*

social phobia - afraid of social settings for fear of rejection or harm, often stems from negative self image and unfavorable comparisons

anti-social - against or hostile towards society -

could develop into...

anti social personality disorder - one who manipulates people without conscience

so·ci·e·ty The totality of social relationships among human beings. A group of human beings broadly distinguished from other groups by mutual interests, participation in characteristic relationships, shared institutions, and a common culture. An organization or association of persons engaged in a common profession, activity, or interest. Companionship; company.

com·pat·i·ble Capable of existing or performing in harmonious, agreeable, or congenial combination with others.

Capable of orderly, efficient integration and operation with other elements in a system with no

modification or conversion required.

con·flict A confrontation based on a difference of incompatible ideas, or interests. Often initiated with the intent to convince or change instead of learning, embracing and growing. A clash with the opposition, or simultaneous functioning of mutually exclusive impulses, desires, or tendencies.

JACOB / LABAN (Both)—

GE 31:36, 42 Jacob was angry and took Laban to task. "What is my crime?" he asked Laban. "What sin have I committed that you hunt me down? . . . But God has seen my hardship and the toil of my hands, and last night he rebuked you."

NOAH / HAM—

GEN 9:22,24,25 Ham, the father of Canaan, saw his father's nakedness and told his two brothers outside. . . . When Noah awoke from his wine and found out what his youngest son had done to him, he said, "Cursed be Canaan! The lowest of slaves will he be to his brothers."

ABRAHAM / SARAH—

GEN 16:5 Then Sarai said to Abram, "You are responsible for the wrong I am suffering. I put my servant in your arms, and now that she knows she is pregnant, she despises me. May the LORD judge between you and me."

MOSES / ARRON, MIRIAM—

NU 12:1-2 Miriam and Aaron began to talk against Moses because of his Cushite wife, for he had married a Cushite. "Has the LORD spoken only through Moses?" they asked. "Hasn't he also spoken through us?" And the LORD heard this.

JOB / SAME FRIENDS—

JOB 42:7 After the LORD had said these things to Job, he said to Eliphaz the Temanite, "I am angry with you and your two friends, because you have not spoken of me what is right, as my servant Job has.

Why do you think God created man (humans) ? -

Read Gen1 & 2 - What did God do to provide for man? Why did he provide for them?

Why is it not good for man to be alone?

What benefits are there to having relationships? What are some of the responsibilities ?

Gen. 4 What are some potential problems that develop in relationships ?

Who should we pursue in relationship? _____ and _____

Who should we avoid relationships with ? _____
(at what level?)

JACOB / ESAU (Both)—

GE 33:4-5 But Esau ran to meet Jacob and embraced him; he threw his arms around his neck and kissed him. And they wept. Then Esau looked up and saw the women and children. "Who are these with you?" he asked.

NOAH / SHEM, JAPHETH—

GEN 9:23 ,26, 27 But Shem and Japheth took a garment and laid it across their shoulders; then they walked in backward and covered their father's nakedness. Their faces were turned the other way so that they would not see their father's nakedness. . .(Then Noah said) "Blessed be the LORD, the God of Shem! . . . (and) May God extend the territory of Japheth"

ABRAHAM / LOT—

GE 13:8-9 So Abram said to Lot, "Let's not have any quarreling between you and me, or between your herdsmen and mine, for we are brothers. Is not the whole land before you? Let's part company. If you go to the left, I'll go to the right; if you go to the right, I'll go to the left."

MOSES / JETHRO—

EX 18:17, 19, & 24 (Jethro said) "What you are doing is not good. . . . You cannot handle it alone. Listen now to me and I will give you some advice, and may God be with you. . . . Moses listened to his father-in-law and did everything he said.

JOB / AND FRIENDS—

JOB 2:11-12 When Job's three friends, . . . heard about all the troubles that had come upon him, they set out from their homes and met together by agreement to go and sympathize with him and comfort him. When they saw him from a distance, they could hardly recognize him; they began to weep aloud, and they tore their robes and sprinkled dust on their heads.

GOOD—

BAD—

1. We love God but cant get along with people. 1 John 4:20-21
2. We are very sociable and have lots of friends,
but neglect our relationship with God. James 4:4
3. We have trouble accepting ourselves, thus reject and criticize others, while inwardly blame God.
Jer. 18:4-7
4. We pick only the relationships we are comfortable
with and avoid others. Gal. 4:16
5. We have no intimate friends and live on the surface
(superficially).
6. We reject others who are not like us. Mk. 9:38-40
7. We love God but don't obey His word. Jn. 14:23
(Don't respect his boundaries)
8. We enable people to use or abuse us.
9. We value things, events, or accomplishments over relationships.
Matt. 7:22-23
10. We blame God and people for broken relationships and the lack of them.
11. Our expectations are unrealistic or often self centered.
Lk. 10:38-42
12. We give, serve, and sacrifice, but do not recognize
or meet our own needs.
13. We manipulate or excuse scriptures that make us
uncomfortable. 2 Peter 3:16

14. We cant trust people and / or often do not trust God.

Matt. 6:25-34

COMMON DIFFICULTIES IN RELATIONSHIPS ...

Get a dictionary and define the following words:

Jealousy_____

Envy_____

Discord_____

Accountability_____

What are some things I have done to hurt relationships in the past?_____

How can I develop a better relationship with God?

Why does a social environment at church sometimes bring out the worst in people ?

Does God really want to be my friend ? Why does He expect me to get along with His other children ?

What's the problem with being a member of a club ?

What's the benefit ?

Friendships

We all have friends. Some have more than others. They come in different varieties and if we don't recognize the *levels of intimacy* we will frustrate our relationships. Some people believe that honoring these levels is showing favoritism and not being fair. I have learned however that healthy relationships have healthy boundaries. Consider this example:

You meet a perfect stranger and all of the sudden they share the most personal details of their life.

It makes you feel uncomfortable because you don't know how to handle this information. Should you give advice? Should you comfort them? Is there more to the story that would change your perspective? Yes, there is always more. So why do they tell you this? I believe they are searching for acceptance and validation. This can only come by those closest to you, not from any "passer by". This kind of person usually doesn't have close friends and has a hard time letting people get close to them. Have you ever shared something with a family member hoping to get some comfort when all they do is correct or lecture? Perhaps the level of intimacy is not there and as a result they can not really understand how you feel.

Lets look at the four levels:

1. Acquaintances - we have the most of these, it is someone you recognize by face and possibly share a common interest. don't see them on a regular basis.

2. Casual friends - someone you know by name and probably eat a meal together from time to time. probably only known for a few weeks or months.

3. Close friends - you know where they live, their phone number and their kids names, you may even work together. this is the kind of friend you call when you run out of gas

4. Intimate friends - only have a few in your lifetime. someone you would **choose** to be with if you were stuck in traffic together for 8 hrs. you are committed to build each others character.(best man or brides maid). must have known them for years.

Recently a friend of mine came to visit. I've known him for 12 years and he made an observation about my personality. It was a correct assessment but not very flattering. If it came from an acquaintance it would have probably been offensive. I knew that he was being honest and he would still be loyal to our friendship regardless of my response. He had earned the right to share this kind of information. If you're like me, maybe you have tried to share something to quick in a relationship and miscommunicated your intentions. Sometimes we assume that our family members are in our "inner circle" and can handle personal details. That is ideal, but not always the case. Prov. 27:10 says "better a neighbor nearby than a brother far away".

Label the following Biblical relationships in the four categories: (1,2,3,or 4)

___ Jesus and Nicodemus ___ Jesus & John the Baptist

___ Jesus & 12 disciples ___ Jesus Peter, James, John

___ Jesus and the masses ___ Elijah and Elisha

___ David and Jonathan ___ Cain and Abel

___ Ruth and Naomi ___ Paul and Barnabas

___ Paul and Timothy ___ Paul and Mark

___ Martha and Mary ___ Jesus and his family

___ Moses and Jethro ___ Moses and Arron

___ Jacob and Esau ___ Sampson & Delilah

BIBLICAL FRIENDSHIPS

PR 17:17 A friend loves at all times, and a brother is born for adversity.

PR 27:17 As iron sharpens iron, so one man sharpens another.

PR 18:24 A man of many companions may come to ruin,
but there is a friend who sticks closer than a brother.

ECC 4:8 There was a man all alone; he had neither son nor brother. There was no end to his toil, yet his eyes were not content with his wealth. "For whom am I toiling," he asked, "and why am I depriving myself of enjoyment?" This too is meaningless-- a miserable business! Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up! Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.

1JN 2:9 Anyone who claims to be in the light but hates his brother is still in the darkness. [10] Whoever loves his brother lives in the light, and there is nothing in him to make him stumble. [11] But whoever hates his brother is in the darkness

MT 17:1 After six days Jesus took with him Peter, James and John the brother of James, and led them up a high mountain by themselves.

MT 26:36 Then Jesus went with his disciples to a place called Gethsemane, and he said to them, "Sit here while I go over there and pray." [37] He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. [38] Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me."

COMMUNICATION ...

Watching Jesus communicate and the disciples respond can teach us many things. Do you remember him saying over and over that "the son of man must be persecuted and crucified?" Even after his persistence they seemed to not hear him. He also repeated the phrase "are you so dull, that you still don't understand"? The disciples, like most of us were not the best listeners and had to be told the same thing several times. A sales manager once told his retail staff that "telling is not selling." In other words people don't come to you to hear your information. They come to get their needs met. This is true spiritually, emotionally and every other way.

We must listen to peoples needs. Only then can we communicate effectively. This disciples eventually got the message. Jesus communicated with parables, also called "word pictures." It would have been easiest to talk about carpentry because that was his occupation. Instead he catered the message to the audience.

Illustrations included shepherds, farmers, land owners and more, but never carpenters. It wasn't for his benefit, it was for others'. Most of us seem to be talking for our own benefit. People really don't care to hear what we've got to say, they want to hear something that will address their needs.

com·mu·ni·cate - commune, interact, inform, report, reveal, impart, transmit, spread...

To convey information about; make known; impart. **b.** To reveal clearly; manifest. To have an interchange, as of ideas. **2.** To express oneself in such a way that one is readily and clearly understood. To be connected, one with another.

First: you must have information, acquire facts, and knowledge to be able to share it with others.

"knowledge is power", communications as a field is one of the highest paid and sought after professions...

* Television, radio, satellites, computers, news press, pagers, cell phones, etc.

I WANT TO KNOW WHAT YOU KNOW,
I WANT YOU TO KNOW WHAT I KNOW, BUT...
every word in the English language has an ave. of
three different definitions!

HOS 4:6 my people are destroyed from lack of knowledge.

"Because you have rejected knowledge, I also reject you as my priests; because you have ignored the law of your God, I also will ignore your children.

Second—Determine how you will handle the information you have... ask:

- a. what are you thinking?
- b. how do you feel?
- c. what can we do about it?

The scripture says we must rightly divide the word, and speak the right word in due season.

This is knowing what and when to apply information.

Styles and types:

1. body language— sometimes we don't have to say a word!
2. verbal— 90% of arguments come from the tone of voice we use
3. gestures— finger pointing, hands on hips, etc.
4. writing— making lists or leaving notes
5. music— choice of songs express feelings

- 6. art— pictures in the living room, personal sketches
- 7. hobbies— where and how we spend our time
- 8. career choice / work habits— no ambition or choosing to work overtime

Healthy communication is a regular event, don't wait for a conflict to practice it. It includes:

1. Not raising your voice
2. Not mumbling or walking away while talking
3. No sarcasm or cursing
4. No talking or hollering from room to room.
5. Identify yourself on the phone and never hang up on someone, without saying goodbye
6. look people in the eyes, don't roll your eyes in disapproval.
7. don't interrupt or cut someone off
8. use the "***drive through window***":
 - a. let them speak until their done
 - b. repeat what you heard (for clarity)
 - c. do not change their order
 - d. take turns, speak one at a time
 - e. one issue at a time don't mix issues
9. set appointments to discuss serious things, don't catch them off guard
10. Don't raise an issue and drop it, always seek a solution
(unresolved issues always raise up later and are often camouflaged)
11. Use "emotional word pictures" I feel like.... when you ...
12. Don't lecture after finding resolutions to problems
(set healthy boundaries and stick to them)

If we respect ourselves and we respect others, we will develop good habits

ne·go·ti·ate To confer with another or others in order to come to terms or reach an agreement.
 To arrange or settle by discussion and mutual agreement.
 To succeed in going over or coping with.
 To succeed in accomplishing or managing.
 The pursuit of a "WIN / WIN" relationship

Ester negotiated with the King on behalf of the Jews

Jacob negotiated with Laban for a wife

Paul negotiated with the courts for his right to preach

Abraham negotiated with the angel over Sodom and Gamora

Nehemiah negotiated for the rebuilding of the walls

Negotiation is essential for a healthy give and take relationship. There are times however when this tactic is ***not acceptable***. When boundaries are set in regards to scriptural principles, ethics, laws, etc. there can

be no negotiation (consequences must result).

scriptural example

contemporary example

Moses and Pharaoh

physical abuse in a relationship

Adam & Eve in the garden / Christian marrying non-Christian

John the Baptist and Herod

Adultery

CONFLICT

Years ago, a large statue of Christ was erected high in the Andes on the border between Argentina and Chile. Called "Christ of the Andes," the statue symbolizes a pledge between the two countries that as long as the statue stands, there will be peace between Chile and Argentina. Shortly after the statue was erected, the Chileans began to protest that they had been slighted -- the statue had its back turned to Chile. Just when tempers were at their highest in Chile, a Chilean newspaperman saved the day. In an editorial that not only satisfied the people but made them laugh, he simply said, "The people of Argentina need more watching over than the Chileans."

French novelist and playwright Alexandre Dumas once had a heated quarrel with a rising young politician. The argument became so intense that a duel was inevitable. Since both men were superb shots they decided to draw lots, the loser agreeing to shoot himself. Dumas lost. Pistol in hand, he withdrew in silent dignity to another room, closing the door behind him. The rest of the company waited in gloomy suspense for the shot that would end his career. It rang out at last. His friends ran to the door, opened it, and found Dumas, smoking revolver in hand. "Gentlemen, a most regrettable thing has happened," he announced. "I missed."

How to turn a disagreement into a feud:

1. Be sure to develop and maintain a healthy fear of conflict, letting your own feelings build up so you are in an explosive frame of mind.
2. If you must state your concerns, be as vague and general as possible. Then the other person cannot do anything practical to change the situation.
3. Assume you know all the facts and you are totally right. The use of a clinching Bible verse is helpful. Speak prophetically for truth and justice; do most of the talking.
4. With a touch of defiance, announce your willingness to talk with anyone who wishes to discuss the problem with you. But do not take steps to initiate such conversation.

5. Latch tenaciously onto whatever evidence you can find that shows the other person is merely jealous of you.

6. Judge the motivation of the other party on any previous experience that showed failure or unkindness. Keep track of any angry words.

7. If the discussion should, alas, become serious, view the issue as a win/lose struggle. Avoid possible solutions and go for total victory and unconditional surrender. Don't get too many options on the table.

8. Pass the buck! If you are about to get cornered into a solution, indicate you are without power to settle; you need your partner, spouse, bank, whatever.

CAUSES AND SOLUTIONSto conflict

1. Spiritual Issues:

Cain had a problem with God and took it out on his brother!

- a. - wickedness Jer. 17:9
- b. - self centeredness Isaiah 53:6
- c. - pride Prov.13:10

2. Single issue people:

- a. narrow minded
- b. extreme crusader
- c. no balance

3. Devisive personality : Titus 3:9-11

4. Hurting and wounded spirit, hurts and wounds others.

5. Political people

- a. power struggles
- b. resisting the established authorities
- c. self appointed positioning

6. Poor leadership:

- a. failure to recognize a problem
- b. withdrawal from responsibility or blaming others
- c. ignoring and not validating a persons issue
- d. crying uncle or giving in to pacify
- e. using a bribe or "pay off" (negotiating truth)

Steps to handle conflict:

1. See conflict from God's perspective:

- a. being Godly is more important than being right

b. he has given the ministry of reconciliation

2. look at yourself

- a. 2 out of 3 people are fired from personality conflicts
not from inadequate work performance.
- b. 4 out of 5 people leave a church from personality conflict,
not from moral or scriptural conflict.

3. Deal immediately with a situation :

- a. clear up any confusion
- b. respond to hurt feelings
- c. delays cause a snowball effect.

4. Speak the truth :

- a. always in love - Eph. 4:15
- b. with gentleness - Prov. 15:1

5. Follow the scriptural process:

- a. never deal with hearsay or guesses - Duet. 19:15
- b. establish the facts -
- c. approach them privately - Prov. 25:9
- d. use a mediator - Matt.18:16
- e. you may need to dissolve the relationship - Amos 3:3

Degrading stages of a conflict :

1. Remedy stage - **GOOD**

- a. recognition of a problem
- b. commitment to solve it
- c. the belief that it can be solved
- d. honest, open communication

2. Repositioning stage - **not Good**

- a. protecting myself
- b. generalizing every issue
- c. develop a questioning spirit
- d. nervous, cautious, selective communication

3. Rights stage - **BAD**

- a. take sides
- b. label people
- c. shift from solutions to "winning"
- d. overstate and distort the truth and the facts

4. Removal and Revenge - **WORSE**

- a. the goal is to divorce yourself from the situation
- b. choose a leader to defend the cause

c. never trust the opposition

and Don'ts

Catch the other person off guard

passively suppress your feelings

make it into a personal attack

get your friends to side with you

be negative and vindictive

search for someone to blame

generalize and exaggerate

Be silent and superior

walk out and demand results

hold grudges and demand

garantees

Leave with vague ideas and

misunderstandings

Wait indefinitely

HOW HEALTHY ARE MY RELATIONSHIPS ?

WITH MY MOTHER? BEST FRIEND? SPOUSE?

(substitute a name where we use the term friend)

- ___ 1. I can't really trust my closest friends
- ___ 2. My family doesn't love me when I make mistakes
- ___ 3. My friends don't love me as much as I love them
- ___ 4. I worry a lot about my relationships
- ___ 5. My closest friend has stabbed me in the back
- ___ 6. I am reluctant to show my true feelings
- ___ 7. I am afraid my spouse will leave me.
- ___ 8. I am afraid my parents will divorce.
- ___ 9. There are some things I just can't tell my friends
- ___ 10. People at church only see one side of me
- ___ 11. I worry that I don't measure up to people's expectations
- ___ 12. I've been burned by my best friend before
- ___ 13. I usually only depend on myself
- ___ 14. I don't feel comfortable being intimate or romantic
- ___ 15. I have a hard time talking to strangers
- ___ 16. I feel like people talk about me too much
- ___ 17. I am nervous when people tell me their personal problems

- ___ 18. I don't like being in large crowds
- ___ 19. I don't like being alone very long
- ___ 20. I feel empty when I'm not in a close relationship
- ___ 21. I avoid conflicts and arguments as much as possible
- ___ 22. People have a hard time understanding me
- ___ 23. People get tired of me easily
- ___ 24. I tend to yell, slam doors, and walk away in an argument
- ___ 25. I don't feel like my friends would risk their life for me
- ___ 26. I am not close with my parents
- ___ 27. I feel alone
- ___ 28. People don't respect my privacy
- ___ 29. I go through friendships a lot
- ___ 30. I don't like to make new friends
- ___ 31. I often make excuses for my friends

18

18

DO'S

- 1. Agree on a time and place to talk it out -
- 2. Assertively, honestly express your feelings -
- 3. "depersonalize", focus on the problem -
- 4. select a neutral referee
- 5. keep a positive mature attitude
- 6. search for solutions -
- 7. focus on specifics and keep itsimple -
- 8. Be open and available -
- 9. Be patient and work it out -
- 10. Forgive and forget -
- 11. Write down specific solutions
- 12. Schedule another meeting to follow up
 - 1. Why should we invest our lives in other people ?
 - 2. Why dont we usually do it ?
 - 3. How will most people respond when we invest in them ?
 - 4. What kind of people are most likely to respond to outreach ?
 - 5. What is the difference in Functional and Dysfunctional

- people ?
6. What does God's word teach about the world's behavior and the churches' ?
 7. How do you earn the right to speak into someone's life ?

1. QUALITY TIME 2. GENUINE APPRECIATION

Eph. 5:15,16
Luke 9:51

Rom. 14:1, 22 Rom. 15:2,7
1 Cor. 10:24,33

see the time mngt. Survey
Set priorities
don't just give left overs

learn temperaments
and spiritual gifts surveys

Have time/ make time ?

respect individualism, don't try
to conform them to your image

3. COMMON BOND 4. MUTUAL INVESTMENT

Acts 16:22-26
1 Sam. 20:4,17,41,42

Rom. 14:19
Matt. 25:27

shared experiences (history)
Include them in personal
Stuff
overcoming crisis
together

outer circles give and
expect nothing in return,
inner circles have healthy
expectations of each other
passive— feel used
aggressive—take advantage
assertive— healthy give & take

(receive rather than take)

The disciples limited themselves by not wanting the inconvenience of people's problems...

1. No children Matt. 19:13
2. No hungry people Luke 9:12
3. No outsiders Luke 9:49
4. No one who rejects us Luke 9:53,54

two outer tunics to give one to someone who is without.

Demonstration - to show clearly; to prove or make clear by reasoning or evidence; to explain with many examples; to show publically; (demonstate by a protest how you feel, demonstrate a new car by a test drive)

I can give a man a fish and feed him for a day, or I can teach him to fish and feed him for a lifetime.

More things in life are "Caught" than "Taught"

The process:

1. You watch me do "it"
2. We do "it" together
3. I watch you do "it"
4. You do "it" and someone else watches . . .

-
- | | |
|---------------------|-----------------------------------|
| 1. Jethro to Moses | 7. Eli to Samuel |
| 2. Moses to Joshua | 8. TD Jakes to Dejon Sanders |
| 3. Paul to Timothy | 9. Harlan Sanders to Dave Thomas |
| 4. Elijah to Elisha | 10. Journeyman to Apprentace |
| 5. Abraham to Lot | 11. OB 1 Canobe to Luke Skywalker |
| 6. Naomi to Ruth | 12. Bald Monk to Kung Fu |
- (David Carodine)
-

The ave. church ministry instructs people in a classroom, entertains people with good music or fellowship activity, and sometimes involves others in duties or tasks. This is a spectator sport at best!

We must share a lifestyle day by day through the thick and thin of Christianity (in our homes, at work, etc.) .

We reproduce what we are, not just what we say we are !

What are your 5 favorite sermons ?

Who are your 5 most influential Christians ?

What do we really remember?

What will really last for eternity?

A DISCIPLE ... A MENTOR

1. Has hunger / desire

1 Peter 2:2,3

1. Feeds

John 21:15

2. Receives

Matt. 21:22

Mrk 9:37

Jn. 1:11,12

2. Gives

. David gave Solomon plans / money

. Naomi gave wisdom to Ruth

. Noah gave his sons protection

3. Follows

1 Cor. 11:1

Heb. 13:7

3. Leads

1 Chron. 13:1

Matt. 15:14

4. Learns

1 Sam. 2:26

Luke 2:52

4. Teaches

Heb. 5:12

Matt. 28:19,20

Titus 2:3,4

5. Submits

Eph. 5:21

1 Sam 15:22

5. Imparts

Rom. 1:11

2 Kings 2:9

2 Tim. 1:5

6. Serves

Jn. 12:26

Mrk. 10:43-45

6. Delegates

Exod. 18:18,21

Acts 14:23

7. Seeks / pursues

7. Empowers

1 Kngs 19:20

Mrk. 6:7

Acts 1:8

8. Imitates

1 Thess. 1:5-7

Phil. 4:9

8. Exemplifies (is an example)

1 Tim. 4:12

1 Ptr. 2:21

FUNCTIONAL PEOPLE

1. ORDER

established roles in the home,

at work, etc

Jesus organized the 5,000 in groups

before he fed them

2. COMMUNICATION

Matt.5:37 yes means yes...

2 Cor. 1:16-20 (Liv. Bible)

say what you mean and mean what

you say !

3. INDIVIDUAL RESPONSIBILITIES

Gal. 6:2—carry others burdens

Gal. 6:5— carry your own load

4. TRUST & SECURITY

establish moral absolutes

no situational ethics

learn benefits and consequences

* Functional people do have issues, but they find a way to work through

them.

DYSFUNCTIONAL PEOPLE . . .

1. CHAOS / CONFUSION

Corinthian church...

those who don't know outer from
inner circles

2. MISUNDERSTANDINGS

some enable others live in denial
when confronted with truth, try to
“level” the playing field by diverting.

3. MANIPULATION

Jezebel to Elijah

Jacob to Esau / Laban to Jacob

4. LACK OF HEALTHY BOUNDARIES

Judges 21:25— do what's right in your
own eyes

David, Absalom, & Tamar ?

* Dysfunctional people choose **not** to work through their issues, they
prefer crisis

ANGER MANAGEMENT !@#*

Goes from

UNREALISTIC EXPECTATIONS

what do I expect from this relationship?
are these expectations communicated?

to

UNRESOLVED ISSUES

do I let things go until I explode?
do I talk daily about my frustrations?

Which bring
OFFENSES

has someone crossed a personal boundary?
do they think it is real or perceived?

Turn into
ANGER

Do I talk it out, or act it out?
what is unacceptable behavior?

And explodes with
RAGE

do I have fits of uncontrolled actions?
did someone make me act this way?

* Cain had a problem with God and took it out on his brother ! (Gen. 4:6-8)

- **depression is usually anger turned inward /**
 - **We feel like we have no control**
- 5 parts to the relationship puzzle :**

like ingredients in a recipe. Leave something out and you ruin the dish!
Don't use the right amount and you'll make me sick !

1. Isolation— sometimes, we need time alone
Mark 1:35 Jesus got away by himself (vacation)
Moses went up to the mountain.
(not a lifestyle but a regular encounter)

2. Separation— sanctification, set apart
James 4:4 Saul gave into peoples will and missed
out w/ God
2 Cor. 6:17 do we choose popularity or respect
bad company corrupts good character

3. Moderation— balance, temperance, avoid extremes
Ecc. 7:18
Phil. 4:5 children need mercy and discipline

Dan. 5:27 our lives are weighed in the balance
don't be mediocre and lukewarm, but
healthy, wise, and stable

4. Liberation— if you love something, set it free . . .
2 Cor. 3:17 we're free from sin, pride, oppression,
and ourselves, we should also release
others to live in freedom. Quit controlling!

5. Integration— go on someone else's "turf"
Luke 14:23 care enough to pursue them
don't always expect them to come to you

ADDITIONAL TEXT ON DISCIPLESHIP -

When we're uncertain about our relationship with God, we can evaluate by using the following Criteria. This is how we know we are his disciples.

John 13:34,35 loves God and people

John 15:8 bears fruit, has character

Luke 14:27 bears his cross, endures

Matt. 16:24 denies himself, has discipline

John 8:31 abides, stays connected

John 14:15,21,23,24 obeys God's word

MENTORING

DO'S

DON'TS

1. Be real, be yourself be a phony

2. Listen, empathize	ignore, dismiss
3. Embrace honesty, truth	hide your life, confuse the facts to make yourself look good
4. Be patient, wait for growth	get in a hurry
5. Be consistent	break promises be undependable
6. Encourage, affirm	Lord over put down
7. Pray, study discover revelation	leave religion to an institutional approach
8. See the big picture	get hung up on personal prefer- ences (Rom. 14)

SUGESTED THINGS TO DO TOGETHER

1. Go to a ball game	34. look at old pictures
2. Have devotions	35. go to a park
3. Go bowling	36. have a cookout
4. Work on a service project	37. make a quilt
5. Go to a movie or rent a video	38.
6. Go on a walk or a hike	39.
7. Ride bikes	40
8. Go to the mall	41.
9. Help a homeless person	42
10. Build a model airplane	43.
11. Play computer games	44.
12. Collect stamps	45
13. Wash a car	46.
14. Visit a college	47.
15. Read a book of the Bible	48.
16. do a chore for someone	49.

17. Cook a meal
18. Go fishing
19. Fly a kite
20. Take some kind of lessons together
21. Attend a concert
22. Play video games
23. Go bungee jumping
24. Put a puzzle together
25. Read a novel and discuss it
26. Plan a birthday party for someone
27. Play golf, or driving range
28. Go to a museum
29. Go camping
30. Go hunting with a camera
31. Fix a meal and deliver to a shut-in
32. Play board games, cards
33. Exercise
- 34.
- 35.

50.

SUGESTED QUESTIONS WHEN IN DOUBT

1. What is your earliest memory?
2. If you could star in a movie, what would it be about?
3. If you could give your parents anything for Christmas, what would it be?
4. What gets you really depressed?
5. Have you ever broken the law?
6. What was your favorite tv show when you were 8 yrs old?
7. If you could live any time in history, when?
8. If you could be a famous person, who would it be?
9. If you inherited a million \$ what would you do?
10. What is your pet peeve?
11. What's the funniest joke you've ever heard
12. What do your friends think about your family?
13. What's the best age to get married?
14. What makes you really mad?
15. When was the first time you fell in love?
16. What would be the ideal vacation?
17. When is the "Prime" of life?
18. What do you want in your eulogy?
19. What is something your really proud of?
20. Is there a day in your life you wish you could do over?

21. Who is your favorite relative? Why?
22. How do you think Christians should be different ?
23. Is there a skill or hobby you would like to learn?
24. What do you think of inter-racial marriages?
25. What's the best movie you've ever seen?
26. Do you have dreams often? What are they?
27. What is the scariest thing that ever happened to you?
28. What is your greatest fear?
29. If you could live anywhere, where would it be?
30. Where are your ancestors from?
31. What do you like to read?
32. Would you ever consider being a cop or fireman? Why?
33. How has life been fair / unfair to you?
34. What's your favorite food?

Reasons for bad (separated) Relationships
Personal / flesh, **unjustified**

(personality conflicts or character issues ?)

Most of us justify broken relationships, but are unjustified before God. See conflict resolution on pgs. 25-29

1. Selfishness—

James 3:¹⁴ But if you harbor bitter envy and **selfish ambition** in your hearts, do not boast about it or deny the truth. ¹⁵ Such "wisdom" does not come down from heaven but is earthly, unspiritual, of the devil. ¹⁶ For where you have envy and **selfish ambition**, there you find disorder and every evil practice. . . .^{JAS 4:1} What causes fights and quarrels among you? Don't they come from your desires that battle within you?

^{Proverbs 18:1} An unfriendly man pursues selfish ends; he defies all sound judgment.

Phil. 2:3-5

Ps. 119:36

Gal. 5:19,20

2. Pride—

^{PR 13:10} **Pride** only breeds quarrels, but wisdom is found in those who take advice.

Dan. 5:²⁰ But when his heart became arrogant and hardened with **pride**, he was deposed from his royal throne and stripped of his glory. ²¹ He was driven away from people and given the mind of an animal;

^{1CO 4:6} Now, brothers, I have applied these things to myself and Apollos for your benefit, so that you may learn from us the meaning of the saying, "Do not go beyond what is written." Then you will not take **pride** in one man over against another. ⁷ For who makes you different from anyone else? What do you have that you did not receive? And if you did receive it, why do you boast as though you did not?

3. Misunderstandings— (disagreements)

Acts 15:³⁹ They had such a sharp **disagreement** that they parted company. Barnabas took Mark and sailed for Cyprus, ⁴⁰ but Paul chose Silas and left, commended by the brothers to the grace of the Lord.

COVENANT RELATIONSHIPS . . .

Defined - promise, contract, mutual obligation, vow of

commitment, sealed with a price (something of great value)

Scriptural examples:

Abraham / God	Gen.15:18, 17:4
Noah / God	Gen. 6:18
Jonathon / David	1 Sam. 20:17
Jesus / Disciples	Luke 22
Disciples / other disciples	Acts 2:42...

Elements of a covenant:

1. Sacrifice -
2. Trust
- 3.
- 4.
- 5.

What is the difference in a **“congregation”**
And a **“community”** of believers?

Congregation meets 1 time a week in a corporate setting.
Community meets from house to house on a daily basis

Congregation hears public announcements
Community shares personal needs

Congregation is formal and cautious
Community is relaxed and trusting

Congregations campaign and vote

Communities appoint leaders and empower them

Congregation describes an official gathering of people

Community describes a way of living in harmony

Congregation lives by structure, titles and positions

Community lives by shared responsibility

Congregation has a visible, outward expression

Community is an internal belief system

Congregations have teachers and students in a classroom

Communities have examples and mentors

Congregations set policies and enforce rules

Communities listen and reach mutual goals

Reasons for bad (separated) Relationships Scripturally justified

(James 4:4 / 2 Cor. 6:14 / Matt 18:15-17)

1. Immorality—

1 Cor.. 5: 9-11 I have written you in my letter not to associate with sexually immoral people-- ¹⁰ not at all meaning the people of this world who are immoral, or the greedy and swindlers, or idolaters. In that case you would have to leave this world. ¹¹ But now I am writing you that you must not associate with anyone who calls himself a brother but is sexually immoral or greedy, an idolater or a slanderer, a drunkard or a swindler. With such a man do not even eat.

Who do we want to come to our church?

Will we allow prostitutes, drug dealers, cult members, etc?

What kind of behavior will we not allow "in the church"?

Are we expecting sinners to act like saints?

Are we making excuses for saints who act like sinners?

2. Divisiveness—

Prov. 6:16,19

Titus ^{3:9} But avoid foolish controversies and genealogies and arguments and quarrels about the law, because these are unprofitable and useless. ¹⁰ Warn a **divisive** person once, and then warn him a second time. After that, have nothing to do with him. ¹¹ You may be sure that such a man is warped and sinful; he is self-condemned.

^{RO 16:17} I urge you, brothers, to watch out for those who cause **divisions** and put obstacles in your way that are contrary to the teaching you have learned. Keep away from them.

3. Heresy -

^{2PE 2:1} But there were also false prophets among the people, just as there will be false teachers among you. They will secretly introduce destructive **heresies**, even denying the sovereign Lord who bought them--bringing swift destruction on themselves.

*We must differentiate between cardinal doctrine & personal convictions (debatable issues). Authority of scripture, deity of Christ,
Or methods of baptism, tongues, Etc. / Read Rom.ch. 14...*