

Getting a grip on things

Part 3: Getting a Grip on our Relationships

Relationships would be easy if we were perfect. Relationships would be easy if we never went through struggles. But our lives are filled with struggles when it comes to relationships.



***God has good advice for relationships,
the kind that we struggle with every day***

God introduces himself as a God of relationships

Exodus 3:6 (niv)

Jesus shows God as being in relationship with us

Matthew 6:9 (niv)

The questions we often ask are:

- how do we establish our relationships?
- how do we maintain our relationships?
- how do we restore our relationships?

Scripture: *Ephesians 4*

Key 1: _____ in relationships

Scriptures: Ephesians 4:1-6

Ephesians 4:3 (niv)

Psalms 133(niv)

Unity, not unison – we can disagree, but not be disagreeable

Fruit of the Spirit – that which should characterise and shape our lives and relationships

Galatians 5:22-23(niv)

**But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness,
²³gentleness and self-control. Against such things there is no law.**

Key 2: _____ in relationships

Scriptures: Ephesians 4:11-16

Ephesians 4:12b-13(niv)

Living so as to benefit others – for their good, not just our own
Using the gifts given by God to build up each other in the knowledge and love of God
A child thinks only of itself – a mark of maturity and growth is that we consider others
A mature relationship is one marked by LOVE – acceptance, forgiveness, grace and truth

1 Corinthians 13:11-13(niv)

Key 3: _____ of relationships

Scriptures: Ephesians 4:17-24

Ephesians 4:24(niv)

Our relationships are not based on us and our pleasures

Romans 12:1-2 (niv)

Key 4: _____ in relationships

Scriptures: Ephesians 4:25-32

Ephesians 4:27 (niv)

Purity = Perfection

1 Peter 1:13-16 (niv)

Application: Look to Jesus as our example

Ephesians 4:31-32 (nlt)

How in the world are we going to find the power to forgive somebody who hurt us?
When we see how much Jesus has forgiven us, this gives us the strength to forgive somebody else.

Philippians 2:3-6 (nlt)

When we see how patient Jesus is with us and waits for us to grow. This gives us the patience to wait for somebody else as they grow.

When we see how Jesus is honest about our faults in a gentle way, we find the strength and the skill to be honest with somebody else in a gentle way.

When we see the fact that Jesus went to a cross and willingly sacrificed His life just because He loves us, we find the strength to sacrifice some of our time for somebody else.

1 John 3:18 (nlt)

What are we going to do?

If this is just inspiration without any action it doesn't really mean anything.

What silence are we going to break this next week?

What one unselfish act or word is going to happen this next week to fix a broken relationship we're in?