

## 6. CHRIST

Romans 15:5, NIV – “*May the God who gives endurance and encouragement give you a spirit of unity among yourselves as you follow Christ Jesus.”*

- a) Every Healthy Relationship Requires 3 Legs
- b) Focus On Christ In Me And Christ In You

Philippians 2:5, NIV – “*Your attitude (toward each other) should be the same as that of Jesus Christ.”*

- Jesus in me isn't going to argue with Jesus in you.
- c) How To Put Christ At The Centre Of A Relationship
  - i. Confess – Christ In You
  - ii. Commit – Your Relationship To Christ
  - iii. Congregate – With Other Christians Who Are Committed To Strong Marriages And Healthy Relationships

### TWO FINAL COMMITMENTS

- 1. Make it a priority, to work on communication, consideration, compromise, camaraderie, and commitment
- 2. Make it a priority, to allow Christ to lead your life, and give you the power to do those first five things.

Jeremiah 29:11, NIV – “*For I know the plans I have for you says the Lord, for good and not evil, to give you a future and a hope.”*

## RESTORING DAMAGED RELATIONSHIPS

### # 4 – Building Bridges

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### REVIEW

- 1<sup>st</sup> Week – Fighting Fear
- 2<sup>nd</sup> Week – Attacking Anger
- 3<sup>rd</sup> Week – Cracking Conflict

### BUILDING / RE-BUILDING BRIDGES

Philippians 2:2, Phillips – “*... Live together in harmony and love, as though you only had one mind and spirit between you.”*

Ephesians 4:3, NIV – “*Make every effort to keep the unity of the Spirit ...”*

### 1. COMMUNICATION

Proverbs 13:17, LB – “*Reliable communication permits progress.*”

#### Why We Have Problems In Communication:

- a) We Don't Take The Time To Communicate
- b) People Of Varying Backgrounds And Cultures Communicate Differently
- c) Men And Women Communicate Differently
- d) We Don't Know How To Communicate Effectively
  - i. The Sandwich Principle
  - ii. Reflective listening
  - iii. Word Pictures
  - iv. Learn Each Other's Love Language

## 2. CONSIDERATION

Titus 3:2, NIV – “... *be peaceable and considerate, and ... show true humility toward all men.*”

1 Peter 3:7, NIV – “*Husbands, in the same way be considerate as you live with your wives, and treat them with respect ...*”

a) Consideration Is Paying Attention To Other’s Needs

Ephesians 4:2b, TEV – “*Show your love by being helpful to each other.*”

b) Consideration Is Wisdom

James 3:17, TEV – “*Wisdom shows itself in being considerate.*”

## 3. COMPROMISE

1 Corinthians 13:5, LB – “... *Love does not demand its own way.*”

a) Don’t Try To Always Get Your Own Way

b) Don’t Try To Change Others

c) Appreciate And Be Grateful For What You Have

d) Understand The Real Facts Of Life:

- i. Every Relationship Will Have Conflict
- ii. No Matter How Much You Love Someone, You're Going To Have Some Things You Disagree About
- iii. God Needs – And Uses – Your Differences
- iv. Your Enemy Is Not Your Differences, But Your Inflexibility

## 4. CAMARADERIE

Proverbs 17:17, NIV – “*A friend loves at all times, and a brother is born for adversity.*”

a) Camaraderie Builds Connectedness

b) Camaraderie Requires Developing Common Interests

c) Camaraderie In Marriage Is Called “Courting”

Proverbs 5:19b, RSV – “*Let (your mate's) affection fill you at all times with delight.*”

## 5. COMMITMENT

Malachi 2:16, NIV – “*I hate divorce,*” says the LORD God of Israel, ...*So guard yourself in your spirit, and do not break faith.*”

a) Put Commitment Above Your Own Desires

Matthew 10:39, NIV – “*Whoever finds his life will lose it, and whoever loses his life for my sake will find it.*”

b) Refuse To Walk Out

c) Burn Your Escape Bridges

d) Be Willing To Temporarily Defer Your Happiness

Commitment means: “Being willing to be unhappy until we work it out.”

e) Don’t Accept The Myth Of Compatibility

f) Don’t Seek Greener Grass, Water Your Own

g) Change Yourself, To Change Others