

April 25/26
Meaningful Relationship Management

Stress Defined: The response of our sympathetic nervous system to a perceived or actual threat. It is the way our body responds to perceived or actual danger. It's not the external circumstances that cause stress, it is always our internal response to external forces.

Meaningful Relationship Management:

Romans 12:18 – "If it is possible, as far as it depends on you, live at peace with everyone."

John 17:4 – "I brought glory to you here on earth by completing the work you gave me to do."

The key to meaningful relationship management is learning to be a Giver, not a Taker. You give the best when your identity and value are secure in Christ.

Colossians 3:1; Colossians 6:14; 1 John 3:14,16

Seven Choices you Make to Enjoy Stressless Meaningful Relationship:

1. Choose to believe the best about people, and don't worry about what they think of you. Stress comes from thinking someone you love would hurt you intentionally. **1 Corinthians 13:4-7**

2. Choose to be kind and say good words that build people up, and cherish those God has given you. Stress comes when we sin against those who love us. When you have sinned against one you love, let it break your heart.

Ephesians 4:31-32; Colossians 4:6; Proverbs 16:24; 2 Corinthians 7:10-11.

3. Choose to be considerate by accepting each other's differences. Be a pray-er, not a controller. Stress comes from trying to change a loved one into someone they are not.

Romans 15:7 – "Accept one another in the Lord, just as Christ has accepted you." **Proverbs 25:15; Psalm 55:22; 1 Peter 5:7**

4. Choose to speak the truth in love. Stress comes from not saying what we know we should say.

Ephesians 4:15 – "Instead, speaking the truth in love, we will in all things grow up into him who is the Head, that is, Christ."

Proverbs 24:26; Proverbs 27:6

5. Choose to be a forgiver. Stress comes from allowing bitterness and resentment to build and grow in our lives.

Colossians 3:12-13 – "Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others."

6. Choose to lay down your rights. Stress comes from feeling you are being taken advantage of. **Philippians 2: 5-8**

7. Choose to be a resolver of conflict and one who loves reconciliation. Stress comes from allowing conflict to remain between you.

Proverbs 15:1 – "A gentle answer deflects anger, but harsh words make tempers flare."

Ephesians 4:26 – "In your anger do not sin. Do not let the sun go down while you're still angry."

Matthew 18:15 – "If another believer sins against you, go privately and point out the offense. If the other person listens and confesses it, you have won that person back."

2 Corinthians 5:17-19

Discussion Questions:

1. Where does your value come from? Do you get a sense of value from being a child of God? How does having your sense of value in Christ help you give to relationships?
2. Have you ever had to forgive someone? Have you ever needed to be forgiven by anyone? How does forgiveness help relationships?
3. How difficult is it for you to speak the truth in love? What are the benefits to a relationship?
4. How accepting are you of others? Do you try to change the people you love? What usually happens when you try to change people?