

## Relationships

### #1: How To Tap Into The Power Of Relationships

**Genesis 2:18** *Then the Lord God said, "It is not good for the man to be alone.*

#### 1. Understand your best life happens with connection

*In the simplest terms, a real connection is one in which you can be your whole self, the real, authentic you, a relationship to which you can bring your heart, mind, soul, and passion. Both parties to the relationship are wholly present, known, understood, and mutually invested. What each truly thinks, feels, believes, fears, and needs can be shared safely. Henry Cloud*

**Hebrews 10:25** *And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.*

#### 2. Evaluate your relationships

**Proverbs 9: 7** *Anyone who rebukes a mocker will get an insult in return. Anyone who corrects the wicked will get hurt.*

**2 Chronicles 24: 2, 17** *Joash did what was pleasing in the Lord's sight throughout the lifetime of Jehoiada the priest...But after Jehoiada's death, the leaders of Judah came and bowed before King Joash and persuaded him to listen to their advice.*

#### 3. Develop and pursue 4<sup>th</sup> corner friendships

- a) Time
- b) Trust (Can I trust this person?)
- c) Vulnerability
  - a. Here's the truth about me
  - b. Here's the truth about you

**Proverbs 12:26** *The godly give good advice to their friends...*

Corner #1: Disconnected = Living life alone.

Corner #2: Bad connection = A pull toward a person who has the effect of making us feel bad or "not good enough" in some way. The connection produces anxiety, fear, guilt, shame, bad feelings, or a sense of inferiority.

Corner #3: Pseudo-connection = "Let the good times roll!" Relationships that make us feel good. However, they are all positive and no (or little) reality. Little or no feedback or correction. People are too afraid to damage the relationship.

Corner #4: True Connection = Emotional support, wisdom, community, truth, reality-based feedback, caring communication. These relationships balance grace and truth.