

The Core of Our Existence



Relationship



IN THE BEGINNING.....

God chose to create Man in His own image... why?

God then looked at Man and said “It is not good for Man to be alone; I will make him a partner.” ... why?

There is something within our nature that compels us to seek connections



at the deepest core of our essence, the greatest desire of Mankind is to have rich, fulfilling relationships

RELATIONSHIPS IN THE BIBLE

Adam and Eve

Cain and Abel

Abram and Sarai

David and Jonathan

David and Absalom

Unhealthy Relationships

1. Selfishness
2. Contempt
3. Criticism
4. Defensiveness
5. Unwillingness to admit wrongs
6. Expecting the other to “serve” own needs
7. Chip on shoulder, sensitive to comments
8. Lack of empathy
9. Gift-giving and thoughtfulness are minimal
10. Poor, underdeveloped, fear-based conflict resolution skills



Healthy Connections

A desire to connect, to spend time with
another

Healthy Connections

Taking personal responsibility for actions, behaviors, and interactions, admit wrongs

Healthy Connections

Empathy
Sense of humor
Affectionate

Healthy Connections

Consideration ...
thoughts, behaviors, attitudes

Healthy Connections

Seek first to understand, then to be understood

Healthy Connections

Being quick to forgive, repair damages

Healthy Connections

Being MORE quick to accept forgiveness

Healthy Connections

Look for, expect, things that are good

Healthy Connections

Communicating by listening more than talking

Healthy Connections

Constantly renewing the desire to connect

Healthy Connections

Encourage and nurture the friendship

Healthy Connections

Interest in what's going on in the other's life

Healthy Connections

Admiration and respect for their uniqueness
(Verbal and nonverbal)

Healthy Connections

Turning toward each other instead of turning
away

Healthy Connections

Intentional conversations

How to Repair Distressed Relationships

Spend time in meditation to determine what occurred

Be humble enough to admit fault

Be honest and trustworthy

Find a time and place to have a conversation

Ask to be forgiven, even if it is not accepted

Practice new, improved behaviors that speak to your commitment to making the relationship enriched

Healthy Connections With God

- A desire to connect / spend time with another
- Taking personal responsibility for actions, behaviors, and interactions, admit wrongs
- Traits: Empathy, Sense of humor, Affectionate
- Consideration ... thoughts, behaviors, attitudes
- Seek first to understand, then to be understood
- Being quick to forgive, repair damages
- Being MORE quick to accept forgiveness
- Look for, expect, things that are good
- Communicating by listening more than talking
- Constantly renewing the desire to connect
- Encourage and nurture the friendship
 - Interest in what's going on in the other's life
 - Admiration and respect for their uniqueness (Verbal and nonverbal)
 - Turning toward each other instead of turning away
- Intentional conversations



How to Repair A Distressed Relationship With God

Spend time in meditation to determine what occurred

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Be honest and trustworthy

Find a time and place to have a conversation

Ask to be forgiven, even if it is not accepted

Practice new, improved behaviors that speak to your
commitment to making the relationship enriched

A person in a red jacket and dark pants stands on the edge of a sandy cliff, looking out over a vast, calm ocean under a clear sky. The person is positioned on the left side of the frame, looking towards the right.

PURSUE A RELATIONSHIP WITH GOD

*and watch what that does
to your other relationships!*