

## Building Healthy Relationships

New Life Lessons  
November 24<sup>th</sup> & 25<sup>th</sup>, 2012  
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In this series, we've looked at what the Bible says about "Building Healthy Relationships." This last week, we're concluding with "The Nature of Healthy Relationships." Let's look at what the Bible says about building healthy relationships and consider what it means for us, *today*.

- **Day One - Read Galatians 5:16-17, 24 & Romans 8:5.**

At times do you experience tension between what the Spirit desires and what your sinful nature desires? What are you "setting your mind on?" The key is living "by the Spirit," in that we must surrender to God dwelling within us to gain victory over sinful desires.

**Pray** – Ask God to help you surrender to his Spirit in times of temptation. Ask him to cleanse your heart and fill you with his Spirit that you might walk in victory!

- **Day Two - Read Galatians 5:19-22; Romans 12:1-2.**

What aspects of the sinful nature do you most often struggle with? Which one on the list of the "Fruit of the Spirit" seems like the most difficult for you to demonstrate? Again, the key is continual surrender.

**Pray** – Ask God to help you in this area. Confess this area of weakness and ask a trusted friend to pray for you and help hold you accountable.

- **Day Three - Read John 15:1-15; Luke 9:23-25.**

Jesus' word "abide" in John 15 means, "to dwell, or "to live in." The key to fruitfulness is not the occasional *imitation* of Christ, but the continual *indwelling* of Christ. He tells us to "deny ourselves, take up our cross daily and follow him." It's a paradox to have to "die to ourselves" to really "live in him."

**Pray** – Give yourself fully to Christ to follow him *today!*

## "The Nature of Healthy Relationships"

Building Healthy Relationships – Part 8

Galatians 5:14-25; Romans 8:5; Leviticus 19:18;

Matthew 22:35-39

**Galatians 5:14-25** (NIV) <sup>14</sup> The entire law is summed up in a single command: **"Love your neighbor as yourself."**

<sup>15</sup> If you keep on biting and devouring each other, watch out or you will be destroyed by each other.

<sup>16</sup> So I say, **live by the Spirit**, and you will not gratify the desires of the sinful nature. <sup>17</sup> **For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature.** They are in conflict with each other, so that you do not do what you want. <sup>18</sup> **But if you are led by the Spirit, you are not under law.**

<sup>19</sup> **The acts of the sinful nature are obvious:** sexual immorality, impurity and debauchery; <sup>20</sup> idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions <sup>21</sup> and envy; drunkenness, orgies, and the like. I warn you, as I did before, that **those who live like this will not inherit the kingdom of God.**

<sup>22</sup> **But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, <sup>23</sup> gentleness and self-control.** Against such things there is no law.

<sup>24</sup> **Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires.** <sup>25</sup> **Since we live by the Spirit, let us keep in step with the Spirit.**

**Matthew 7:17-18, 20** (NIV) <sup>17</sup> **Every good tree bears good fruit, but a bad tree bears bad fruit.** <sup>18</sup> A good tree cannot bear bad fruit, and a bad tree cannot bear good fruit. <sup>20</sup> **Thus, by their fruit you will recognize them.**

**Proverbs 11:30** (MSG) <sup>30</sup> **A good life is a fruit-bearing tree; a violent life destroys souls.**

## What is the Fruit of Our Life?

**Self-Satisfying Lust** \_\_\_\_\_ ?

**Self-Justifying Legalism** \_\_\_\_\_ ?

**Self-Sacrificing Love** \_\_\_\_\_ ?

**John 13:34-35** (NIV) <sup>34</sup> "A new command I give you: **Love one another**. As I have loved you, so you must love one another. <sup>35</sup> **By this all men will know that you are my disciples, if you love one another.**" Proverbs 11:30; Psalm 1:1-3

## The Nature of Unhealthy Relationships

**Galatians 5:19-21** (NIV) <sup>19a</sup> The acts of the sinful nature are obvious:

<sup>19b</sup> **sexual immorality, impurity and debauchery;**

<sup>20a</sup> **idolatry** \_\_\_\_\_ **and witchcraft;**

<sup>20b</sup> **hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions** <sup>21a</sup> **and envy; drunkenness, orgies, and the like.**

<sup>21b</sup> I warn you, as I did before, that **those who live like this will not inherit the kingdom of God.** John 8:12; 1 John 1:5-9

**Galatians 5:13** (NLT) <sup>13</sup> **You have been called to live in freedom, my brothers and sisters. But don't use your freedom to satisfy your sinful nature. Instead, use your freedom to serve one another in love.**

## The Nature of Healthy Relationships

**Galatians 5:22-25** (NIV) <sup>22</sup> **But the fruit of the Spirit is ...**

love,

joy,

peace,

patience,

kindness,

goodness,

faithfulness,

<sup>23a</sup> **gentleness**

and **self-control.**

<sup>23b</sup> **Against such things there is no law.** Galatians 3:1-3

<sup>24</sup> **Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires.** <sup>25</sup> **Since we live by the Spirit, let us keep in step with the Spirit.** 1 Peter 5:6-9

**Romans 8:5** (NIV) <sup>5</sup> Those who live according to the sinful nature have **their minds set on** what that nature desires; but those who live in accordance with the Spirit have **their minds set on** what the Spirit desires. Colossians 3:1-10; 1 Peter 1:13-16

**John 15:4-5** (NIV) <sup>4</sup> Remain in me, and I will remain in you. **No branch can bear fruit by itself;** it must remain in the vine. **Neither can you bear fruit unless you remain in me.** <sup>5</sup> "I am the vine; you are the branches. **If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing.** Luke 6:43-45; Proverbs 4:23

**1 Timothy 6:20a** (NIV) <sup>20</sup> **Guard** what has been **entrusted to your care.** Philippians 4:6-7; 1:9-11