

## How To Nurture Healthy Relationships

➤ **Speak words of life.** *Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. (Eph. 4:29)*

1. \_\_\_\_\_ & \_\_\_\_\_ words: *A gentle answer turns away wrath. (Proverbs 15:1)*
2. \_\_\_\_\_ words: *As he approached the town gate, a dead person was being carried out — the only son of his mother, and she was a widow....When the Lord saw her, his heart went out to her and he said, “Don’t cry.” Then he went up and touched the coffin....He said, “Young man, I say to you, get up!”...Jesus gave him back to his mother. (Luke 7:12-15)*
3. \_\_\_\_\_ words: *I thank my God every time I remember you. In all my prayers for all of you, I always pray with joy because of your partnership in the gospel from the first day until now. (Phil. 1:3-5)*
4. \_\_\_\_\_ words: *Therefore encourage one another and build one another up, just as you are doing (I Thess 5:11)*
5. \_\_\_\_\_ & \_\_\_\_\_ words: *Your love has given me great joy and encouragement, because you, brother, have refreshed the hearts of the saints. (Philemon 7)*

➤ **Uproot** \_\_\_\_\_

*Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. (Philippians 2:3)*

Types of Manipulators:

1. The \_\_\_\_\_ - \_\_\_\_\_ Manipulator — control.

**Weapon of choice** — \_\_\_\_\_.

2. The \_\_\_\_\_ - \_\_\_\_\_ Manipulator — sneaky manipulators...martyrs.

**Weapon of choice** — \_\_\_\_\_.

3. The \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Manipulator — make others dependent on them.

**Weapon of choice** — \_\_\_\_\_.

**Manipulation is** \_\_\_\_\_!

- **Allow people to \_\_\_\_\_.** *All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us. (2 Cor. 1:3,4)*

Effects of Failure:

- We \_\_\_\_\_ our performance
- Or we \_\_\_\_\_

1. Give \_\_\_\_\_

2. Give \_\_\_\_\_

3. Give \_\_\_\_\_

4. Give \_\_\_\_\_

5. Give \_\_\_\_\_ *So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up. (Galatians 6:9)*

6. Give \_\_\_\_\_ *Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. (Col. 3:13)*

*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. Above all, clothe yourselves with love, which binds us all together in perfect harmony. And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful. (Col. 3:12-15)*

➤ **Couple Sharing**

1. List some situations where there are opportunities for praise that we often miss (like common, repetitive, mundane yard maintenance or meal preparation).
2. What are some situations where you have seen or used a manipulative technique? Try to think of a situation to illustrate each of the 3 categories: Take-Charge, Poor-Me, and Need-to-be-needed.
3. Relate a time when you were given the needed compassion, affirmation etc. by your mate or someone else when you failed.
4. Write a list of 10 qualities you like about your mate. Review all of them together as a couple. Keep your list as a guide from which to compliment your mate.
5. What truth in this session do you most want to apply? Why?
6. When your spouse or other people fail, which of the following freedoms do you have the most difficulty extending to them: Compassion, affirmation, perspective, disassociation, encouragement, or forgiveness? Why?