

But First...

The Secret to Healthy Relationships

WEEK OF FEBRUARY 27, 2022

“No man is an island.” We all need relationships, and we need good ones. Here’s the secret to having healthy relationships.

MESSAGE NOTES AND HIGHLIGHTS

- “Love the Lord your God with all your heart and with all your soul and with all your mind.” This is the first and greatest commandment. And the second is like it: “Love your neighbor as yourself.” | Matthew 22, vv.37-39
 - There’s a connection between our vertical relationship with God and our horizontal relationship with others.
 - You can’t fully love God with all your heart, soul, and mind if you aren’t loving others as yourself.
 - A new command I give you: Love one another. As I have loved you, so you must love one another. | John 13, v.34
 - “Loving your neighbor” includes people who are nothing like you, people you might not like, and people who might not like you.
 - God wants your life to be a reflection of what He’s like.
 - By this everyone will know that you are my disciples, if you love one another. | John 13, v.35
 - Love isn’t something you fall in and out of. Love is a verb. Love is an action. Love is something you choose to do whether you feel like it or not.
 - As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. Be completely humble and gentle; be patient, bearing with one another in love. | Ephesians 4, vv.1-2
 - Be completely humble with others. Put their thing ahead of yours.
 - Be gentle. Be self controlled. Don’t fly off the handle. When you’re in a position of power, don’t abuse it.
 - Be patient. Bear with one another in love. When it’s hard to keep loving people, don’t stop.
 - Why should we tell the truth? When we lie, it hurts the other person.
 - Why should we be generous? When we give, it helps other people.
 - Why should we not gossip? It hurts other people.
 - A key question to ask yourself in relationships—What does love require of me?
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DISCUSSION QUESTIONS

1. What’s your best relationship advice? (This can include love, friendship, work, etc.)
2. “Love your neighbor as yourself.” What challenges does that present for you? Do you lean more toward loving yourself but not your neighbor? Do you struggle to love yourself?
3. In John 13:35, Jesus says, “By this everyone will know that you are my disciples, if you love one another.” What do you think the people around you know you best for? Is it love? Is it anything else?
4. Try to apply the question “What does love require of me?” to a situation in your life. What would that look like? What do you think would be the most loving thing to do?