



NINE SECRETS FOR HEALTHY RELATIONSHIPS

WEEK 3

GALATIANS

5:22-23

'But the fruit of the Spirit [the result of His presence within us] is love [unselfish concern for others], joy, [inner] peace, patience [not the ability to wait, but how we act while waiting], kindness, goodness, faithfulness, gentleness, self-control. Against such things there is no law. And those who belong to Christ Jesus have crucified the sinful nature together with its passions and appetites. '

JOY.

-Nowhere in the Bible does God advise us to pursue happiness, because it is not a Biblical concept

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HAPPINESS	JOY
external	internal
temporary	permanent
based on chance	based on choice
based on circumstances	based on Christ

THREE RELATIONSHIP KILLJOYS

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James 4:1-3 (AMP) 1. Selfishness

'What leads to [the unending] quarrels and conflicts among you? Do they not come from your [hedonistic] desires that wage war in your [bodily] members [fighting for control over you]? You are jealous and covet [what others have] and your lust goes unfulfilled; so you murder. You are envious and cannot obtain [the object of your envy]; so you fight and battle. You do not have because you do not ask [it of God]. [1John 3:15] You ask [God for something] and do not receive it, because you ask with wrong motives [out of selfishness or with an unrighteous agenda], so that [when you get what you want] you may spend it on your [hedonistic] desires. '

'For wherever there is jealousy and selfish ambition, there you will find disorder and evil of every kind. '

James 3:16

JOY.

THREE RELATIONSHIP KILLJOYS

2. Resentment

Resentment says "I won't forgive you"

Exercise foresight and be on the watch to look [after one another], to see that no one falls back from and fails to secure God's grace (His unmerited favor and spiritual blessing), in order that no root of resentment (rancor, bitterness, or hatred) shoots forth and causes trouble and bitter torment, and the many become contaminated and defiled by it— (Hebrew 12:15)

The fool who provokes his family to anger and resentment will finally have nothing worthwhile left (Proverbs 11:29)

THREE RELATIONSHIP KILLJOYS

3. Fear

Fear says "I don't trust you anymore"

Anxiety in the heart of man causes depression,
But a good word makes it glad(Proverbs 12:25)

There is no fear in love; but perfect love casts
out fear, because fear involves torment. But he
who fears has not been made perfect in love.
(1 John 4:18)

THREE RELATIONSHIP KILLJOYS

3. Fear

Fear does three things to relationships:

- Fear makes me defensive
- Fear makes me distant
- Fear makes me demand

JOY IN A RELATIONSHIP DOESN'T COME FROM RECEIVING, IT COMES FROM **GIVING!**

And I have been a constant example of how you can help those in need by working hard. You should remember the words of the Lord Jesus: 'It is more blessed to give than to receive.'

Acts 20:35

Rejoice in the Lord always. Again I will say, rejoice!

Phillipians 4:4

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EXPRESS THE
JOY AND
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Simchah– “bright and shining”

Masos– “leaping for joy”

Rinnah– “shouting for joy”

Giyל– “spinning for joy”

PSALMS

16:11

Thou wilt shew me the path of life: In thy
presence is fulness of joy;
At thy right hand there are pleasures for
evermore.

JOHN 16:24

Until now you have asked nothing in My name. Ask, and you will receive, that your joy may be full.