

## Principles of Stress-Free Relationships

Reach down from heaven and rescue me; rescue me from deep waters... Psalm 144:7a

<sup>26</sup> Then God said, "Let us make human beings in our image, to be like ourselves. They will reign over the fish in the sea, the birds in the sky, the livestock, all the wild animals on the earth, and the small animals that scurry along the ground." <sup>27</sup> So God created human beings in his own image. In the image of God he created them; male and female he created them. <sup>28</sup> Then God blessed them and said, "Be fruitful and multiply. Fill the earth and govern it. Reign over the fish in the sea, the birds in the sky, and all the animals that scurry along the ground." <sup>29</sup> Then God said, "Look! I have given you every seed-bearing plant throughout the earth and all the fruit trees for your food. <sup>30</sup> And I have given every green plant as food for all the wild animals, the birds in the sky, and the small animals that scurry along the ground—everything that has life." And that is what happened. <sup>31</sup> Then God looked over all he had made, and he saw that it was very good! And evening passed and morning came, marking the sixth day.

Genesis 1:26-31

<sup>18</sup> Then the LORD God said, "It is not good for the man to be alone. I will make a helper who is just right for him."

Genesis 2:18

We are created for \_\_\_\_\_.

## Principles of Stress-Free Relationships

I I can expect \_\_\_\_\_ in my relationships.

A) <sup>1</sup> The serpent was the shrewdest of all the wild animals the LORD God had made. One day he asked the woman, "Did God really say you must not eat the fruit from any of the trees in the garden?" <sup>2</sup> "Of course we may eat fruit from the trees in the garden," the woman replied. <sup>3</sup> "It's only the fruit from the tree in the middle of the garden that we are not allowed to eat. God said, 'You must not eat it or even touch it; if you do, you will die.'" <sup>4</sup> "You won't die!" the serpent replied to the woman. <sup>5</sup> "God knows that your eyes will be opened as soon as you eat it, and you will be like God, knowing both good and evil." <sup>6</sup> The woman was convinced. She

saw that the tree was beautiful and its fruit looked delicious, and she wanted the wisdom it would give her. So she took some of the fruit and ate it. Then she gave some to her husband, who was with her, and he ate it, too. <sup>7</sup> At that moment their eyes were opened, and they suddenly felt shame at their nakedness. So they sewed fig leaves together to cover themselves. Genesis 3:1-7

B) The LORD God placed the man in the Garden of Eden to tend and watch over it. But the LORD God warned him, "You may freely eat the fruit of every tree in the garden— except the tree of the knowledge of good and evil. If you eat its fruit, you are sure to die." Genesis 2:15-17

C) The Myth of \_\_\_\_\_.

D) Problems in relationships can be \_\_\_\_\_.

E) All external forces promise more than they can \_\_\_\_\_.

II Accept \_\_\_\_\_ for my part in the relationship problem.

A) The myth of \_\_\_\_\_.

B) When the cool evening breezes were blowing, the man and his wife heard the LORD God walking about in the garden. So they hid from the LORD God among the trees. Then the LORD God called to the man, "Where are you?" He replied, "I heard you walking in the garden, so I hid. I was afraid because I was naked." "Who told you that you were naked?" the LORD God asked. "Have you eaten from the tree whose fruit I commanded you not to eat?" The man replied, "It was the woman you gave me who gave me the fruit, and I ate it." Then the LORD God asked the woman, "What have you done?" "The serpent deceived me," she replied. "That's why I ate it." Genesis 3:8-13.

C) "How can God use this problem to grow my character?"

D) Don't blame the \_\_\_\_\_.

E) So the LORD God banished them from the Garden of Eden, and he sent Adam out to cultivate the ground from which he had been made. Genesis 3:23

III Invite God to be the \_\_\_\_\_ of my relationship.

A) The myth of \_\_\_\_\_.

B) For a relationship to succeed, not only must two people be committed to each other, they must also be committed to God.

C) Then the LORD God said to the serpent, "Because you have done this, you are cursed more than all animals, domestic and wild. You will crawl on your belly, groveling in the dust as long as you live. And I will cause hostility between you and the woman, and between your offspring and her offspring. He will strike your head, and you will strike his heel." Genesis 3:14-15

D) Then he said to the woman, "I will sharpen the pain of your pregnancy, and in pain you will give birth. And you will desire to control your husband, but he will rule over you." Genesis 3:16

E) And to the man he said, "Since you listened to your wife and ate from the tree whose fruit I commanded you not to eat, the ground is cursed because of you. All your life you will struggle to scratch a living from it. It will grow thorns & thistles for you, though you will eat of its grains. By the sweat of your brow will you have food to eat until you return to the ground from which you were made. For you were made from dust & to dust you will return." Genesis 3:17-19

F) Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble. Likewise, two people lying close together can keep each other warm. But how can one be warm alone? A person standing alone can be attacked and defeated, but two can stand back-to-back & conquer. Three are even better, for a triple-braided cord is not easily broken. Ecclesiastes 4:9-12

G) The best relationships are made up of three. Your commitment to the other person. Their commitment to you. But also God as the center of that relationship.

IV Today I will invite God to be the \_\_\_\_\_ of my relationships.

#### NEXT STEPS:

- I will memorize Psalm 144:7.
- Today I will invite God to be the center of my relationships.