

**HOW TO GROW HEALTHY RELATIONSHIPS**  
**#SermonRelationships**  
**Growing Like Jesus Grew - Part 2**  
**Dr. Mark Jackson - February 12, 2017**

**Luke 2:52** And Jesus grew in wisdom and stature, and in favor with God and men. (NIV)

**What Can Disconnect And Reconnect Your Relationships**

**1. YOU CAN BE DISCONNECTED BY FEAR**

**Three Affects It Has On My Life**

- When I'm afraid of my FAULTS I become DEFENSIVE

**Genesis 3:12-13** The man said, "**You gave** this woman to me and **she gave** me fruit from the tree, so I ate it." <sup>13</sup>..She answered, "The snake tricked me..." (NCV)

- When I'm afraid of my FEELINGS I become DISTANT

**Genesis 3:10** ...I was afraid because I was naked; so I hid. (NIV)

- When I'm afraid of losing my FREEDOM I become DEMANDING

**Genesis 3:16** To the woman he said: ..."Your yearning will be for your husband, and he will dominate you." (NJB)

**THE KEY TO RECONNECTING: HONESTY**

**John 14:6** Jesus said: "I am the Way; the Truth and the Life. No one can come to the Father except through me." (NJB)

**2. YOU CAN BE DISCONNECTED BY PRIDE**

**Proverbs 13:10a** Pride only leads to arguments... (NLT)

**THE KEY TO RECONNECTING: HUMILITY**

**Philippians 2:5-7** Your attitude should be the same that Christ Jesus had. <sup>6</sup>Though he was God, he did not demand and cling to his rights as God. <sup>7</sup>He made himself nothing; he took the humble position of a slave and appeared in human form. (NLT)

### 3. YOU CAN BE DISCONNECTED BY HURT

**Proverbs 18:14** The will to live can get you through sickness, but no one can live with a broken spirit. (NCV)

### THE KEY TO RECONNECTING: FORGIVENESS

**Ephesians 4:31-32** Stop being bitter and angry and mad at others. Don't yell at one another or curse each other or ever be rude.<sup>32</sup> Instead, be kind and merciful, and forgive others, just as God forgave you because of Christ. (CEV)

**Matthew 6:14-15** If you forgive other people when they sin against you, your heavenly Father will also forgive you.<sup>15</sup> But if you do not forgive others their sins, your Father will not forgive your sins. (NIV)

**Colossians 3:13b** Remember, the Lord forgave you, so you must forgive others. (NLT)

**1 John 1:9** But if we confess our sins to God, he can always be trusted to forgive us and take our sins away. (CEV)