

February 8, 2015

FACING THE FEARS THAT RUIN RELATIONSHIPS: RELATIONAL HEALTH Genesis 3:6-19

What are the fears that ruin my relationships? Gen. 3:6-16

- My fear of **exposure** leads to making me distant. Gen. 3:7-10; Luke 18:9-14; 1 Sam. 18:1-16; Ps. 139:1-12; Matt. 26:69-75; Luke 18:18-23
 - I am **ashamed**. Gen. 3:7; Matt. 26:69-75, 26:56; Is. 47:3
 - I need to **cover** up. Gen. 3:7; Matt. 26:69-75; 26:56; 1 Sam. 18:1-16; Luke 18:18-23
 - I become **distant** from God. Gen. 3:8; Matt. 26:69-75; 1 Sam. 18:6-16; Luke 18:9-14, 18-23; Ps. 51:3-4; Luke 15:16-21
- My fear of **disapproval** leads to my defensiveness. Gen. 3:12-13; 1 Sam. 18:6-16; 20:30-34
- My fear of losing **control** leads to me being demanding. Gen. 3:16; Eph. 5:20-33; Col. 3:18-24; 1 Sam. 18:6-16

What are the solutions to living in God's love? 1 John 4:18

- Learn to **surrender** each day. 1 John 4:18; Job 11:13-18; Rom. 6:13-16; Luke 23:46
- Learn to **remember** how God loves me.
 - I am completely **accepted** by God. Titus 3:7; Rom. 5:1; 8:1, 31-39
 - I am **loved** unconditionally by God. 1 John 4:7-11; John 3:16; Rom. 5:8; 8:31-39; Is. 54:7
 - I am completely **forgiven** by God. Rom. 8:1; Ps. 103:12; Is. 43:25; 44:22; Jer. 31:34; Micah 7:19
 - I am forever **valued** by God. Gen. 1:26; Rom. 5:8; Ps. 139:14; Matt. 10:29-30
- Learn to **offer** this love to others. Rom. 15:7; John 13:34; 1 Cor. 13:4-7