



Work Book: Foundations For Loving & Healthy Relationships Part 1 & II

We want to create safe environment to allow the Holy Spirit to speak to us

Respect and value each other, honor each other, not to judge or compare ourselves, and even to respect the walls that some put up, allow people to take the walls down when they are ready.

1. Goal of workshop is to learn more about.....
 - 1.1 Love & Unity in relationships with God and people and how to apply it so we perceive and receive the Love of God.
 - 1.2 How to let God meet our needs instead of what you are doing now.
 - 1.3 To learn the 5 languages of love that God provides to us so we can perceive love better from Him and receive love from people better than we are now.

Many are looking to their spouse, friends, possessions, power, position, ministry, beauty or other people to meet their needs...

- *If only this would happen --- then I could be happy*
- *If only this person would change --- then I could be happy*
- *If only all my bills were paid off --- then I could be happy*
- *If only this ministry opportunity would open up -- then I could be happy*
- *If only my children would come back to Jesus -- then I could be happy*
- *If only my spouse would change -- then I could be happy*
- *If only I could get this money or position... then I could be happy*

Truly God and only God is the one who can meet our emotional needs of:

- Acceptance, value, love,
- Respect, honor, financial, physical
- And other needs we have

God is the ONLY source of love, acceptance, blessing, peace, joy, righteousness and if we don't operate out that source we will be disappointed every time.

WE ARE HERE TO LEARN HOW TO ALLOW JESUS TO MEET OUR EVERY NEED --- AND REALLY BELIEVE IT IN OUR HEARTS – NOT JUST AN INTELLECTUAL KNOWLEDGE.

Our thoughts determine our emotions and our reactions --- not the other way around..

Prov. 23:7 as a man thinks in his heart..... So is he.

So how do many people THINK.... Including carnal Christians and those who don't know Christ.

Many people go into marriage for the spouse to meet their needs and expectations.

When the spouse fails to meet the needs ---- people are unhappy.

Now if you marry a Christian you'd THINK you could count on them. But many Christians are carnal.

The flesh is really ugly and those who don't know Christ can be mean too.

Some put other people down so they feel superior. We live in a FALLEN World

When the spouse fails to meet their needs and expectations they turn to their
Friends, their pastor, their Mom or Dad or other people to meet their needs of love and acceptance

Since many DON'T KNOW HOW to allow God to meet their needs we use other methods to meet our needs....

- **A wife has an affair to feel accepted and loved, she expected her husband to meet that need.**
- **A husband does ministry activities to meet his need for affirmation and validation.**
- **A husband verbally or physically abuses his wife to get the wife to meet his need for respect.**
- **The husband get's mad because his wife "said no" to his sexual advances. His ego is bruised and he feels rejected by his wife. So he turns to drinking or porn to feel better that night.**
- **A couple buy a car on credit they can't afford to impress people – later they fight about the payments.**
- **A couple starts fighting over "little things" because both feel hurt and unaccepted. The little things can be someone forgot to turn the faucet all the way off and fight over who did it.**

WE MUST LEARN TO PERCEIVE AND RECEIVE LOVE AND ALL THE OTHER PROMISES of GOD ----- FROM THE SOURCE--- God Himself

We are going to START with love because love is the foundation from which ALL things from God should be perceived.. Because God is LOVE

I John 4: 15-17 ¹⁵ Whoever confesses that Jesus is the Son of God, God abides in him, and he in God. ¹⁶ And we have known and believed the love that God has for us. **God is love**, and he who abides in love abides in God, and God in him. ¹⁷ Love has been perfected among us in this: that we may have boldness in the day of judgment; because as He is, so are we in this world.

I John 4: 7-9 ⁷ Beloved, let us love one another, for love is of God; and everyone who loves is born of God and knows God. ⁸ He who does not love does not know God, **for God is love.** ⁹ In this the love of God was manifested toward us, that God has sent His only begotten Son into the world, that we might live through Him.

The bible should be read from a perspective of God's love language of love to us.

Language of the Law vs. Language of God's love...

Language of Law is anything WE must do to earn God's love, favor, acceptance, blessing etc.

Language of God's love is His love is unconditional – there is nothing we can do to earn it.

So we receive and learn how to receive the UNCONDITIONAL LOVE OF GOD.

We as Christians are supposed to love one another as well. --- Right ?

Here is a little secret..... people receive love from other people in 5 different ways and the vast majority of people have 2 main methods that they receive love better than the other 3.

We can receive love in all 5 ways but 2 of the 5 we are about to explain will BE YOUR MOST DOMINATE LANGUAGE OF LOVE

QWRAP - 5 Languages of Love
Quality Time

Words of Affirmation

Receiving Gifts

Acts of Service

Physical Touch

How to discover yours, your spouses and your children's language of love.....

People generally give love based on how they want to receive love from the other person.

Examples of 5 Languages of Love

Quality Time –

Just the 2 of you do cell phone, no distractions, your not thinking about other things.

Full attention and honest interest and interaction.

Words of Affirmation –

You did a great job, you are very talented

I appreciate you as a person

You ministered to me when you said that.

You are a good mom

You always see the best in people, I admire that.

You give from your heart, I see that and other do too.

Receiving Gifts:

Something small like an ice cream cone you get on your way home

Flowers you pick in the wild that are free, but you are thinking about the other person.

A poem or thank you note you write yourself and give to the person.

A ceramic pot the 2 of you make together.

A set of tools for the person to use on their job

Giving the gift of kindness to that person

Giving the gift of loyalty and trust to the person

Giving the gift of honor and respect to the person

Acts of Service

Picking up after yourself – shows real appreciation and love to your spouse

Helping with the dishes

Helping raise the children

Spending time with children to free up time for your spouse

Taking out the trash

Cleaning the bathrooms

Being responsible

Doing something your spouse appreciates to help.

Physical Touch

Can be a touch on the arm or shoulder or knee

Can be a hug or caress on the cheek

Can be tickling the pother person

Can be sexual, but it is the experience of being close, not just the act of make of love.

Stop to have people think about how they give love --- do laying of hands exercise only with people you trust or part of family

God Uses All 5 Types of Languages of Love To Reach us TOO !!

Quality Time -

2 Way Communication With Jesus - God is ALWAYS speaking to YOU and YOU can hear Him.

John 10:13-15 Howbeit when he, the Spirit of truth, is come, he will guide you into all truth: for he shall not speak of himself; but whatsoever he shall hear, *that* shall he speak: **and he will show you things to come.** 14 He shall glorify me: for he shall receive of mine, **and shall show it unto you.** 15 All things that the Father hath are mine: therefore said I, that he shall take of mine, **and shall show it unto you.**

Acts 2:28 *You have made known to me the ways of life; You will make me full of joy in Your presence.*

Luke 9:11 But when the multitudes knew it, they followed Him; **and He received them and spoke to them** about the kingdom of God, and healed those who had need of healing.

Jeremiah 9:24 **But let him who glories glory in this, That he understands and knows Me,** That I am the LORD, exercising loving kindness, judgment, and righteousness in the earth. For in these I delight," says the LORD.

John 1:12 But as many as received Him, to them He gave the right to become children of God, to those who believe in His name. -

Have you heard that from God --- did you receive it ?

John 14:17 the Spirit of truth, whom the world cannot receive, because it neither sees Him nor knows Him; **but you know Him, for He dwells with you and will be in you.**

Matt 13:16 But **blessed are your eyes for they see, and your ears for they hear;** ¹⁷for assuredly, I say to you that many prophets and righteous men desired to see what you see, and did not see it, and **to hear what you hear,** and did not hear it.

Spiritual Exercise --- How do best hear from God and speak to God -- list the ways

Words of Affirmation - God affirming correct thinking, attitudes, patterns of thought to us, or put another way our Christian philosophy, which is the collective sum total of our belief system which we truly believe in our heart.

It's also about US affirming God's goodness, our thankfulness, our praise, our worship, our joy-- BACK to Him so we don't lose sight of His true nature, which is LOVE.

Proverbs 16: 24 Pleasant words are like a honeycomb, Sweetness to the soul and health to the bones.

Phil. 1:6 the sharing of your faith may become effective by the **acknowledgment of every good thing which is in you in Christ Jesus.**

I. Cor. 4:8 You are already full! You are already rich! You have reigned as kings without us--and indeed I could wish you did reign, that we also might reign with you!

2 Peter 1:3 As His divine power **has given to us all things** that pertain to life and godliness, **through the knowledge of Him** who called us by glory and virtue,

Psalms 139:17 How **precious also are Your thoughts to me, O God! How great is the sum of them!** ¹⁸If I should count them, they would be more in number than the sand; When I awake, I am still with You.

Psalms 40:5 Many, O LORD my God, are Your wonderful works, Which You have done; And Your thoughts toward us, Cannot be recounted to You in order; If I would declare and speak of them, They are more than can be numbered.

Jer. 29:11 For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope.

Eph. 1:6 to the praise of the glory of His grace, by which **He made us accepted in the Beloved**

Eph. 4:²⁴and that you put on the new man which was created according to God, in true righteousness and holiness.

Romans 8: ³⁷Yet in all these things **we are more than conquerors through Him who loved us.** ³⁸For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, ³⁹**nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.**

Spiritual Exercise: How does God affirm you ? List the ways He has affirmed you with His Word.

Receiving Gifts – everyone has many gifts from God, God demonstrates His attitude towards us in that He ministers our acceptance in Him, our value in Him, our worth in Him, our responsibilities in Him and the confidence He has in us to minister to ourselves and others. **We also minister our love, our appreciation to Him for the gifts, but we worship the GIVER of THE GIFTS not the GIFT itself.**

As we minister to each other with the gifts He gave to us, we also at the same time minister to Him.

I. Peter 4:10 As each one has received a gift, minister it to one another, as good stewards of the manifold grace of God.

Romans 6:22 *But now having been set free from sin, and having become slaves of God, you have your fruit to holiness, and the end, everlasting life.* ²³*For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.*

Math. 7:11 *If you then, being evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask Him!*

Romans 12:5 *so we, being many, are one body in Christ, and individually members of one another.* ⁶**Having then gifts differing according to the grace that is given to us, let us use them:** *if prophecy, let us prophesy in proportion to our faith; ⁷or ministry, let us use it in our ministering; he who teaches, in teaching;*

Romans 1:10 *For I long to see you, that I may impart to you some spiritual gift, so that you may be established-- ¹²that is, that I may be encouraged together with you by the mutual faith both of you and me.*

I. Tim. 4:14 *Do not neglect the gift that is in you, which was given to you by prophecy with the laying on of the hands of the eldership.*

Acts 2:38 Then Peter said to them, "Repent, and let every one of you be baptized in the name of Jesus Christ for the remission of sins; and you shall **receive the gift of the Holy Spirit.**

The Holy Spirit is a gift... do you see and perceive God's love for us as we learn so many things from the Holy Spirit, every time He shows us something, it's a reminder of the great gift we have in Him.

You and your gifts from God are a gift to the body of Christ so don't neglect your gift... develop it and learn how to operate in your gifts.

Your gifts help to establish you in the Kingdom of God in your own heart and in the hearts of others.

God has given you many gifts, learn to receive the gifts from God our SOURCE, then let these gifts flow to each other. God takes pleasure as we use the gifts He gave us. Sometimes we have trouble receiving gifts, but here we are encouraged to receive freely.

Spiritual Exercise --- List the gifts that God has given to you? How have you used these gifts ?

Acts of Service – write scriptures that are meaningful to you that show God's provision and acts of service to us. He is still serving us..... Jesus provides even the air we breathe right now.

2 Cor. 8:9 For you know the grace of our Lord Jesus Christ, that though He was rich, yet for your sakes He became poor, that you through His poverty might become rich.

Matt. 5:45 that you may be sons of your Father in heaven; **for He makes His sun rise on the evil and on the good, and sends rain on the just and on the unjust.**

Phil. 4:19 And my **God shall supply all your need** according to His riches in glory by Christ Jesus.

Romans 5:8 God demonstrates His own love for us in this: **While we were still sinners, Christ died for us.**

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Jesus was a Servant during His earthly ministry --- He is still a servant today, He does so many things we are not even aware of.

All things are held together by His power, we need Him for everything including the air we breath...

How does Jesus receive acts of service from us?

Matt. 25:37 "Then the righteous will answer Him, saying, "Lord, when did we see You hungry and feed You, or thirsty and give You drink? ³⁸When did we see You a stranger and take You in, or naked and clothe You? ³⁹Or when did we see You sick, or in prison, and come to You?" ⁴⁰And the King will answer and say to them, "**Assuredly, I say to you, inasmuch as you did it to one of the least of these My brethren, you did it to Me.**"

Spiritual Exercise

List 5 acts of kindness that has demonstrated God's love to you --- through another person?

Physical Touch. The manifest presence of the Spirit, Worship and Praise, walking in the fruit of Spirit (Gal. 5:22-23) these are all tangible things God uses to touch us. We walk by faith and not by sight, yet there are many times we will experience His manifest tangible presence.

God is a Spirit and He touches us Spirit to Spirit and as our spirit is touched it reaches us in both our soul and physical body.

John 6:63 It is **the Spirit who gives life**; the flesh profits nothing. **The words that I speak to you are spirit, and they are life.**

Proverbs 16: 24 Pleasant words are like a honeycomb, Sweetness to the soul and health to the bones.

Jeremiah 1: 9-10 Then the LORD put forth **His hand and touched my mouth**, and the LORD said to me: " Behold, **I have put My words in your mouth.** ¹⁰ See, I have this day set you over the nations and over the kingdoms, To root out and to pull down, To destroy and to throw down, To build and to plant."

Gal. 5:22-24 But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, ²³gentleness, self-control. Against such there is no law. ²⁴And those who are Christ's have crucified the flesh with its passions and desires. ²⁵If we live in the Spirit, let us also walk in the Spirit.

Acts 2:28 You have made known to me the ways of life; You will make me **full of joy in Your presence**

Jude 1:24 Now, to Him who is able to keep you from stumbling, **And to present you faultless, Before the presence of His glory with exceeding joy,**

Gal. 2:20 I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.

John 17:22-24 And the glory which You gave Me I have given them, that they may be one just as We are one: ²³**I in them, and You in Me;** that they may be made perfect in one, and that the world may know that You have sent Me, and have loved them as You have loved Me. ²⁴"Father, **I desire that they also whom You gave Me may be with Me where I am, that they may behold My glory** which You have given Me; for You loved Me before the foundation of the world.

Jesus IS in US and we are IN HIM and Jesus desire is to have us wherever He is so we can behold His glory --- that speaks of Physical Touch and very relationship to me.

Spiritual Exercise: How does God touch you with His presence and touch by Him or other people ?

Spiritual Exercises To Practice

John 13:35 By this all men will **know** that you are my disciples, if you **love** one another."

Exercises to discuss and practice. The Word say's to pursue love & stir love up (Heb. 10:24)

1. Learn your languages of love that God uses that allow you to receive and perceive **His love**. Use what you have learned so far!!
2. Learn your languages of love that allows you to **perceive love from other people**—use the 5 Languages of Love as a start.
3. Practice the 5 languages of love with other people especially your spouse and children.
4. Begin to practice looking at others how God sees the other person.

Read 2 Cor. 5:16 what does this mean? see the good in people.

2 Cor. 5:16 Therefore, from now on, we regard no one according to the flesh.....

5. **Emotions** – --- are a good indicator where you are at in **perceiving the love of God** that is actually always there. If you are in turmoil in your soul, lacking peace, lacking joy etc. it's a red flag to change your thoughts to the truth. Jesus is our peace, He is our joy and He meets our every need every time if we allow Him to. We need to exchange our life and our thoughts for His life....

What does it mean to exchange your life for His? Begin to exchange your thoughts to His thoughts about you.

Read Psalm 139:17-18, Psalm 40:5 and Jer. 29:11

Psalm 139:17-18 How precious also are Your thoughts to me, O God! How great is the sum of them! ¹⁸If I should count them, they would be more in number than the sand; When I awake, I am still with You.

Psalm 40:5 Many, O LORD my God, are Your wonderful works, Which You have done; And Your thoughts toward us, Cannot be recounted to You in order; If I would declare and speak of them, They are more than can be numbered.

Jer. 29:11 For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope.

Write down as many good thoughts that you believe God is thinking about you. Write down the good thoughts God is thinking about your best friend, a person you aren't close with, and your spouse.

6. Write down on 3 x 5 cards the truth of what God say's you already are. For example more than a conqueror, victorious in Him, righteous, holy, accepted, blessed, pure, full of joy, full of love, full of faith, etc. mediate on these 3 x 5 daily many times.

Phil. 4:8 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy-- meditate on these things.

7. List your gifts that demonstrate God's love for you and how you can use your gifts to demonstrate your love for people.
8. Remember and write down acts of service and kindness God and people have shown to you.
9. Write down special times the Lord's **tangible manifest presence** has changed your life.
10. Write down as many things as you can **to be thankful about** right now !

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