MESSAGE NOTES

***Emotionally Healthy Relationships* – Part 1**

**Matthew 22:36-40, 1 Corinthians 13, 1 John 4:19-21, Ephesians 4:1-7, 11-16**

Today we begin an 8-week Sunday message series and Growth Group study on *Emotionally Healthy Relationships.* The messages, book study, and daily devotional will help us grow to become more Spiritually and Emotionally Healthy followers of Jesus.

In Matthew 22, Jesus taught us that loving God and others is the essence of true Christianity. At the heart of a genuine spirituality is loving God, loving ourselves, and loving others well.

**See Matthew 22:36-40…**

Jesus always integrated the presence of God in our life with the practice of loving people well. Something is missing in our discipleship experience if we are growing in our love for God and it is not translating into our love for other people. Emotional health and spiritual maturity are inseparable. It is NOT POSSIBLE to be spiritually mature while remaining emotionally immature.

At times in the early church, some Christians didn’t make this connection between loving God and loving people well.

For example, followers of Jesus in the church in Corinth failed to make the connection. They did not link loving God to loving people. So the Apostle Paul links true spirituality and maturity with our ability to love other people well.

**See 1 Corinthians 13:1-3…**

One of Jesus’ disciples, the Apostle John, writes about this as well:

**See 1 John 4:19-21…**

Is the love relationship you have with God one where you are growing each year into a greater connection with Jesus? Out of the overflow of our love for God, we love others. Are you a lover of people?

What does spiritual and emotional maturity look like?

**See Ephesians 4:1-7 and 11-16…**

Every Christian needs practical skills in our discipleship to grow from emotional infancy and childhood to become an emotional adult. It’s quite easy to grow physically into adulthood, but it’s quite another thing to grow emotionally from being an emotional child to an emotional adult. We learn skills to be competent for our career, and so why not learn some skills to be an emotional adult? These skills do not come naturally, but we have to learn them.

When we become a follower of Jesus the rest of our life is about discipleship which according to him is learning how to love God and others well. Through the next weeks of this series, we’re going to learn some emotionally healthy skills that when we put into practice will help us grow in our relationships with others in and outside our family. The first skill that the *Emotionally Healthy Relationships* course is going to teach this week is the *Community Temperature Reading.* This is about sharing thoughts and feelings with each other in ways that build warm and healthy relationships. It involves such things as:

**1. Express appreciation for the other person.**

**2. I am puzzled by… I wonder why…**

**3. Complaints with Possible Solutions.**

**4. New Information.**

**5. Hopes and Wishes.**