**How It Starts With You**

*Series, FRAGILE! – Handle with Care: How to Cultivate Healthy Relationships*

April 16, 2023

“If you try to build intimacy with another person before you’ve done the difficult work of getting whole, all your relationships become an attempt to complete yourself.” – Les Parrott,

Why? Because nobody was designed to complete you…

“Get yourself healthy before you get yourself married!” – Neil Warren, the Founder of eHarmony

* When two unhealthy people come together they cultivate an unhealthy relationship together.

Key Phrases

* Take off
* Put on
* Clothe ourselves,

Colossians 3:1-2

1 Since, then, **you have been raised with Christ**, set your hearts on things above, where Christ is, seated at the right hand of God. 2 Set your minds on things above, not on earthly things. 3 **For you died, and your life is now hidden with Christ in God**. 4 When Christ, who is your life, appears, then you also will appear with him in glory.

5 **Put to death**, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. 6 Because of these, the wrath of God is coming. 7 You used to walk in these ways, in the life you once lived. 8 But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. 9 Do not lie to each other, since **you have taken off your old self with its practices** 10 and have put on the new self, which is being renewed in knowledge in the image of its **Creator**.

12 Therefore, as God’s chosen people, holy and dearly loved, **clothe yourselves with** compassion, kindness, humility, gentleness and patience. 13 Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. 14 **And over all these virtues put on love, which binds them all together in perfect unity.**

Theme & Goal:

Because Christ Is Risen, the best **G**  you can give to your relationships is a healthy **Y** .

Colossians 3:1-2

1 Since, then, **you have been raised with Christ**, set your hearts on things above, where Christ is, seated at the right hand of God. 2 Set your minds on things above, not on earthly things.

“The best gift I could give to my relationships is to work on who I am. And as I change I recognaize that the transformation is not a private one. It begins to ripple out to every bond I build.” – Leslie Parrott, the author of the book, “Healthy Me, Healthy Us!”

**The Risen Christ transforms you into a healthy you by three loves.**

1. Love #1: **Y**  are loved by the Risen Christ!

Two mistakes:

1. You create your own worth by your performance
2. You fail to see your own worth in the eyes of your Creator

Colossians 3:9

You have taken off your old self with its practices 10 and have put on the new self, which is being renewed in knowledge in the image of its **Creator**.

* GET PAST YOUR PAST!
* $100 illustration
1. Love #2: You can love **Y**  truly.

Colossians 3:12

12 Therefore, as **God’s chosen people, holy and dearly loved**, clothe yourselves with compassion, kindness, humility, gentleness and patience.

* Humility is not thinking **L**  of yourself, but thinking of yourself less **O** . You are not self-**ABSORBED**, you are self-**AWARE**.
1. Love #3: You can love **O**  sacrificially.

Matthew 5:38-42

38 “You have heard that it was said, ‘Eye for eye, and tooth for tooth.’ 39 But I tell you, do not resist an evil person. If anyone slaps you on the right cheek, turn to them the other cheek also. 40 And if anyone wants to sue you and take your shirt, hand over your coat as well. 41 **If anyone forces you to go one mile, go with them two miles**. 42 Give to the one who asks you, and do not turn away from the one who wants to borrow from you.

Personal Prayer & Application:

1. Is there a promise to claim?
2. Is there a sin to confess?
3. Is there a challenge to accept?