

message OUTLINE

If You Only Knew... FINDING MY HAPPY PLACE IN QUALITY RELATIONSHIPS

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• NOTES •

TEXT: Genesis 11:1-9; 1 Thessalonians 2:7, 8

I. GREAT RELATIONSHIPS & HOW THEY HAPPEN

1 Thess. 2:7, 8

1. Concede a need for others
"...we were like young children among you..." v. 7
2. Cultivate deep relationships
"...we cared for you! We delighted to share with you... our own lives." v. 8
3. Commit to authenticity
"We imparted our own lives." v. 8

II. KEYS TO QUALITY RELATIONSHIPS

1. Quality relationships are founded upon a commitment to God *Prov. 3:6*
 - *The healthiest relationships are built on a firm foundation of faith*
2. Quality relationships share mutual commitment *Heb. 13:5*
 - *The greatest gift you can give someone... is the gift of commitment*
3. Quality relationships have good communication *John 1:9*
 - *The #1 Problem in Relationships & Marriages today is:
 communication breakdown*
 - 85 % of Marital Conflict & the Majority of Relational
Conflict Stems From Problems in Communication

- We hear 1/2 of what is said
 You understand 1/2 of that
 You believe 1/2 of that
 You remember 1/2 of that
 A total of 6 % of what is originally said is remembered

- UCLA Communication Dept.

Communication Keys

- When communication breaks down my emotions and progress
shut down
- My communication style is either building bridges or walls

4. Quality relationships survive crises & resolve conflicts

Jas. 4:1, 2

- *Quality relationships prepare in advance for crises & stick together when storms come*

5. Quality relationships require quantity & quality time *Eccl. 3:1-8, 11*

- Doing things together *is the glue which makes for the strongest relationships*

III. FINDING MY HAPPY PLACE IN QUALITY RELATIONSHIPS

1. Be With Others Who Are Positive & Make You Smile *Heb. 10:24, 25*
2. Hold on to your Biblical Values *Josh. 1:7-9*
3. Appreciate the Good *Phil. 4:8*
4. Imagine the Best *Mk. 9:23*
5. Do What You Love *1 Cor. 16:14*
6. Find Your Life's Mission *2 Tim. 1:9*
7. God Always is Speaking, Listen For Him *1 Ki. 19:12*
8. Push Yourself, Not Others *Col. 3:23*
9. Change. Expect it & Be Open to it *Rom. 8:28*
10. Enjoy the Simple Things *1 Tim. 6:17*