

Simply Relate
How to Restore Harmony in Our Relationships

I. Introduction

- A. James 4:1-2ab (NAS) *¹What is the source of quarrels and conflicts among you? Is not the source your pleasures that wage war in your members? ²You lust and do not have; so you commit murder. You are envious and cannot obtain; so you fight and quarrel.*

II. How to restore harmony in our relationships

- A. Become a committed follower of Jesus.
1. Romans 5:1 (NAS) *Therefore having been justified by faith, we have peace with God through our Lord Jesus Christ.*
 2. The starting point of resolving conflict is to resolve your conflict with God!
 3. Galatians 5:22-23 (NAS) *²²But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³gentleness, self-control; against such things there is no law.*
- B. Look to God to meet your needs.
1. Philippians 4:19 (NAS) *And my God will supply all your needs according to His riches in glory in Christ Jesus.*
 2. No human being will ever be able to meet all your needs!
 - a. A woman's sexual drive tends to be related to her menstrual/hormone cycle, while a man's drive is fairly constant.
 - b. A woman is stimulated more by touch and romantic words. She is far more attracted by a man's personality, and the way he treats her, while a man is stimulated by sight.
 - c. While a man needs little or no preparations for sex, a woman often needs hours of emotional and mental preparation!
- C. See how much of the problem/conflict is your fault.
1. Matthew 7:3 (NAS) *"Why do you look at the speck that is in your brother's eye, but do not notice the log that is in your own eye?"*
 2. I John 1:8 (NAS) *If we say that we have no sin, we are deceiving ourselves, and the truth is not in us.*
 3. There are no "individual" problems in any relationship!

- D. Grasp a basic understanding of personality types.
1. Psalm 139:15-16 (NAS) ¹⁵"My frame was not hidden from You. When I was made in secret, and skillfully wrought in the depths of the earth; ¹⁶Your eyes have seen my unformed substance; and in Your book were all written the days that were ordained for me, when as yet; there was not one of them."
 2. The Four Temperaments: Sanguine, Melancholy, Phlegmatic and Choleric
- E. Sit down with the other person and talk through the problem.
1. You have to do this intentionally.
 2. Matthew 5:23-24 (NAS) ²³"Therefore if you are presenting your offering at the altar, and there remember that your brother has something against you, ²⁴leave your offering there before the altar and go; first be reconciled to your brother, and then come and present your offering."
 3. Choose the right time and the right place to talk a problem through!
 4. Pray a lot before you meet together!
- F. Attack the issue and not the person.
1. Colossians 3:8 (NAS) *But now you also, put them all aside: anger, wrath, malice, slander, and abusive speech from your mouth.*
 2. Things that are "off limits" when you talk
 - a. Anger
 - b. Threats
 - c. Abusive language
 3. Proverbs 21:23 (NAS) *He who guards his mouth and his tongue, Guards his soul from troubles.*
- G. Switch the focus from meeting my needs to meeting yours.
1. Philippians 2:3-5 (NAS) ³Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves; ⁴do not merely look out for your own personal interests, but also for the interests of others. ⁵Have this attitude in yourselves which was also in Christ Jesus.
 2. Anger is self-centered most of the time.
 3. "I'm sorry. I was only thinking of myself."

H. Get some outside help.

1. Proverbs 15:32 (NAS) *He who neglects discipline despises himself, But he who listens to reproof acquires understanding.*
2. It takes courage and maturity to ask for help!
3. Do you want to have a satisfying marriage, or do you just want to pretend like you do?

III. "Where do I start?"

A. Become a committed follower of Jesus!

1. John 14:6 (NAS) *Jesus said to him, "I am the way, and the truth, and the life; no one comes to the Father but through Me."*

IV. Conclusion

Upcoming messages:

6/2-3/2012 – "Diffusing Anger in Our Relationships"