

# *Real* A T I O N S H I P S

SERMON SERIES

#icrealationships





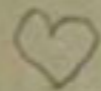
What is Love?

By Emma K. Age 6

Love is when you're  
missing some of your  
teeth

but you're not afraid to  
smile

because you know your  
friends will still love you  
even though some of you  
is missing



Brendan Thank

you mom

for making  
me food

so I don't

die

Dear Mom, you are, nice,  
funny and, you love me. I know  
your hormones are crazy  
but I don't mind because  
you still love me ♡



Sincerely,

Dear Mom,

I ♥ You!

You're doing a good job  
at not burping at my bustop!

Happy Valentines Day!





You are a beautiful human  
being. But I'm not good at drawing human  
beings so I drew a potato instead.

But a very beautiful  
Potato.



Paul writes to church he has great affection. Thank You!!

Continue to express His life.

## Philippians 1:8

*“For God is my witness, how greatly I long for you all with the affection of Jesus Christ.”*

**My Parents Generation:**

If it isn't working **repair** it.

**This Generation:**

If it isn't working **replace** it.



# Dr Dean Ornish

## Ornish Lifestyle Medicine

“Love and intimacy — our ability to connect with ourselves and others, is at the root of what makes us sick and what makes us well, ... People who feel lonely and isolated have a 300-500 percent greater risk of premature death due to physical illness.”

The logo features a purple-to-orange gradient background. On the left, a white square contains a black hash symbol (#). To its right, the word "Real" is written in a white script font, followed by "RELATIONSHIPS" in a white, all-caps, sans-serif font. Below this, the words "SERMON SERIES" are written in a smaller, white, all-caps, sans-serif font, enclosed within a white rectangular border.

# Real RELATIONSHIPS  
SERMON SERIES

For over 75 years, Harvard's **Grant and Glueck Study** had tracked the physical and emotional well-being of two populations: 456 poor men growing up in Boston from 1939 to 2014, and 268 male graduates from Harvard's classes of 1939-1944.

**The conclusion?** Robert Waldinger, director of the Harvard Study of Adult Development: “The clearest message that we get from this 75-year study is this: Good relationships keep us happier and healthier. Period.”

“In the Christian story God descends to re-ascend. He comes down...down to the very roots and sea-bed of the Nature He has created. But He goes down to come up again and bring the whole ruined world up with Him.”

**C.S. Lewis (Miracles)**

# Philippians 2:1-11

*“So if there is any encouragement in Christ, any comfort from love, any participation in the Spirit, any affection and sympathy, **complete my joy** by being of the **same mind**, having the **same love**, being in full accord and of one mind ...*



*“...Do nothing from selfish ambition or conceit, but **in humility count** others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others. ...”*

## verse 5

“In your relationships with one another, have the same mindset as Christ Jesus:” (NIV)

“Have this mind among yourselves, which is yours in Christ Jesus,” (ESV)

*“...who, though he was in the form of God, did not **count** equality with God a thing to be grasped, but emptied himself, by taking the form of a servant, being born in the likeness of men. And being found in human form, he **humbled** himself by becoming obedient to the point of death, even death on a cross ...”*

*“Therefore God has **highly exalted** **him** and bestowed on him the name that is above every name, so that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that **Jesus Christ is Lord**, to the glory of God the Father.”*

# Healthy Relationships Happen:

## 1. When You Let Go

“...but emptied himself,”

He did not give up his rights as God. He gave up his right to enjoy the rights of God.

Completely yielded to the Father.

## 2. When You Go Low

*“...taking the form of a servant,”*

More significant than what he let go is what he became.

*“And being found in human form”*

Complete Identification.

### 3. When You Do More

*“...count others more significant than yourselves.”*

Complete Humility.

**1 John 3:16** *“By this we know love, that he laid down his life for us, and we ought to lay down our lives for the brothers.”*

## 4. When You Say Lord

*“...highly exalted Him ...and every tongue confess that Jesus Christ is Lord,”*

Every person exposed to the  
PEACE of His Kingdom.

Complete exaltation!!!



# Philippians 1:9-11

*“And it is my prayer that your love may abound more and more, ... filled with the fruit of righteousness that comes through Jesus Christ, to the glory and praise of God.”*

**Jesus Is Your Source!**

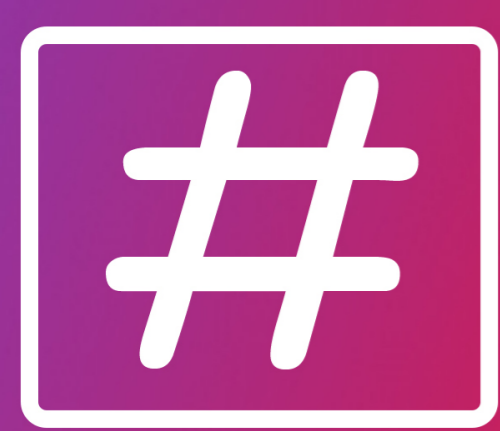
**John 4:10, 14** *“Jesus answered her, ‘If you knew the gift of God, and who it is that is saying to you, ‘Give me a drink,’ you would have asked him, and he would have given you living water ... but whoever drinks of the water that I will give him will never be thirsty again.”*

**Acceptance**  
**Identity**  
**Security**  
**Purpose**

**Only God meets these deepest  
needs in your life.**

**Then you can  
serve others!**

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