



Realignments

SERMON SERIES

Philippians 2:5 (NIV)

"In your relationships with one another, have the same mindset as Christ Jesus:"

Let's get REAL! That's hard, and relationships can be tough!



But, They're worth it!

1. We Were Designed for them.

2. They are good for our health and well-being.

3. Healthy ones help you to be you.



Should I stay or should I go?

Philippians 1:21-23

"...Yet what shall I choose? I do not know! I am torn between the two: I desire to depart and be with Christ, which is better by far..."



Sherrie Bourg Carter Psy.D. *The Hidden Health Hazards of Toxic Relationships.* -

“...many health-conscious people don't realize that the quality of their relationships can be just as toxic to their health as fast food or a toxic environment. In fact, unhealthy relationships may contribute to a toxic internal environment that can lead to stress, depression, anxiety, and even medical problems...”



...In a long-term study that followed more than 10,000 subjects for an average of 12.2 years, researchers discovered that subjects in negative relationships were at a greater risk for developing heart problems, including a fatal cardiac event, than counterparts whose close relationships were not negative.”



Harvard health Publishing - The Health Benefits of Strong Relationships

“...a relative lack of social ties is associated with depression and later-life cognitive decline, as well as with increased mortality... lack of strong relationships increased the risk of premature death from all causes by 50% — an effect on mortality risk roughly comparable to smoking up to 15 cigarettes a day, and greater than obesity and physical inactivity.”



Philippians 2:6-11

Who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself by becoming obedient to death— even death on a cross! Therefore God exalted him to the highest place...”

Healthy Relationships Happen:

1. When You Let Go “...but emptied himself,”

Completely yielded to the Father.

2. When You Go Low “...taking the form of a servant,”

Complete Identification.



3. When You Do More “...count others more significant than yourselves.”

Complete Humility.

4. When You Say Lord “...highly exalted Him ...and every tongue confess that Jesus Christ is Lord,”

Complete exaltation!!!

Jesus Is Your Source!

Embracing the “Jesus Mindset” in relationships and leaning into them rather than running from them is worth it because:

1. We Were Designed for Relationship:

Daniel Goleman: “the most fundamental revelation of this new discipline: we are wired to connect...”



Philippians 3:7-11

*“...everything I once thought I had going for me is insignificant—dog dung. I’ve dumped it all in the trash so that I could embrace Christ and be embraced by him. I didn’t want some petty, inferior brand of righteousness that comes from keeping a list of rules when I could get the robust kind that comes from trusting Christ—God’s righteousness. I gave up all that inferior stuff so I could **know Christ personally...**”*

1 John 4:20 - 21

Whoever claims to love God yet hates a brother or sister is a liar. For whoever does not love their brother and sister, whom they have seen, cannot love God, whom they have not seen. And he has given us this command: Anyone who loves God must also love their brother and sister.

To not prioritize relationship is to deny a vital aspect of who you are.



2. Relationships are good for your health and wellbeing

Daniel Goleman

“...our relationships have subtle, yet powerful, lifelong impacts on us. That news may be unwelcome for someone whose relationships tend towards the negative. But the same finding also points to to reparative possibilities from our personal connections at any point in life.”



Philippians 2:27

And he certainly was ill; in fact, he almost died. But God had mercy on him—and also on me, so that I would not have one sorrow after another.

The Epaphroditus Effect

God has an Epaphroditus for each of us...the kind of people who when they are in your life you feel better. Your spirit, your mood, your attitude and approach to life is elevated by their presence in your world.



“We cannot selectively numb emotion. If we numb the dark, we numb the light. If we take the edge off pain and discomfort, we are, by default, taking the edge off joy, love, belonging, and the other emotions that give meaning to our lives.” – **Brene Brown in “Dare to Lead”**



3. Relationships bring out the real you

***Bob Blakley VP and Research Director,
Burton Group:***

*“thinking of identity as an artifact all by itself is unsatisfactory because we can talk about an identity and the attributes of an identity leaves out important details about how identities are created and how they evolve...**relationships are the landscapes in which identities exist.**”*



Philippians 3:2-3

*Watch out for those **dogs**, those evildoers, those **mutilators** of the flesh. For it is we who are the circumcision, we who serve God by his Spirit, who boast in Christ Jesus, and who put no confidence in the flesh—*

We all need Pauls in our lives. Those who can help us, fight for us, remind us of who we are, and through the love and care and affection of Christ, fight against, tear down, and chase off those voices that attempt to distort us, and mutilate our true identity and our real worth.



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