



# *Realignments*

SERMON SERIES

## Philippians 2:5 (NIV)

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



# Healthy Relationships:

1. When You Let Go
2. When You Go Low
3. When You Do More
4. When You Say Lord



# Leaning in and pursuing relationship is worth the effort:

1. Designed for Relationship
2. They're good for our well-being.
3. Healthy ones help you to be you.



# 1 Corinthians 14:1 (NKJV)

*"Pursue love, and desire spiritual gifts, but especially that you may prophesy."*

***We need to invest in relationships and the skills that go with them, not as a matter of religious works, but because God Himself is at work in us to manifest his love and relational heart through us.***



# Skills that will P.A.V.E. the way to success in relationships and life.

**Presence**

**Authenticity**

**Vulnerability**

**Expectation Management**



# 1. Presence - or being present.

**“Distance creates distortion.”**

**Philippians 2:6-8 (NIV)**

*“...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!*



We need to be present **to** the people we are in relationships with, not just present **with** them.

## Philippians 4:17

*“Join together in following my example, brothers and sisters, and just as you have us as a model, **keep your eyes on those** who live as we do.”*





## 2. Authenticity

***Being authentic actually has nothing to do with you imposing yourself:***

### **Philippians 2:3-4**

*Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.*

**Brené Brown defines Authenticity as “...the daily practice of letting go of who we think we’re supposed to be and embracing who we are...”**

***What if we were free enough in our relationships and in ourselves, courageous enough in the love of God to say “I am letting go of what I think, or what you think I am supposed to be, and I am just going to be me.”***



## Philippians 3:4-6

*"If someone else thinks they have reasons to put confidence in the flesh, I have more: circumcised on the eighth day, of the people of Israel, of the tribe of Benjamin, a Hebrew of Hebrews; in regard to the law, a Pharisee; as for zeal, persecuting the church; as for righteousness based on the law, faultless."*

## Philippians 3:7-9

*"But whatever were gains to me I now consider loss for the sake of Christ. What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may gain Christ and be found in him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ—the righteousness that comes from God on the basis of faith."*



# 3. Vulnerability

**Vulnerability defined by Brené  
Brown as:**

***“uncertainty, risk, and  
emotional exposure.”***

**“If you trade your authenticity for safety, you may experience the following: anxiety, depression, eating disorders, addiction, rage, blame, resentment, and inexplicable grief.” – Brené Brown**

***“shine like stars in the midst of a crooked and perverse generation”***

**- Philipppians 2:15**



# 4. Expectation Management

*“Expectation is the root of all heartache.”*

— William Shakespeare

**Expectations that are healthy are other centred, they move us forward, and they are rooted in a deep hope and trust in God.**

## **Hebrews 6:9**

*“ We are persuaded concerning you brethren of better things, things accompanying salvation. It’s of these things we speak.”*



## **Philippians 1:4 & 6**

*"I thank my God upon every remembrance of you...being confident of this very thing, that He who began a good work in you will complete it until the day of Christ Jesus."*

## **Philippians 2:12-13**

*"...Work out your own salvation with fear and trembling, for it is God who is at work in you to will and to do His good pleasure."*

## Summary:

*If we let God's Spirit and love disciple us, we will learn how to be present in our relationships. We will practice authenticity, vulnerability, and we will let go of all unhealthy expectations we place on ourselves and others. The language of expectation will turn away from demanding things towards launching others into a life of faith-filled expectancy that is rooted in God and His salvation.*



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