



SERMON BASED STUDY GUIDE

Pastor Charlie

Building Strong Relationships Through Communication and Understanding

OPENING & PRAYER

In today's discussion, we delved into the complexities of relationships, focusing on the dynamics of marriage and the importance of communication and conflict resolution. You began by acknowledging that many of us come from homes that may not have functioned properly, which can impact your current relationships. The goal is to equip you with tools to improve your marriages and relationships, addressing past hurts and preventing future issues.

Father, guide us through this study as we learn about relationships. I pray that the relationships in our life are strengthened and honor you. I take ownership over my relationships by putting you first in everything we do. In Jesus' name I pray, amen.

SCRIPTURE:

Therefore a man shall leave his father and mother and be joined to his wife, and they shall become one flesh. Genesis 2:24

These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world." John 16:33

but, speaking the truth in love, may grow up in all things into Him who is the head—Christ Ephesians 4:15

"Be angry, and do not sin": do not let the sun go down on your wrath, nor give place to the devil. Ephesians 4:26-27

Let him who stole steal no longer, but rather let him labor, working with his hands what is good, that he may have something to give him who has need. Ephesians 4:28

Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers. And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. Ephesians 4:29-31

And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you. Ephesians 4:32

GO DEEPER:

We explored the biblical foundation for relationships, emphasizing the importance of becoming "one flesh" in marriage and recognizing the enemy's efforts to divide homes. We revisited four principles of intimacy: unconditional love, effective communication, lifelong friendship, and a shared mission to impact others for Christ. These principles are crucial for building strong, lasting relationships.

Communication and conflict are inevitable in any relationship, and understanding the differences between men and women is key. Men and women are inherently different, and appreciating these differences allows us to work together on real issues. We discussed the importance of understanding each other's needs, with women seeking security and men desiring honor and respect.

We also examined different communication styles, using the metaphor of turtles and sharks to describe how people handle conflict. Turtles tend to avoid confrontation, while sharks aim to win. Recognizing these tendencies in ourselves and our partners can help us navigate conflicts more effectively.

Effective communication is essential for overcoming differences. We outlined five levels of communication, from superficial to deep, and encouraged striving for open, honest dialogue. We also provided five principles for transforming communication: be honest, be angry but do not sin, be diligent, be positive, and be forgiving. These principles, rooted in biblical wisdom, can help us build healthier, more fulfilling relationships.

LEARNING AND GROWING:

1. How does the sermon describe the differences between men and women, and why is it important to recognize these differences in relationships? [\[16:08\]](#)
2. How can Ephesians 4:15 guide us in addressing conflicts within our relationships? What does it mean to "speak the truth in love"? [\[21:24\]](#)
3. Think about a recent conflict you had. How could you have applied the principle of "speaking the truth in love" to resolve it more effectively? [\[37:18\]](#)
4. Consider the differences between you and your partner. How can you celebrate these differences rather than allowing them to cause conflict? [\[16:08\]](#)
5. Reflect on the shared mission you and your partner have. How can you align your individual goals to impact others for Christ together? [\[09:28\]](#)

CLOSING PRAYER:

Father, thank you for being the example of what our relationships should aspire to be. I pray for strength as we start to break those negative cycles that try to ruin our families. We know by putting you first, our relationship is stronger. So please bring the right people into our lives and remove the wrong ones. Help me be the example you wish me to be in leading my family, friends, and co-workers. In Jesus' name I pray, Amen.