



FOUNDATIONS FOR STRONG RELATIONSHIPS

Strong For Life

THE FOUNDATIONS-FOR-LIFE SERIES
VOLUME 8

The Foundations-For-Life Series by Rachel Burchfield
Written for Texas Bible Institute
An outreach of Burchfield Ministries International, Inc
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The Foundations-For-Life series was written originally to support young adults in their commitment to follow Jesus Christ. The first workbook, *The Adventures of Following Jesus*, was written in 1994 exclusively for the students of Texas Bible Institute. Each of the remaining nine workbooks also teach timeless truths and provide answers found in God's Word, the Holy Bible. TBI is an outreach of Burchfield Ministries International, Inc. in Columbus, Texas.

After thirty years of serving as TBI's President, Rachel Burchfield revised her time-proven Foundations-For-Life series to equip all ages. Teens and adults can now become Strong In Life through TBI's Distance Learning Program, while the On Campus option still remains an option exclusively for those 17 - 25 years of age.

The overall objective of the Foundations-For-Life series is to:

- Make unshakeable disciples for Jesus Christ
- Create a love for the inspired Word of God
- Introduce the adventures of being a bold, Bible believer

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Statement of Faith

Burchfield Ministries International, Inc. believes in the inspiration of Scripture which reveals the Fatherhood of a Creator God, eternal life found only in His Son, Jesus Christ, and the Holy Spirit who dwells in every believer for guidance, comfort and strength. To review BMI's complete Statement of Faith, visit burchfield.org.

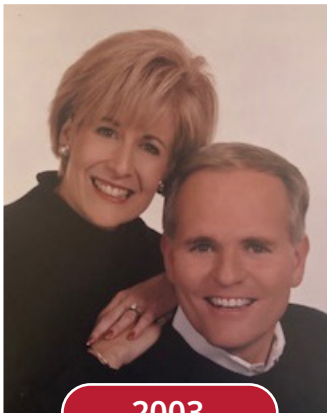
FROM THE DESK OF THE PRESIDENT



1983

*Dear Sons and Daughters,
Welcome to the great adventure of following Jesus Christ!*

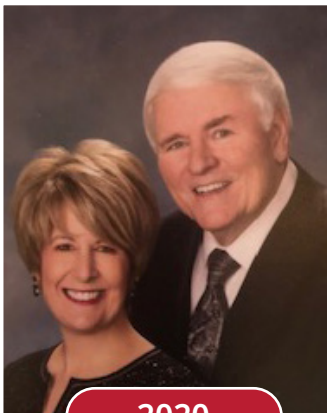
We are proud that you have chosen to build your life on God's unchanging Word. The decisions you are making during these treasured TBI months will determine the course of your life, family, and future legacy. Pastor Tommy and I both made those same choices fifty years ago!



2003

This "Foundations-For-Life" curriculum was written exclusively for our dear Texas Bible Institute students. Thousands of TBI Alumni from thirty-nine states and forty-two nations are now "Strong For Life" and fulfilling God's purpose for their lives. Now, it's your turn!

Building strong foundations occurs when you accept the inspired Word of God as the final authority in your life. Once you learn that the Bible is a living love letter from your Father, it will become a joy. Settle it forever that God is good, His ways are perfect, and miracles still happen.



2020

So, dear one, read and re-read this workbook until you've "made it your own." As you mature in Christ, these writings will serve as reference manuals for your own miracle moments, and you'll be Strong For Life.

In His Joy,

Pastors Tommy and Rachel Burchfield

Founder and President, Texas Bible Institute

"For no other foundation can anyone lay than that which is laid, which is Jesus Christ." 1 Cor. 3:11

WHAT WE BELIEVE

GOD IS
OUR FATHER



As a father has compassion on his children, so the Lord has compassion on those who fear Him. Psalm 103:13

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort... II Corinthians 1:3

JESUS CHRIST IS
OUR SAVIOR



For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. John. 3:16

I am the way, the truth, and the life. No one comes to the Father except through Me. John 14:6

THE HOLY SPIRIT
EQUIPS BELIEVERS



However, when He, the Spirit of truth, has come, He will guide you into all truth. John 16:13

But you shall receive power when the Holy Spirit has come upon you, and you shall be witnesses to Me... to the end of the earth. Acts 1:8

THE HOLY BIBLE
CAN BE TRUSTED



Jesus said, "Heaven and earth will pass away, but My words will by no means pass away." Matthew 24:35

All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness. II Timothy 3:16

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*Love God
Love yourself
Love others*

(IN THAT ORDER)



Chapter 1

PEOPLE NEED PEOPLE

Life. It's all about *relationships*. With God. With ourselves. With others. When any of these relationships get out of whack, so does *life*.
Who wants a life out of whack?



YOUR WORD IS TRUTH JN. 17:17

Highlight these Chapter One scriptures in your Bible

GENESIS 2:18

And the Lord God said, "It is not good for man to be alone..."

PROVERBS 27:9 NLT

The heartfelt counsel of a friend is as sweet as perfume and incense.

I CORINTHIANS 12:27

Now you are the body of Christ, and members individually.

*It takes a whole Bible
to make a whole Christian.*

Reading scripture aloud enhances comprehension.

Better Together

A good friend
is a wonderful
antidepressant.

Quit talking.
Learn to listen.

Friends are like
elevators. They
either take you
up or down.

101% rule -
Focus on the 1%
you agree on.

People don't care how
much you know
until they know how
much you care.



I CARE.

Kind words build relationships.

PEOPLE NEED PEOPLE

Welcome to the weird and wonderful world of relationships. Nothing can predict the emotional extremes that come with them, so, why bother? Why put yourself in such a vulnerable place? It's a fair question, and the answer is that God created you to need people. You'll never be whole without them. Let's learn how to enjoy healthy relationships and shun toxic ones. Life can be fruitful and meaningful.

Relationship - the connection between two or more people or groups which results in a specific behavior

WHY RELATIONSHIPS?

If relationships rock, rule, or ruin us, what do we need to know about them? Here is a summary of 6,000 years on one page that will begin to explain your new identity in Christ.

- God created you a social being.
- Relationships should be intentional.
- Relationships need to be evaluated.
- You can choose your relationships at any time.
- You can change your relationships at any time.
- Relationships require a two-sided commitment.
- Less is more in your relational world.
- Your relationships determine your destiny.

***"It is not good that man should be alone."** Gen. 2:18*

***"Behold, how good and pleasant it is when brothers dwell in unity!"** Ps. 133:1*

WHAT IS YOUR RELATIONAL TONE?

Your attitude towards people in general stems from your temperament and the culmination of your childhood experiences. What's your relational tone? (Check one)



— **Hermit
Henry**

Don't look at me.
Don't talk to me. I
need no one.



— **Isolated
Ike**

No one cares for
me, so I'll stay
home and cry.



— **Toxic
Terry**

It's all about me,
my and mine.



— **Lonely
Lucille**

Tons of pals,
but no real
connections



— **Balanced
Betty**

Ready to listen,
laugh, pray or
play!

The foundation of wholeness is a sense of
belonging and meaningful purpose.

THE SEVEN BENEFITS OF GOOD RELATIONSHIPS

Research confirms the positive effect of good relationships. See answers below.

01. Good relationships create a sense of _____.
02. Good relationships support meaningful _____.
03. Good relationships create feelings of _____ and joy.
04. Good relationships prevent _____.
05. Good relationships help us manage _____ better.
06. Good relationships encourage personal _____.
07. Good relationships have proven medically to help us _____ longer.

Pleasure *Isolation* *Live*
Stress *Belonging*
Purpose *Growth*

Friends are like elevators.
They either take you up or down.

CONNECTION VS. RELATIONSHIP



Connection is a basic human need which establishes a sense of belonging. No person is an island, and we need healthy relationships to thrive. Psychologists use the word “connection” to explain the experience of oneness. It’s having shared experiences, relatable feelings, or similar ideas. This is true of introverts and extroverts. That is God’s plan!

We all have an inherent desire to connect on multiple levels; spiritually, emotionally, socially and physically is God’s plan for your wholeness. These scriptures reinforce this concept:

My intercessor is my friend as my eyes pour out tears to God...as one pleads for a friend. Job 16:20

A friend loves at all times, and a brother is born for a time of adversity. Prov. 17:17

You have many relationships that do not offer connection; colleagues, a friendly waitress, or a cousin without common values. But once a connection occurs, a relationship begins.

If you wonder why this gets muddy so quickly, consider how many types of relationships there are.

11 TYPES OF RELATIONSHIPS

- **Short-term** – positive or negative, but lasting less than 6 months
- **Long-term** – lasting 5 years or longer due to family ties, geography, or employment
- **Stagnant** – a relationship that quit growing and now exists out of routine or duty
- **Vibrant** – committed to personal growth and/or joint pleasure goals
- **One-sided** – only one person is interested in developing the relationship
- **Co-dependent** – an unhealthy dependence on a person
- **Platonic** – involving friendship, affection, or love without sexual relations between people who might be expected to be sexually attracted to each other
- **Romantic** – involving sensual desires beyond a platonic friendship
- **Unequally yoked** – two people with different commitment levels to Chris

PEOPLE NEED PEOPLE

01

God created mankind with an inherent need for people.

02

Good relationships create a sense of belonging and meaningful purpose.

03

The foundation of a relationship is a connection of shared feelings or experiences.

04

Relationships need to be intentionally evaluated whether to keep or disengage.



Supporting Scriptures

Gen. 2:18

Eccl. 4:12

Prv. 17:17

Prv. 27:9

Ac. 2:46

Ac. 4:32

Rom. 12:5

I Cor. 12:27

How We Live Matters

We love Him because He first loved us. 1 Jn. 4:19

Would you read 1 John 4:19 out loud twice? Slow down and think about it. It is His love towards you that should become your focus and fuel for your relationships. As you continue to experience the extravagant love of God, you'll begin to love yourself and others in a new way. Strange things will begin to happen such as being more patient with your children and sensing joy through a difficult season.

How we live matters. People are watching you respond in grace, instead of reacting in anger. What's happening? The fruit of the Spirit is growing in you!

Read Galatians 5:22 to learn what God is growing inside of you!

AMPC - But the fruit of the [Holy] Spirit [the work which His presence within accomplished] is love...

TPT - But the fruit produced by the Holy Spirit within you is divine love in all its varied expressions: joy that overflows, peace that subdues, patience that endures, kindness in action, a life full of virtue, faith that prevails, gentleness of heart, and strength of spirit.

The fruit of the Spirit are eight expressions of God's Agape Love

Joy = Happy love

Peace = Quiet love

Patience = Steady love

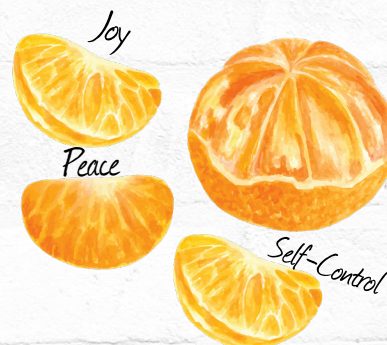
Kindness = Helpful love

Goodness = Generous love

Faithfulness = Reliable love

Meekness = Controlled love

Self-control = Strong love



You might be the only Bible some people read.

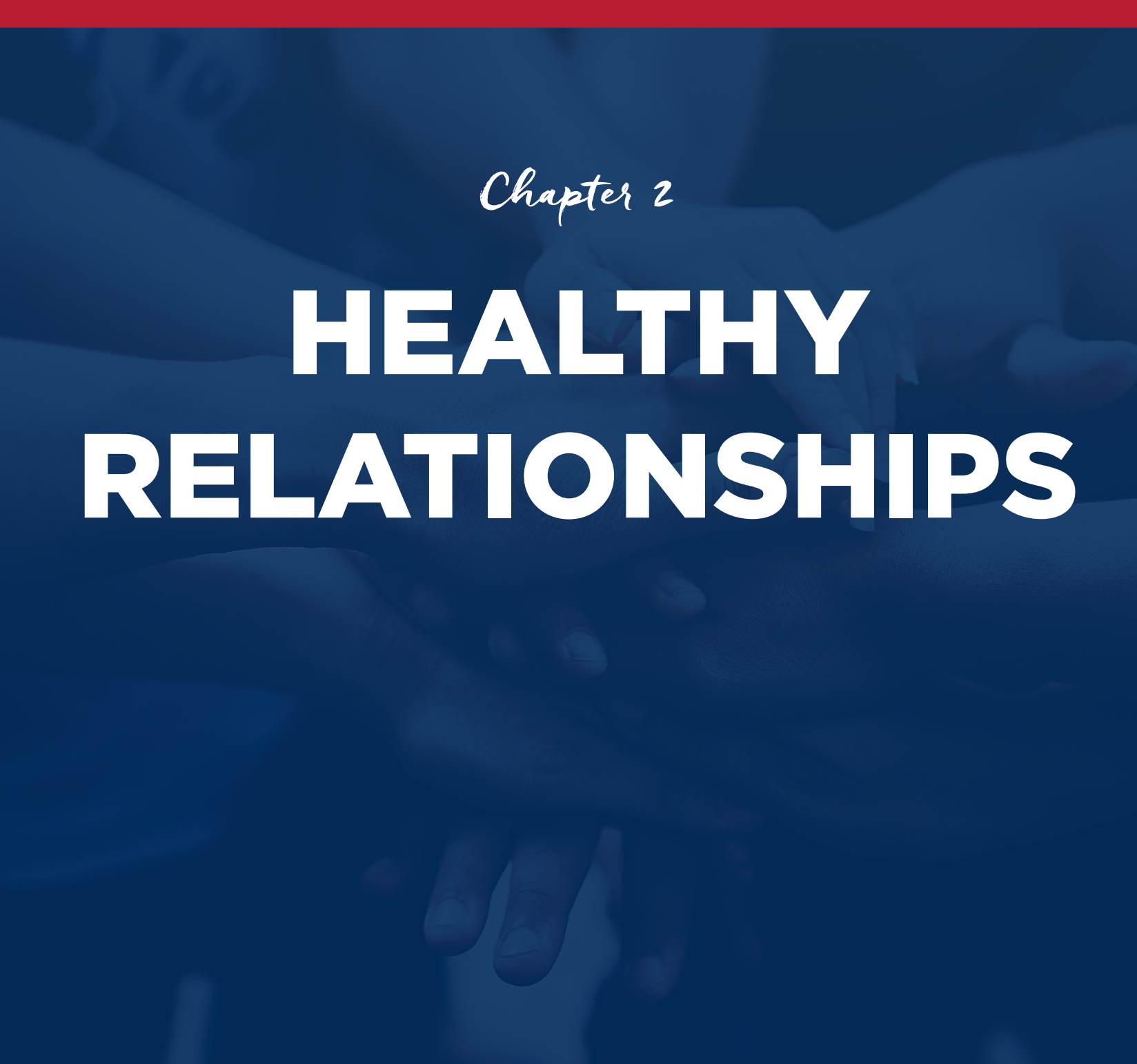
Reflection



SEARCH

JOY
"Happy Love"
Chara, Gr.

Gal. 5:22, Ps. 30:11,
Rom. 14:17



Chapter 2

HEALTHY RELATIONSHIPS

Finding happiness is now a multi-billion dollar industry. People have been *brainwashed* into thinking that reading self-help books or taking medication can help them find the *happiness they so badly desire*. But, happiness is a fleeting bird. *Wholeness* is what they need.



YOUR WORD IS TRUTH JN. 17:17

Highlight these Chapter Two scriptures in your Bible

PROVERBS 4:26

Ponder the path of your feet, and let all your ways be established.

JOHN 12:34

Love one another, as I have loved you.

1 THESSALONIANS 5:11

Therefore comfort each other and edify one another, just as you also are doing.

A Bible that's falling apart usually belongs to someone who isn't.

Reading scripture aloud enhances comprehension.

HEALTHY RELATIONSHIPS

God wants you healed, whole, and happy, but wholeness is misunderstood. Consider the man successful in business, yet his marriage is in disarray. Is he whole? I think not. Across the street from that business tycoon lives a lonely widow whose joys are collected in photos from her past. Is she whole? Not since her husband died. If wholeness isn't found in financial success or familial love, where is it hidden?

WHOLENESS COMES FROM HOLINESS

Holiness is not equivalent to a monk in a cave. To be holy means to be "set apart" for God or a sacred purpose. It's an attitude of, "I belong to God. Everything I am, everything I have and everything I do is to bring Him glory." Your personal wholeness is determined by the degree you accept that truth. You are only as whole as you are holy. Consider the school teacher who regards her classroom as an opportunity to shine God's love. Her secular occupation has now become holy; dedicated to God.

Wholeness occurs when our first and foremost relationship is with God. Jesus reveals wholeness in six words: Love God. Love People. Love Yourself.

'And you shall love the Lord your God with all your _____, with all your _____, with all your _____, and with all your _____.' This is the first commandment. And the second, like it, is this: 'You shall love your neighbor as yourself.' There is no other commandment greater than these. *Mk. 12:30-31*

Loving God through these four avenues can look like this:



Heart

Our spiritual life
Loving God is our sincere priority



Soul

Our emotional life
Loving God through our expressions



Mind

Our intellectual life
Loving God by aligning our thoughts to His



Strength

Our physical life
Loving God with our actions

There is a strong link between our connection to God and healthy relationships. Here is Jesus' formula for wholeness and happiness:

**Love
God**

A spiritual
connection

+

**Love
Yourself**

A moral
connection

+

**Love
Others**

An emotional
connection

**= Whole &
Happy**



I APPRECIATE YOU.

Kind words build relationships.

FOUR RELATIONAL LEVELS

The mantra “less is more” applies to relationships. Let’s face it. You just can’t be connected to everyone. Healthy relationships require commitment, so your first step is to resist the pressure to be best friends with everyone. Evaluate and categorize your relationships in four levels:

01. *Casual*
This person is identifiable by name or appearance (*100 ppl. or more*)
Your only obligation is to represent Jesus Christ well. This includes your social media followers.
02. *Close*
This person is important to you (*25 ppl. or more*)
Your obligation is to influence them positively through your Christian lifestyle.
03. *Committed*
This is a relationship that you are developing whether its results are positive or negative (*approx. 15ppl.*). It often includes relatives or long-term friends with different values, so unconditional love is the foundation.
04. *Covenant*
Long term friends who are divinely connected to pursue His purposes (*approx. 5 ppl.*)

SIX SIGNS OF A HEALTHY RELATIONSHIP

- ✓ Two-sided in giving and taking
- ✓ Sees you at your best and worst
- ✓ Discussions revolve around a variety of topics
- ✓ Able to be honest without concerns of rejection
- ✓ Inspires you to be a better person
- ✓ Your connection is a positive entity: sports, hobby, family, God

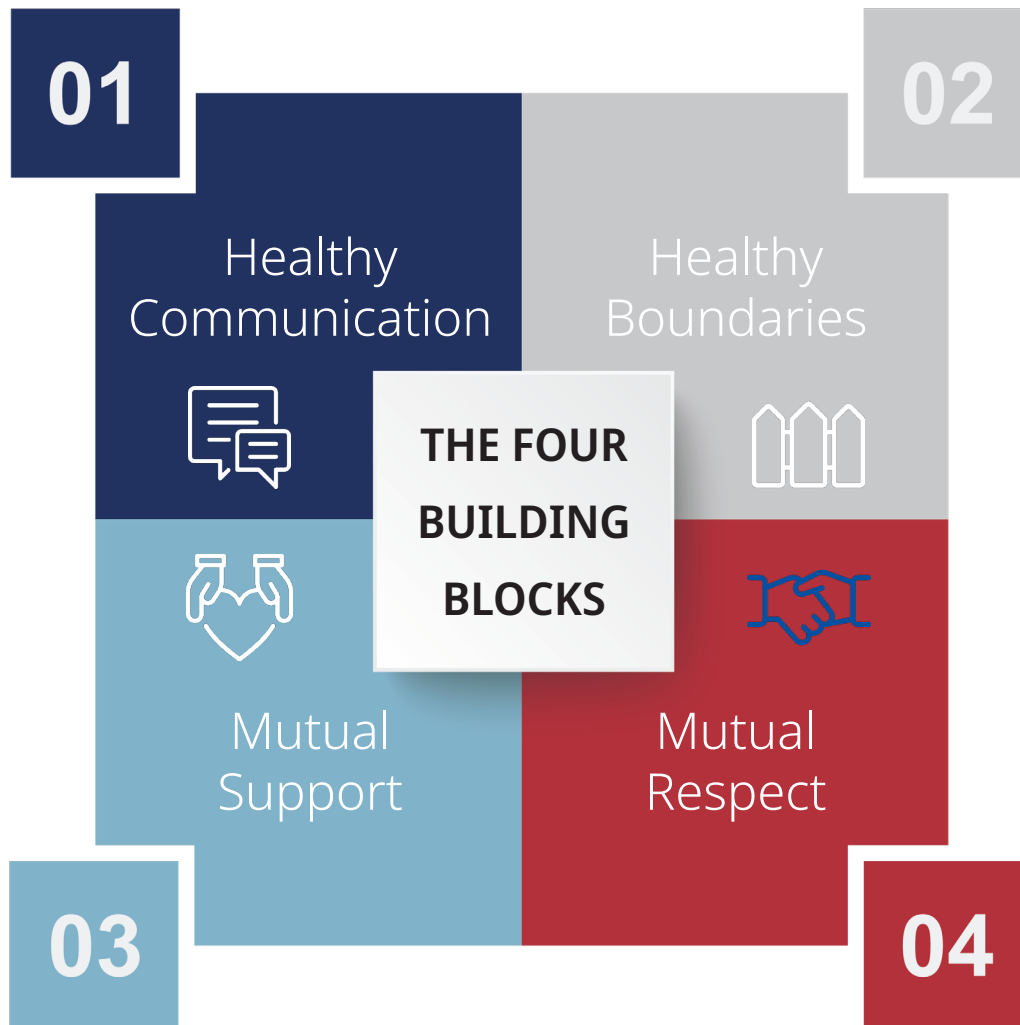
There is a friend who sticks closer than a brother. *Prov. 18:24*

Two are better than one...If either of them falls down, one can help the other one up. *Ecc. 4:10*

Wholeness comes from
being totally dedicated to God.

BUILDING BLOCKS FOR RELATIONSHIPS

Through my plethora of research on this topic, here's the most concise list I've found:



What comes to mind when you think about each building block?

Healthy communication: _____

Healthy boundaries: _____

Mutual support: _____

Mutual respect: _____

BIBLE EXAMPLES

Since your friends determine your destiny, being intentional about your Christian relationships becomes paramount. Consider the attributes of these special friends in the Bible:

Commitment - Ruth was committed to Naomi, her mother-in-law, and became happily married to a wealthy man. *Ru. 1:16*

Courage - It was Hananiah, Mishael and Azariah's covenant with God and friendship to each other as teenagers which decades later provided the courage needed to break rank from pagan worship and dance with the Son of God in a fiery furnace. *Dan. 3:1-30 (Shadrach, Meshach, Abednego)*

Perseverance - Four men lowered their paralyzed friend through a roof so Jesus could heal him. *Mk. 2:5*

Loyalty - Luke remained loyal even when Paul was put in prison and considered a heretic.

Teamwork - Paul includes a list of 31 friends in Romans chapter 16 who helped him preach the gospel.

A NEW IDEA

Everyone needs a Paul, a Barnabus, and a Timothy.

- Your "Paul" is your spiritual _____; a seasoned father or mother in the Lord whose personal mentoring produces spiritual maturity in you.
- Your "Barnabus" is a _____ in Christ. Your close friendship is centered around your commitment to the Lord.
- Your "Timothy" is your _____; an intentional, two-sided relationship to help them grow spiritually.

Thank God for the many inspiring voices on social media platforms, but they do not qualify because your connection with them is one-sided.

Your Personal Team:

My Paul is _____ and he/she knows this.

My Barnabus is _____ and we have fun encouraging each other.

My Timothy is _____ and they know that I am committed to their spiritual growth.

A sweet friendship refreshes the soul. Prv. 27:9

Enjoying healthy relationships comes from intentional choices.

HEALTHY RELATIONSHIPS

01

God wants you healed, whole and happy.

02

Wholeness occurs as we dedicate each part of ourselves to God.

03

Evaluating relational levels prevents false responsibilities and provides focus.

04

Healthy relationships require communication, boundaries, support, and respect.



Supporting Scriptures

Ps. 73:25

Prv. 17:17

Prv. 18:24

Prv. 27:9

Mat. 6:33

Mk. 12:30

III Jn. 2

Jn. 10:10

How We Love Matters

Compassion has been defined as "your hurt in my heart." It has been said, "You can't understand someone until you've walked a mile in their shoes." Taking time to learn about someone's personal challenges develops empathy. Often, you'll find yourself saying, "I had no idea..."

People don't care how much you know until they know how much you care.

Do you care?

- 1 in 5 people have a learning disability.
Learn about Dyslexia, ADHD, Dyscalculia and imagine going to school everyday.
- 1 in 4 women have been sexually abused.
Learn about shame, inferiority, and living with damaged emotions.
- Who is your oldest relative? Think about their younger years when they had big dreams for their life. Learn about living with physical limitations, failures, or disappointments.

We must learn to regard people less in the light of what they do or omit to do, and more in the light of what they suffer.

- Dietrich Bonhoeffer



Be kind. Listen. Learn. Everyone is fighting a battle you know nothing about.

Reflection

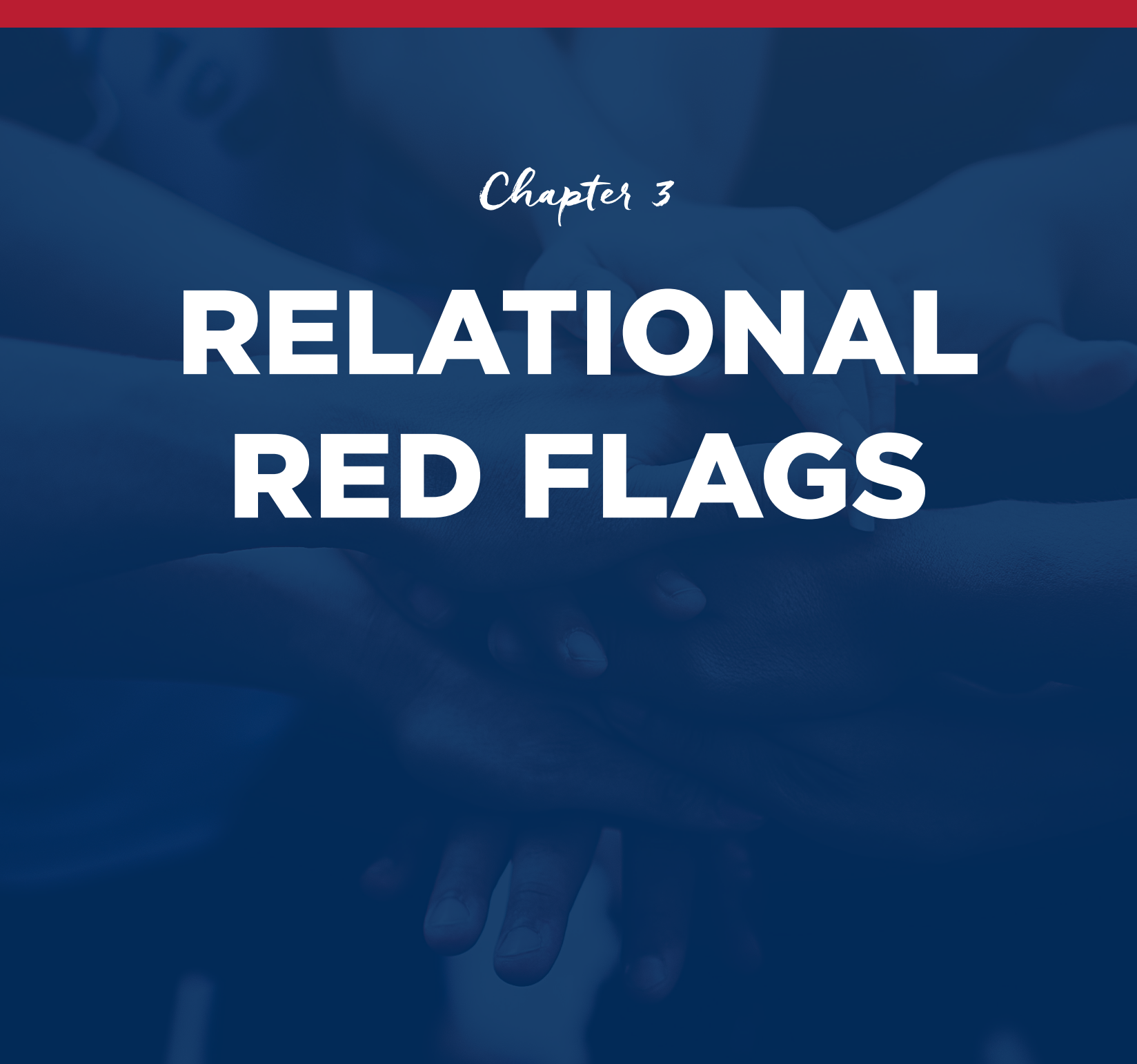


SEARCH

PEACE
"Quiet Love"
Eirene, Gr.

Gal. 5:22, Is. 26:3,
Ph. 4:7

The fruit of the Spirit are eight expressions of love.



Chapter 3

RELATIONAL RED FLAGS

In the beginning, *life was beautiful*. Marriage was beautiful.
Being naked was beautiful. Sex was beautiful...

And then came *sin*. Sin's children are *selfishness, fear, and pride*.
Sin destroys relationships, skews motives, and feeds frictions.



YOUR WORD IS TRUTH JN. 17:17

Highlight these Chapter Three scriptures in your Bible

PROVERBS 14:17

A quick-tempered man acts foolishly, and a man of wicked intentions is hated.

I CORINTHIANS 15:33 NLT

Do not be misled: "Bad company corrupts good character."

2 CORINTHIANS 6:14

Do not be unequally yoked together with unbelievers. For what fellowship has righteousness with lawlessness? And what communion has light with darkness?

*When you read the Bible,
the Bible reads you.*

Reading scripture aloud enhances comprehension.

RELATIONAL RED FLAGS

MANKIND'S "FIRST FAMILY" FIGHTS

As a result of sin, it only takes three chapters into the Bible to find serious problems among the relationships of humanity's first family. Some of them might be in your family, too.

Genesis 3:6 _____ Adam and Eve hid from their Creator-Partner-God.

Genesis 3:7 _____ Fig leaves were sewn together to hide their nakedness.

Genesis 3:12 _____ Adam blamed his problem on Eve.

Genesis 3:13 _____ Eve blamed deception on the serpent.

Genesis 4:4 _____ Two sons bring God two different offerings

Genesis 4:5 _____ God accepts one offering and rejects the other.

Genesis 4:5 _____ Cain allows anger to consume him towards his younger brother.

Genesis 4:8 _____ and _____ Cain kills his younger brother.

Genesis 4:9 _____ Cain lies to the Lord about his participation in Abel's murder.

Genesis 4:15 _____ Cain despairs over his punishment.

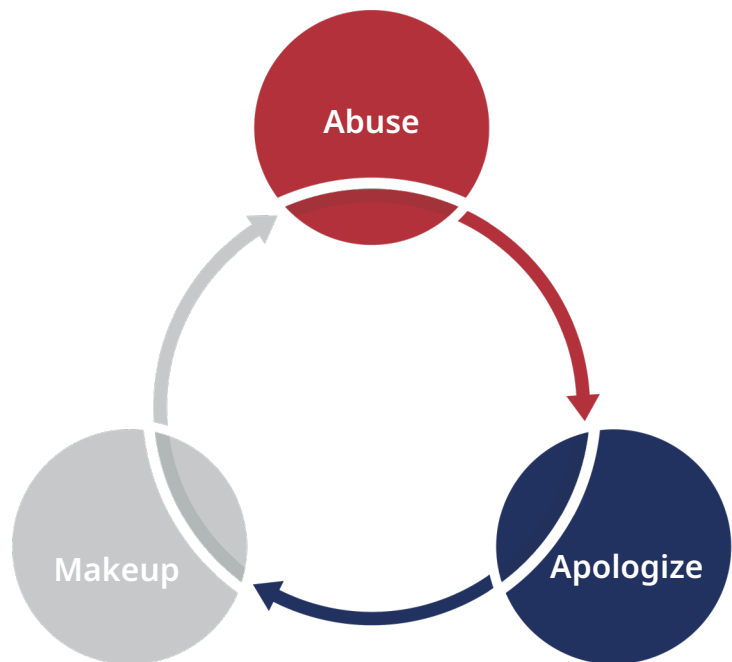
Genesis 4:16 _____ Cain leaves his parents with no mention of him again.

Negative relationships are destructive to your life in a variety of ways. Perhaps you have experienced toxic relationships for so long that you no longer realize how negatively influenced you are by them. Be aware.

You can choose to walk away from a toxic relationship today.

ABUSIVE RELATIONSHIPS

Abuse in relationships is cyclical.



Physical Abuse

- Hitting, grabbing, pushing
- Intimidation (blocking doors, hitting things or throwing objects at or near a friend)
- Using or threatening to use weapons
- On average, nearly 20 people per minute are physically abused by an intimate partner in the United States. *The National Coalition Against Domestic Violence*

Sexual Abuse

- Rape – forced penetration without consent. *(includes statutory rape, rape by intoxication, date rape)*
- Making someone feel too scared to say “yes” or “no” regarding any sexual activity
- Unsafe sex
- 1 in 5 women and 1 in 71 men in the United States has been raped in their lifetime. *The National Coalition Against Domestic Violence*

Emotional/Mental/Verbal Abuse

- Using put-downs, insults, name-calling or backhanded compliments
- Threats to kill you, kill myself, kill family or friends, kill children, pets, new boyfriend/girlfriend, kidnapping
- Threats like, “If you leave me, I will...tell your parents we had sex, spread rumors, give you no money, take the children.”
- Blaming the person who is being abused for abuse; making them feel guilty
- Minimizing or denying one’s abusive behavior
- One person isolating the other from friends or family
- Possessiveness (questioning someone’s whereabouts, activities, etc.)
- Almost half of all women and men in the US have experienced psychological aggression by an intimate partner in their lifetime. *National Domestic Violence Hotline*

Financial Abuse

- Controlling all money or using it to get what they want
- Controlling possessions; car, cell phone, clothes, jewelry, gifts
- Excessive gift giving, especially to make up for abusive behavior
- Financial abuse occurs in 99% of domestic violence cases. *Center for Financial Security*



**I AM PRAYING
FOR YOU.**

RELATIONSHIP RED FLAGS



- ☐ Most of your friends are the opposite sex.
- ☐ Your friendships change every few months.
- ☐ No lasting friendships of at least 3 years.
- ☐ People seem to ignore or just tolerate you.
- ☐ One-sided - you contact or give them more than they do
- ☐ Unlimited cell phone time while in bed.

If you relate to any of these red flags, talk to someone spiritually mature.

BREAKING THE CYCLE

Abusive people usually experienced some type of abuse themselves. The expression "Monkey-See-Monkey-Do" applies here. When your dad's anger erupted, your mom got slapped. It hurt you to watch, yet you learned to connect that behavior with anger. In years to come, you find yourself doing the same thing. Monkey-see-monkey-do.

You can break the cycle of learned behavior by exposing the _____ and creating personal_____.

For this purpose was the Son of God manifest to destroy the works of the devil. 1Jn. 3:8

Whether your red flag is just demanding or dangerous, the steps to freedom are the same.



There's a reason your windshield is larger than your rearview mirror. Move forward.

CREATING YOUR NEW LIFE

Kudos! You have made a courageous decision to disengage and walk away from that toxic relationship. Now what? Self-help books offer strong exit strategies from unhealthy relationships. But, wait! There's more!

You have God's _____ operating in you.

***I can do all things through Christ who strengthens me.** Ph. 4:13*

1. Can you admit their behavior is destructive for you? How?

2. Describe one week of freedom from that person.

3. How can you depend more on God's unlimited power, not just your willpower?

4. What can you do practically to proactively prepare? (Delete photos, avoid locations that trigger memories, etc.)

5. Break toxic patterns with God's promises. Write out Ps. 27:1.

6. Who is your support team that knows of your decision to move on?

7. What one person will you be accountable to for thirty days?

8. Replace that destructive habit with a positive one. What will it be? (Replace complaining with intentional gratitude.)

This is a **spiritual journey**. You are replacing destructive strongholds with God's promises.
This is a **physiological journey**. You are replacing old brain patterns with new brain connections.
This is a **social journey**. You are replacing negative relationships with a positive support team.

RELATIONAL RED FLAGS

01

Selfishness is usually the root of relational problems.

02

Relationships which include any form of abuse are toxic.

03

You will either choose or refuse to live with destructive relationships.

04

God will help you escape from a destructive relationship.



Supporting Scriptures

Ps. 46:1

Ps. 91:14

Prv. 14:17

Prv. 15:18

Mat. 6:25

Lk. 6:35

I Cor. 15:33

II Cor. 6:14

How We Listen Matters

People who are good listeners know that it's more important to be interested than interesting. Good listening skills build strong relationships and tell people that you care.

Here are the top five mistakes of poor listeners. Rate yourself 1 to 5 (5 is best).

- _____ *While someone is talking to you, your mind drifts.*
- _____ *While someone is talking to you, you are planning how to reply.*
- _____ *You show sympathy, but not personal empathy.*
- _____ *You are quick to interrupt.*
- _____ *You listen with your ears, but not your heart.*

Proverbs 25:11 says, "A word fitly spoken is like apples of gold in settings of silver." In other words, saying the right word to the right person at the right time in the right spirit is golden.



People don't care how much you know until they know how much you care.

Reflection



SEARCH

PATIENCE
"Steady Love"
Makrothumia, Gr.

Gal. 5:22, I Cor.
15:57, I Cor. 16:13

The fruit of the Spirit are eight expressions of love.

Chapter 4

ANGER MANAGEMENT

Lawn chairs peppered the large grassy meadow, as popcorn and glow sticks entertained those *waiting for the fireworks show*. Ka-pow-ee!! A *firecracker exploded* prematurely, injuring fourteen bystanders, including the teen who *illegally lit it*.



YOUR WORD IS TRUTH JN. 17:17

Highlight these Chapter Four scriptures in your Bible

PROVERBS 15:1

A soft answer turns away wrath, but a harsh word stirs up anger.

EPHESIANS 4:26

Be angry, and do not sin: do not let the sun go down on your wrath.

JAMES 1:19

So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath.

*God's Word is a miracle mirror
revealing your inner man.*

Reading scripture aloud enhances comprehension.

ANGER MANAGEMENT

TEN FACTS ABOUT ANGER

1. Anger is a God-given emotion, which can be either positive or negative.
2. Anger occurs when we are inconvenienced, threatened, demeaned, or hindered from a goal.
3. Anger occurs when personal rights are not yielded to God.
4. Anger occurs when hurt and disappointment aren't given to the Lord.
5. Anger is not a sin if you deal with it appropriately.
6. Anger cannot be ignored, or it will progress to destructive expressions.
7. Unresolved anger will lead to unforgiveness and bitterness.
8. Sinful anger is always destructive:
 - a. Destroys a person's emotional and/or physical health
 - b. Destroys property
 - c. Destroys positive purpose or cause
9. Anger is the opposite of meekness.
10. Anger is not a demon. It is a fruit of the flesh. Gal. 5:2

SEVEN TYPES OF ANGER

Anger manifests in various ways. Its progression can be clearly seen in Paul's six descriptive words in Ephesians 4:31 and serves as an urgent instruction to deal with anger appropriately. The solution can be found in the very next verse.

Problem:

EPHESIANS 4:31 NIV

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.

Solution:

EPHESIANS 4:32 NIV

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

01. *Silent Anger*

Bitterness (Gr. *pikros*) - buried anger

Bitterness occurs when disappointment is not handled God's way.

Do you dwell on

- what people did to you that was mean, hurtful, or thoughtless?
- what people did not do for you that we feel they should have done?

Learn to give that grievance to God quickly and forgive that person's obligation to meet your needs. If not, a slow progression from offense to resentment to bitterness will take root in your heart, and you'll live in a silent prison of hate.

Silent anger needs to be _____.



02. Sudden Anger

Rage (Gr. *thumos*) - explosive anger

Bitterness turns into a boiling rage that bubbles up inside of you. This type of anger vents on social media, kicks the cat, hits the wall, or worse.

Sudden anger is to be _____ by practicing long term thinking and acting upon the scriptures which warns of the consequences of rage (more in chapter 7).

- ***A quick tempered man does foolish things.*** Prov. 14:17
- ***A hot tempered man stirs up dissension.*** Prov. 15:18
- ***A hot-tempered man must pay the penalty.*** Prov. 19:19

What is that penalty? It is often broken relationships, high-blood pressure, ulcers, financial penalty to fix that hole in the wall and the loss of your Christian witness.

03. Shouting Anger

Brawling (Gr. *krauge*) - loud anger

Brawling includes contentious, arguments, and "fighting mad" physical fights. It disregards all consequences and quickly destroys the supportive tone needed to build strong relationships.

- ***Quick to hear, slow to speak, slow to anger...*** James 1:19
- ***He who answers before listening, this is his folly and his shame.*** Prov. 18:13

Shouting Anger needs to be _____.

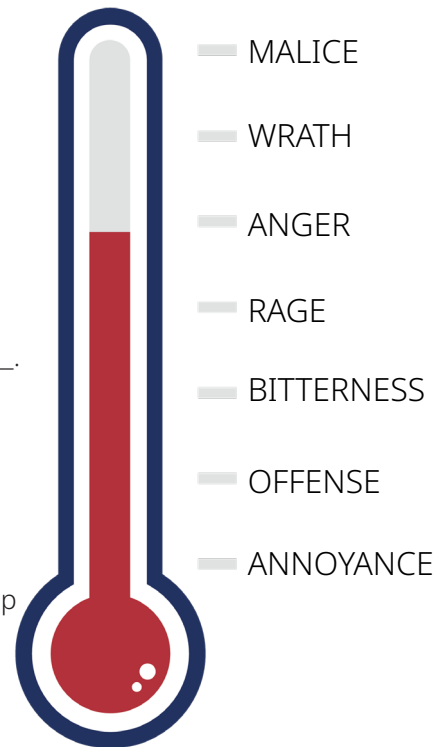
04. Slandorous Anger

Slander (Gr. *blasphemos*) - evil speaking

False statements that are demeaning are common during heated arguments, but the better way to build a relationship is to recognize the reason behind their verbal attack is an unmet need or deep hurt. Say a word of kindness and watch that hard heart begin to soften.

- ***A soft answer turns away wrath.*** Prv. 15:1
- ***Overcome evil with good.*** Rom. 12:31

Slandorous anger needs to be _____.



Bad anger destroys.
Good anger protects.

05. *Sinful Anger*

Malice (Gr. *kakia* - vindictive anger)

Malice is a sinful "fire fed within" because it desires physical harm or emotional suffering upon them. Here are 3 tests to determine if your anger is sinful:

- Is it anger without a justifiable cause
- Is it anger that seeks vengeance? *Rom. 12:19*
- Is it anger that has an unforgiving spirit?

Sinful anger is to be_____.

06. *Stubborn Anger*

Stubborn (Heb. *sarar*) - A refusal to repent or forgive

Stubborn anger is a sin because there is a refusal to repent of sin, forgive others or renounce your desire for revenge.

And "don't sin by letting anger control you." Don't let the sun go down while you are still angry, for anger gives a foothold to the devil. Eph. 4:26-27 NLT

The solution to stubborn anger is to meditate on the depth of Christ's forgiveness to you. **You only need to forgive as often as Jesus forgives you.** Let's realize Ephesians 4:32 is a commandment, not a suggestion.

Be kind and compassionate to one another, forgiving each other, just as in Christ, God forgave you. Eph. 4:32

Stubborn anger is to be_____.

07. *Sanctified Anger*

Righteous anger (Heb. *kephir*)

Sanctified anger demands action against an extreme philosophy or evil system which is contrary to the Father heart of God. Jesus healed a man with a withered hand on the Sabbath because He was angry with the legalism in the stubborn hearts of the Pharisees. Mk. 3:1-5

An infusion of Sanctified Anger is greatly needed as we look towards the:

- Millions of abortions
- Human sex trafficking

Love God and Hate Sin.

Sanctified anger is to be_____.

Unresolved anger is the friend of fools. Learn to control anger before it controls you.

Prv. 3:30, Prv. 15:18, Prv. 17:14, Prv. 26:17, Ph. 2:3, II Tim. 2:14, II Tim. 2:24, Jms. 1:20

Bitterness is like drinking poison and expecting the other person to die.

THE ROOT OF BITTERNESS

Pursue peace with all people, and holiness, without which no one will see the Lord: looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled. Heb. 12:14-15

THE PHILOSOPHY OF BITTERNESS

- I am entitled to be happy.
- I am angry with you because you did not make me happy.
- I will remind you often how you have failed me.
- If I cling to this wrong, I will somehow be justified in what is due me.

ARE YOU BITTER?

(Check any that apply)

- | | |
|--|---|
| ☐ Silent, seething, “under-the-radar” anger | ☐ You are ungrateful. |
| ☐ You live in a world of perpetual injustice. | ☐ A chronic complainer |
| ☐ You ruminate. | ☐ Hypersensitive and defensive about your attitude and actions |
| ☐ You are sarcastic. | |

WHAT TO DO

Q. How do you “fall short of the grace of God?”

1. You magnify the injustice done to you over God’s ability to fix it
2. You focus on the disappointments of life instead of the the appointments of God.
3. You allow that root to grow deeper by condoning your attitude.

Q. What are some practical solutions for anger and bitterness?

1. Focus on unlimited grace (ability) of God.
2. Replace “you owe me...” with “I appreciate you.”
3. Manage your expectations.

ANGER MANAGEMENT

01

Anger is a God given emotion that needs to be managed appropriately.

02

Unresolved anger is destructive; internally or externally.

03

The root cause of anger is emotional hurt.

04

The remedy for anger is God's great love.



Supporting Scriptures

Ps. 4:4

Prv. 15:18

Prv. 17:14

Prv. 26:17

Ph. 2:3

II Tim. 2:14

II Tim. 2:24

Jms. 1:20

How We Talk Matters

A gentle answer turns away wrath, but hard words stir up anger. Pro. 15:1

- | | | |
|--|-------|--------------------|
| 1. Gentle Men are God's Champions | _____ | A. Proverbs 3:30 |
| 2. True Honor Stops Strife | _____ | B. Proverbs 17:14 |
| 3. Debating is Dumb | _____ | C. Proverbs 20:3 |
| 4. Do Not Let Strife Start | _____ | D. Proverbs 26:17 |
| 5. Mind Your Own Business! | _____ | E. Philippians 2:3 |
| 6. Do Not Strut...Serve | _____ | F. 11 Timothy 2:14 |
| 7. Slow Down | _____ | G. 11 Timothy 2:24 |
| 8. Turn Off the Water Before You Drown | _____ | H. Proverbs 15:18 |
| 9. Don't stir it up | _____ | I. Proverbs 16:32 |

Whenever you fly into a rage, you seldom make a safe landing.

When you give them a piece of your mind, you also lose the peace in your soul.



You can't say negative things and expect a positive day.

Reflection



SEARCH

SELF-CONTROL
"Strong Love"
Egkrateia, Gr.

Gal. 5:23, I Cor. 9:25,
I Th. 4:3



Chapter 5

THE GIFT OF FORGIVENESS

Have you ever spent the night in jail? You're separated from your loved ones, and *someone else controls you*. Those who *harbor unforgiveness* are in a self-induced prison. Forgiveness is unlocking the door to set someone free and realizing that *you were the prisoner*.



YOUR WORD IS TRUTH JN. 17:17

Highlight these Chapter Five scriptures in your Bible

MATTHEW 5:46-47

For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.

EPHESIANS 4:32

And be kind to one another, tenderhearted, forgiving one another, just as God in Christ forgave you.

COLOSSIANS 3:13

Bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do.

*God's Word redirects my will,
cleanses my emotions,
and quickens my total being.*

Reading scripture aloud enhances comprehension.

THE GIFT OF FORGIVENESS

TEN FACTS ABOUT FORGIVENESS

01. Forgiveness is the very essence of the gospel of Jesus Christ.
02. Forgiveness is a choice of your will based on obedience to God's Word.
03. Forgiveness was Jesus' gift to you to pass along to other undeserving recipients.
04. Forgiveness is "clearing their record" with you and transferring the responsibility of any punishment to God.
05. Forgiveness is not a feeling or an emotional response.
Forgiveness is given by faith, and sometimes repetitively each time the
06. offense is remembered.
07. Forgiveness looks at the motives, not just the offender's actions.
08. Forgiveness is letting go of your "right" for revenge. God is just, and He will appropriately judge, punish, or release mercy to your offender.
09. Forgiveness is not optional. It is a commandment of God.
10. Forgiveness sometimes requires restitution.

You only need to forgive as often
as Jesus forgives you.

WHY TO FORGIVE

When you have experienced injustice and emotional pain, it seems reasonable to ask, “Why do I need to forgive them?” Here are some reasons to consider:



Jesus’ Example

He is your example, and you must follow in his steps. He never sinned, nor ever deceived anyone. He did not retaliate when he was insulted nor threaten revenge when he suffered. He left his case in the hands of God, who always judges fairly. 1 Pt. 2:21-23 NLT



The Lord’s Prayer models forgiveness.

And forgive us our debts, As we forgive our debtors. Mat. 6:14



The forgiveness you receive is tied to the forgiveness you give.

For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins. Matthew 5:46-47



Unresolved unforgiveness becomes a stronghold that prevents true freedom in Christ.

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



Choose to forgive because God commands it.

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

The 9/11 Memorial Bible

An Enduring Message of Forgiveness

Biblical text from the Gospel of Matthew was found fused in the wreckage of Ground Zero. The terrorist attack on September 11, 2001, which caused the deaths of 2,977 people, brought national outrage, yet Jesus’ words on forgiveness over retaliation is clear.

National 9/11 Memorial Museum, New York City



I FORGIVE YOU.

Kind words build relationships.

HOW TO FORGIVE

1. Focus on God's forgiveness for you.

...forgiving one another in the same way you have been graciously _____ by Jesus Christ.

If you find fault with someone, release this same _____ to them. Col. 3:13 TPT

2. Forgive by faith, ignore your feelings, and write down the date.

There will be times when you see the person who offended you and the former feelings of resentment return. Forgiveness is a repetitive choice to put that injustice into the hands of a wise God who will handle it justly. Faith has nothing to do with feelings. Feelings do not negate faith.

For we walk by _____, not by sight. II Cor. 5:7

3. Replace reoccurring angry thoughts with God's Word.

...be ye _____ by the renewing of your mind... Rom. 12:2

4. Pray for your offender.

But I say, love your enemies! Pray for those who _____ you! Mat. 5:44

5. Expect the Holy Spirit to supply you with the grace needed to walk in forgiveness.

I pray that from his glorious, unlimited resources He will _____ you with inner _____ through his Spirit. Eph. 3:16

6. Accept what you cannot change.

You are _____, and You do _____. Ps. 119:68

7. Follow Christ's Example.

What did Jesus say on the cross as He hung between two thieves?

_____ Lk.23:34

Men with clenched fists can't shake hands.

List five things Jesus did when He was unjustly mistreated. Read I Pt. 2:21-23.

1. _____ Vs. 22
2. _____ Vs. 22
3. _____ Vs. 23
4. _____ Vs. 23
5. _____ Vs. 23

PRAYERS OF FORGIVENESS

Forgiving Others

Dear Heavenly Father, Thank you for loving me so much that You want me healed and whole. I recognize my unresolved anger towards _____ has not been dealt with appropriately. I have allowed it to become unforgiveness, and bitterness is now harboring in my heart. By faith and in obedience to Your Word, I repent of bitterness and forgive _____ for _____ . I release _____ into Your hands to be my righteous Judge and turn their hearts towards eternity. I trust You to heal and correct any damage (emotionally, physically...) that occurred as a result of their action towards me. In Jesus Name, Amen.

Date

Forgiving God

Father God, I blamed you for something that was contrary to my "perfect life" plan. I now repent of my sinful attitude towards You when I didn't get my way and when _____ . Forgive my bitterness and help me trust You as my loving Father. Although I don't understand why _____ , I will trust You. You are good and do only good. I do believe "All things work together for good to those who love God and are called according to His purpose." (Rom. 8:28) In Jesus Name, Amen.

Date

Forgiving Yourself

Faithful Father, My words and actions have dishonored You, affected others and separated me from Your love. Your Word promises to forgive those who confess their sin and cleanse them from all unrighteousness. (1 Jn. 1:9) I confess my sin of _____ now and receive your forgiveness, too. Instead of condemning myself for a sin that You no longer remember, help me confess my righteousness in You. Your grace was greater than my sin, and I'll rejoice in Your goodness all day long. In Jesus Name, Amen.

Date

THE GIFT OF FORGIVENESS

01

Forgiveness is an act of your will in obedience to the Word of God.

02

Forgiveness begins by focusing on God's forgiveness for you.

03

Forgiveness puts the injustice into the hands of the Righteous Judge.

04

Forgiveness sometimes requires restitution, which is the act of making good.



Supporting Scriptures

Prv. 17:9

Mat. 6:14

Mk. 11:25

Lk. 19:8

Lk. 6:37

Col. 3:13

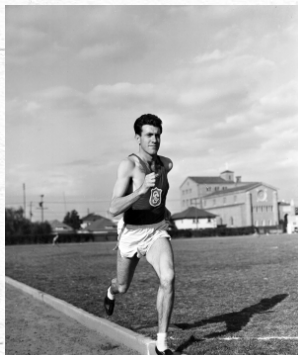
Eph. 4:32

I Pt. 4:19

How We Forgive Matters

But when you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive your sins, too. Mk. 11:25

The Louis Zamperini Story



Louis Zamperini was a US prisoner of war in World War II. He survived forty-seven days in a lifeboat in the shark infested Pacific waters after his B-24 bomber crashed. Captured by the Japanese, he endured tormenting treatment which, upon his release, caused years of alcoholism and post traumatic stress. After Louie met Jesus Christ at a Billy Graham crusade, he returned to Japan to forgive his former war camp guards and was released forever of the hate which imprisoned him. Dying at 97, his life story of courage, resilience, and the power of forgiveness is chronicled in a book and movie, both appropriately titled Unbroken.

"Hate is self-destructive. It's like a boomerang that misses its target and comes back and hits you in the head. The one who hates is the one who hurts." Louis Zamperini, 1917-2014

♥ Keep your wounds clean.

Reflection



SEARCH

KINDNESS
"Helpful Love"
Chrestotes, Gr.

Gal. 5:22, II Cor. 6:6

Chapter 6

RESOLVING FAMILY CONFLICT

Family conflict is inevitable, but frequent shouting matches and dreaded holidays are not God's plan.

Stop the *craziness!*

Jesus resolves all family drama
with *one challenge* and *one phrase...*



YOUR WORD IS TRUTH JN. 17:17

Highlight these Chapter Six scriptures in your Bible

PROVERBS 17:17

A friend loves at all times, and a brother is born for adversity.

EPHESIANS 4:31-32 TPT

Lay aside bitter words, temper tantrums, revenge, profanity, and insults. But instead be kind and affectionate toward one another. Has God graciously forgiven you? Then graciously forgive one another in the depths of Christ's love.

EPHESIANS 4:29

Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers.

JOHN 13:34

A new commandment I give to you, that you love one another; as I have loved you, that you also love one another.

*The New is in the Old contained, and
the Old is in the New explained.*

Reading scripture aloud enhances comprehension.

RESOLVING FAMILY CONFLICT

Blessed are the peacemakers, for they shall be called the sons of God.

Mat. 5:9

Does your family have inconsiderate relatives who hold grudges? Family conflict is inevitable. Secular psychologists recommend managing expectations, setting boundaries, and getting to the root of the issue. While those techniques are beneficial, the Biblical pathway to resolve family conflict is to become a peacemaker.

Peacemakers don't lack backbone or avoid confrontation. They have observed the evils of strife and offense and chosen a higher life. A peace-filled life. A miracle life.

PEACEMAKERS HAVE DIFFERENT PRIORITIES

- Peacemakers prioritize God's _____.
They embrace what God loves, and they oppose what God opposes. Love God. Hate Evil. *Ps. 97:10*
- Peacemakers breathe _____.
Their source of unlimited patience, mercy, wisdom and love is the Holy Spirit within them.
- Peacemakers prioritize _____.
They know the root of most conflict is unmet emotional needs
- Peacemakers respond to blame with selfless _____.
"How can I heal your hurt and support your dreams better?"
- Peacemakers value reconciliation more than _____.
Jesus' commandment "go and be reconciled" is taken seriously. *Mt. 5:24*

PEACEMAKERS ESCAPE TRAPS

There are several traps that every peacemaker should be warned of, but let's study two which are predominant.

Offense

There are 73 scriptures that make reference to the negative consequences of being offended. Jesus Himself said, ***"For offenses will come, but woe to that man by whom the offense will come!"*** *Mt. 18:7*

What does Jesus know that we need to learn about offenses?

- **Offense Can Compound:** Offense progresses from an annoyance to resentment to bitterness to a severed relationship.
- **Offense Is a Trap:** The Greek noun for "offense", skandalon, describes the trigger of a trap on which bait is placed to catch an animal. If you react to that jabbing insult, that trap will spring shut, and you'll be caught.
- **Offense Taints Your Christian Witness:** The future tense verb form, skandalizo, are the roots of our English words "scandal" and "scandalize." In the moral context, picking up an offense indicates the enticement to conduct which will diminish your Christian influence through strife, gossip, etc.



I AM SORRY.

Overlooking Offense

“Good sense makes a man restrain his anger, and it is his glory to _____ a transgression or an offense.” *Prv. 19:11 Amp*

“Sensible people control their tongue; They earn respect by _____ wrongs.” *Prv. 19:11 NLT*

No offense is worth losing your peace with God and man. Jesus told Peter to forgive people _____ times because God has forgiven us more. *Mt. 18:21-23*

Strife

The opposite of peace is strife. When you come to the dinner table, you're bringing one or the other.

Strife, defined

1. A bitter somewhat violent conflict or dissension
2. Exertion or contention for superiority
3. The result of demoniacal influence

What Are The Results Of Strife?

- Destroys families
- Separates siblings
- Harms child development
- Builds permanent walls of mistrust
- Hinders a strong Christian witness

WHAT DOES THE WORD SAY?

Where there is strife, there is _____. *Prv. 13:10 NIV*

The _____ of strife is like letting out water; Therefore stop contention before a quarrel starts. *Prv. 17:14*

It is an honor for a man to _____ from strife, but every fool will be meddling.
Prv. 20:3 KJV

Strife is one of the 16 works (results) of the _____. *Gal. 5:19-21*

The remedy to strife is to stop it with this humble question, “What can I do to help?”

Need more? *Prv. 12:16, Prv. 14:17, Prv.. 15:1, Prv. 15:18, Prv.. 16:28, Prv.. 28:25, Prv.. 18:6, Prv.. 25:24 NLT, Prv.. 22:10, Prv.. 26:20, Prv.. 26:17, Prv.. 29:11, II Tim. 2:22-23, Jms. 4:1*

God's love covers everything.

*The first to apologize is the bravest.
The first to forgive is the strongest.
The first to forget is the happiest.*

- Craig Groeshel

PEACEMAKERS PURSUE PEACE

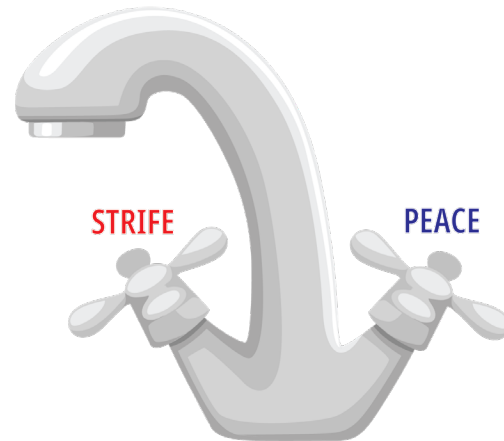
"Pursue" is a strong word. It is an aggressive action to "follow in order to overtake." As a family member, we can pursue peace by resisting strife and demonstrating intentional kindness.

Let him search for peace (harmony; undisturbedness from fears, agitating passions, and moral conflicts) and seek it eagerly. [Do not merely desire peaceful relations with God, with your fellow man, and with yourself, but pursue, go after them!] 1 Pt. 3:11 Ampc

THE PEACE PRAYER

Lord, make me an instrument of your peace;
Where there is hatred, let me sow love;
Where there is injury, pardon;
Where there is error, truth;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light;
Where there is sadness, joy.
O, Divine Master,
Grant that I may not so much seek
to be consoled, as to console;
To be understood as to understand;
To be loved as to love;
For it is in giving that we receive;
It is in pardoning that we are pardoned;
And it is in dying to ourselves that we are born to eternal life.
Amen.

- St. Francis of Assisi, 1182-1226



You can choose your friends,
but God chose your family.

REBUILDING FAMILY RELATIONSHIPS

How's Your Family Bridge?

- 0 – Non existent
- 3 – A broken bridge
- 5 – A one-sided bridge
- 7 – A two-sided, but bumpy
- 10 – A beautiful bridge



Father _____

Mother _____

Step-Dad _____

Step-Mom _____

Sibling #1 _____

Sibling #2 _____

Sibling #3 _____

REBUILDING FAMILY RELATIONSHIPS

Ask God for guidance. *Ps. 32:8*

- Pray that the Lord will soften their heart.
- Send them an apology.
- Express your desire to rebuild (letter, card, e-mail).
- Birthdays and holidays are good opportunities to show kindness.
- 101% rules - focus on the 1% you agree on

A BRIDGE CALLED KINDNESS

Intentional kindness is the secret sauce to strong family relationships. Kindness is love in action and it will immediately begin to chip away at a hard heart. "Kindness is King."

Don't let evil conquer you, but conquer evil by doing good. *Rom. 12:21 NLT*

I tell you, love your enemies. Help and give without expecting a return... Our Father is kind; you be kind. *Lk. 6:35 Msg.*

Love from the center of who you are; don't fake it...bless your enemies; no cursing under your breath. Get along with each other; don't be stuck- up. Make friends with no-bodies; don't be the great somebody. Don't hit back; discover beauty in everyone. If you've got it in you, get along with everybody. Don't insist on getting even; that's not for you. "I'll do the judging," says God. "I'll take care of it." *Rom. 12:9-12 Msg.*

THE SIBLING CHALLENGE

You can choose your friends, but you can't choose your family. Why not embrace your siblings as your special friends? Perhaps that was God's plan all along.

RESOLVING FAMILY CONFLICT

01

Becoming a peacemaker is a daily choice which builds a strong family.

02

You won't get offended if you quickly cover an annoyance with love.

03

Strife separates families, so stop it before it starts.

04

Intentional kindness is a proactive plan to rebuild a family relationship.



Supporting Scriptures

Ex. 20:13

Prv. 17:14

Prv. 17:17

Prv. 19:11

Mat. 5:9

Rom. 12:21

Heb. 12:14

I Pt. 3:11

How We Play Matters

God's plan is for your family to be your closest friends. One way to build that relationship is to play together and create family traditions. List some traditions that you enjoy or hope to include into your family someday.

Favorite holiday food: _____

Favorite holiday activity: _____

What makes your family laugh? _____

Enjoying your family sounds fun until you learn that your Nana likes jig-saw puzzles (ugh!) or your dad likes to work on cars (ugh-ugh!). Joining a relative's "fun" is a kind gesture towards building family unity. What fun activity have you done lately sheerly out of kindness?



Families who play together stay together.

Reflection



SEARCH

GENTLENESS
"Considerate Love"
Proverbs, Gr.

Gal. 5:23, I Cor. 4:21,
Eph. 4:2.

The fruit of the Spirit are eight expressions of love.



Chapter 7

FOR OUR SINGLES

Bam! A small rock hit Erin's windshield. "Whew!" she thought. *"Just a tiny ding."* But, that ding gradually crawled across the windshield, and her view was now *distorted*. Erin compensated by tilting her head a tad to the left. She was so accustomed to the tilt that she didn't notice anything was abnormal until she borrowed her mom's car and noticed the *stark contrast*.



YOUR WORD IS TRUTH JN. 17:17

Highlight these Chapter Seven scriptures in your Bible

PSALM 147:3

He heals the brokenhearted and binds up their wounds.

PROVERBS 10:14

Wise people store up knowledge.

PHILIPPIANS 3:13

One thing I do, forgetting those things behind me and reaching forward to the things that are ahead...

*The Bible is the
only book Jesus quoted.*

Reading scripture aloud enhances comprehension.

MANAGING YOUR EMOTIONS

Emotions are God's plan, and they serve a valuable purpose. They can connect us to others and point us to God. Emotions can be either positive or negative. What are they? Emotions are subjective reactions to a thought or experience. Because they are unpredictable, they should never be the driving force behind your decisions or actions. As in a steam locomotive, feelings should function as the caboose, not the engine.

They can be your greatest ally or worst enemy. Why?

- Feelings lie.
- Feelings change.
- Your feelings are not final!

DANGER ZONES

Learning to manage your emotions is an important life skill. Damaged emotions are like that cracked windshield. You can get so accustomed to feeling a certain way, it becomes the norm. It's difficult to know what's normal, but these four concepts should be avoided:



1. Emotions which are **denied**.
2. Emotions which are **suppressed**.
3. Emotions which are expressed at **the wrong time**.
4. Emotions which are expressed to **the wrong person(s)**.

FOUR REASONS TO MANAGE YOUR EMOTIONS

#1 Feelings _____ proper perspective.

#2 Feelings are a strong _____, but a cruel master.

#3 Not everything you feel is _____.

#4 If you don't _____ your emotions, your emotions will _____ you.

NO EMOTIONAL EXPLOSIONS!

The book of Psalms gives us a healthy permission to vent our emotions to God. Learn to offer God both your negative and positive emotions:

I am filled with joy because of You. I will sing praises to Your name. Ps. 9:2 NLT
Why am I discouraged? I will put my hope in God. Ps. 42:5 NLT



I AM HERE FOR YOU.

Kind words build relationships.

As you let God become your Go-To Person... First, His wisdom will guide you.



S - Stop: Identify the emotion.

T - Time-Out: I will not react. I will respond. I will wait 10 minutes.

O - Open: Open your heart to God. "Lord, let me see this from Your perspective."

P - Process: What's the bigger picture? What caused this?

LETTING GO OF UNHEALTHY ROMANTIC RELATIONSHIPS

As you continue to evaluate your various relationships, your heart will quickly turn towards your "love life." Some of you are trapped in a romantic relationship, emotionally or sexually, and you are headed for a cliff. That cliff might be a broken heart, unwanted pregnancy, or miserable marriage. God will give you courage to let go of a dead-end relationship. He will give you ideas on how to make the break once-and-for-all. Be strong. Your future depends on it.

- Admit what happens when you spend time together.
- Admit what type of influence that person has on you
- They are not 'bad' people; just going a different direction.
- Even if lonely at first, there IS life without her/him.
- Begin with a 30 day separation; easier than a total break-up.
- Remove photos and quit contacting him/her.
- Ask God to fill the void with His peace, a new hobby, and new friends.

...One thing I do, forgetting those things behind me and reaching forward to the things that are ahead... Ph. 3:13

Your single season is the perfect time to develop your relationship with the Lord. Read Paul's opinion in I Corinthians 7:34 about the benefit of "being completely devoted to the Lord." Getting focused on your spiritual priorities will become a strong foundation for your future.

HEALTHY GUY/GIRL RELATIONSHIPS

God has beautiful, wholesome, fun friendships waiting for you at TBI and your local church. Don't be robbed of them due to the selfish concept of what's-in-it-for-me dating.

Here are some guidelines to keep your friendship pure:

- Consider them as a sister/brother in the Lord.
- Don't expect or depend on them to fulfill you.
- Guard unlimited talking time which breeds familiarity.
- Don't get jealous when others are with her/him.
- Don't misinterpret kindness as a sign from the Lord for romance.
- Is your motive for being together unselfish?
- Desire to help them, do favors, etc.
- Prove that some guys/girls can be trusted.

Someday, you might meet the spouse of your "special friend." Will they say:

A. Thanks. You kept her strong until we could meet.

B. Why did you steal my wife's dignity to feed your selfish flesh?

Do you make-out with your younger sister? So, why would you do that to a sister in Christ?

BOUNDARIES EMPOWER US

One important way to manage your emotions is by creating and writing down personal boundaries. This is not a quick list, but a predetermined set of relational guidelines which are prayerfully created. To remain true to yourself, these are your behavioral red lines which you refuse to cross. They will be tested to the max, yet bring peace and stability to your life.

SIX BENEFITS OF HEALTHY BOUNDARIES

- Boundaries define expectations and show respect for others.
- Boundaries help you identify toxic relationships.
- Boundaries guard your self esteem.
- Boundaries help to limit our selfish inclination to control or manipulate others.
- Boundaries protect us from those who have no self-control.
- Boundaries require us to take responsibility for our own words and behavior.

A WORD ON SOLO SEX

Sex was God's idea. He created you as a sexual being so you could learn the joys of sacrificial love, emotional support and physical intimacy. Within the boundaries of marriage, sex is wonderful, but outside of the boundaries of marriage, sex can lead to emptiness and shame. You'll never regret building an unshakable foundation by putting God first and making your future marriage a priority.

Solo sex, otherwise known as masturbation or self-induced orgasms, is not God's answer to stress or singleness. Learning techniques that bring you temporary pleasure is not God's design. It is self-centered and develops an independence that is not beneficial to your marriage. Read Romans 1:22-32 to understand the deception of perversions and ask the Holy Spirit how to best manage that energy until marriage.

SO, YOU THINK YOU'RE AN ADULT?

Our attention turns now to our young adults who want to be treated as an adult. Are you sure? Adults take care of themselves and think of others.

Q. Why should you pay for gas?

A. Because you're borrowing your dad's car.

Q. Why should you clean the kitchen?

A. Because your mom's exhausted.

Maturity =
Manage your Moods!

YOUR EVER-CHANGING RELATIONSHIP WITH YOUR PARENTS

Children, obey your parents in the Lord, for this is right. "Honor your father and mother," which is the first commandment with promise: "that it may be well with you and you may live long on the earth."

Eph. 6:1-3

A TIME TO OBEY

While you are a child and under the care (physical, financial, spiritual, emotional) of parents, Ephesians 6:1 instructs you to 'obey' your parents. This is regardless if your parents are Christians or not. God is using them to 'cover' or care for you. Making a quality decision to obey God's Word on this matter will put you in a position for a blessed life, either because of or in spite of your parent's decisions.

A TIME TO HONOR

The Honor Phase begins after you have accepted all adult responsibilities and are no longer scripturally obligated to obey them. I'm not referring to an unteachable spirit or rebellious attitude. True honor says, "Dad and Mom, I respect your input, but I really believe I've chosen what is right for me." To reject their counsel is not a rejection of their valuable place in your life. God will help you convey that tenderly.

A TIME TO CARE

As your parents age, your relationship will go through one last transition. Often, your parents will need emotional care long before physical care. The emotional needs of aging parents can include loneliness or worries about their future. Will they need financial assistance someday? Purpose in your heart today that you will take care of them in their sunset years to the best of your ability. Your parents can become your dearest friends.

Here's a good prayer:

*Lord, let me see my parents through Your eyes.
Use me to bring them joy and fulfillment.*

God will reward every gesture of love and responsibility you demonstrate towards your parents. If they are not appreciative, try to realize how discouraging physical limitations or emotional regrets must be. God can use you to bring them great comfort.

THE 4-INGS OF BEING A GREAT FAMILY MEMBER

Listening

Caring

Trusting

Sharing

JESUS' EXAMPLE FOR FAMILY RELATIONSHIPS

- He obeyed his parents. *Lk. 2:51*
- He honored his mother. *Jn. 2:4*
- He cared for his mother. *Jn. 19:27*

Being single is the perfect season to solidify your relationships with God and yourself.

FOR OUR SINGLES

01

Managing our emotions is an important life skill.

02

Any relationship which hinders your spiritual growth needs evaluation.

03

Boundaries are a prayerful, predetermined set of relational guidelines.

04

Your relationship with your parents transitions with age; we obey, honor, care.



Supporting Scriptures

Ps. 9:2

Ps. 42:5

Ps. 147:3

Prv. 10:14

Prv. 19:19

Jn. 2:24

Ph. 3:13

Jms. 5:12

How We Date Matters

Practicing purity is not just for our unmarried friends, but the choices you make during your single season will build a foundation for the rest of our lives. Please put your initials next to each challenge that you will accept.

- I will not date an unbeliever because we have a different value system. _____
(Be not unequally yoked together with unbelievers... 11 Cor. 6:14) Two believers can be unequally yoked, too.
- I will make a covenant with my eyes. _____ (I made a covenant with my eyes not to look lustfully at a young woman. Job. 31:1, Ps. 101:3)
- I will set boundaries regarding curfew, sexual topics, and calls while in bed. _____
(So above all, guard the affections of your heart, for they affect all that you are. Prov. 4:2)



Real love is marked by a life of giving, not getting. Eph. 5:25 Msg.

Reflection

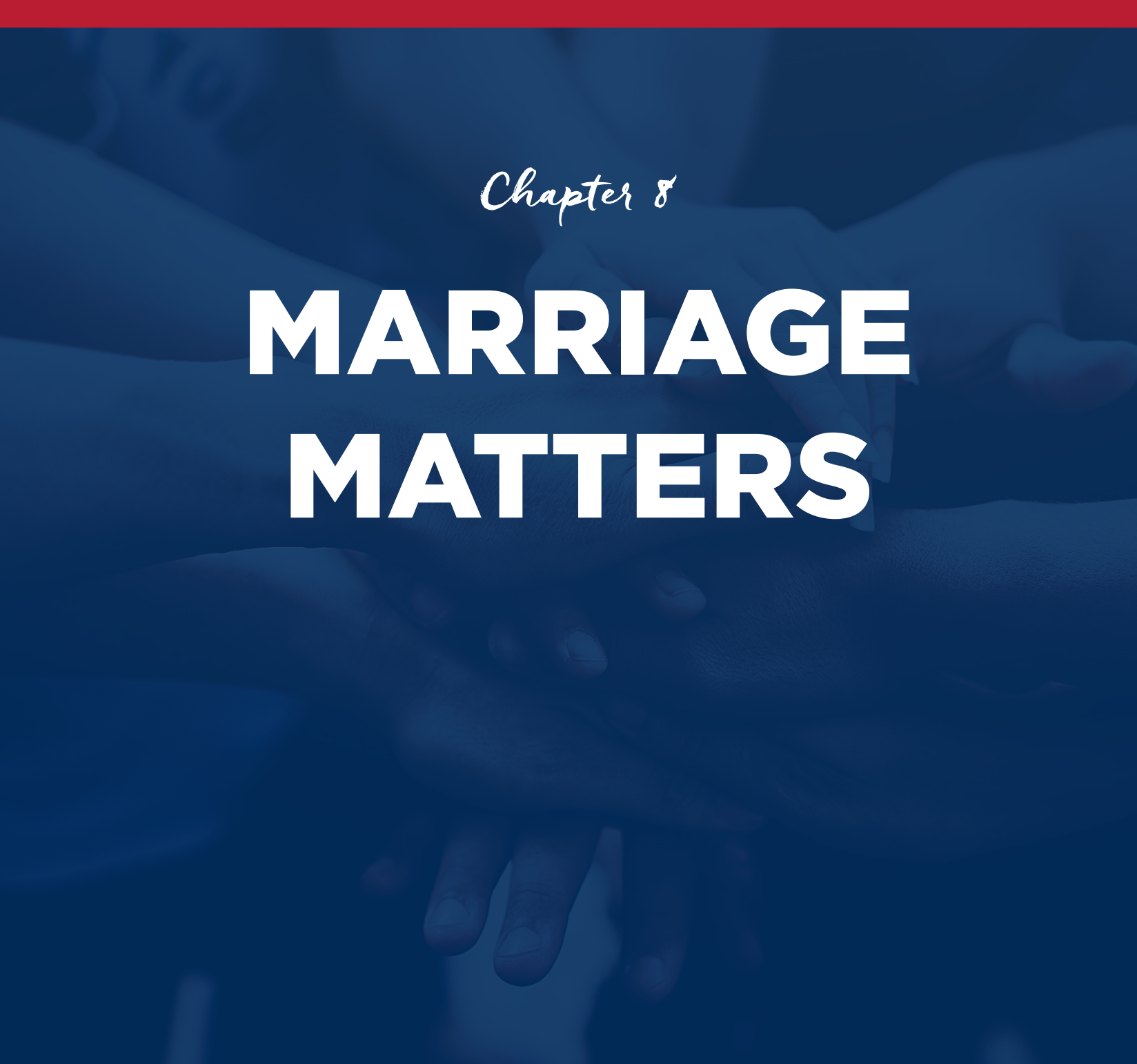


SEARCH

GOODNESS
"Generous Love"
Agathosune, Gr.

Gal. 5:22, Acts 9:36,
Acts 28:2

The fruit of the Spirit are eight expressions of love.



Chapter 8

MARRIAGE MATTERS

In a nutshell, a Godly marriage demonstrates "*you before me.*"
In a society that demands independence and deifies "me time,"
a Godly marriage is a sign and wonder to a watching world.
"Marked by *giving*, not getting" describes it well (*Eph. 5:26*).



YOUR WORD IS TRUTH JN. 17:17

Highlight these Chapter Eight scriptures in your Bible

PROVERBS 31:10-11

[Who] can find a virtuous wife? For her worth is far above rubies. The heart of her husband safely trusts her; So he will have no lack of gain.

ROMANS 15:5-6

Now may the God of patience and comfort grant you to be like-minded toward one another, according to Christ Jesus, that you may with one mind and one mouth glorify the God and Father of our Lord Jesus Christ.

I PETER 3:7 TPT

Husbands, you in turn must treat your wives with tenderness, viewing them as feminine partners who deserve to be honored, for they are co-heirs with you of the "divine grace of life," so that nothing will hinder your prayers.

God's Word is the best marriage manual available.

Reading scripture aloud enhances comprehension.

MARRIAGE MATTERS

Many marriages are suffering today due to a secular mindset of "What's-in-this-for-me?" and the disastrous pre-conceived myth of romantic love. Here are some descriptions of different types of marriages from my first book, *Miracle Moments*:

WHAT MARRIAGE IS NOT:

- The *Let's Make A Deal* marriage: You thought you found the ideal. Then you learned you got a raw deal, so now you want a new deal.
- The *Flintstone* marriage: Trying to arrive in your own power.
- The Consumer-oriented marriage: As long as my spouse meets my needs, I stay. If the costs go up or the rewards go down, I bolt, just as I will if a better alternative comes along.
- Blind marriage: When love at first sight is not enough to hold you over to love at last sight.
- Secular mind-set: They date to marry. I do. I did. I'm done.
- Christian mind-set: They marry to date. I do. I did. It's fun.

WHAT MARRIAGE IS

Marriage is a covenant between two imperfect people who refuse to give up on each other. Its foundation is Biblical love, not romantic love. What's the difference? Romantic love is a walk on the beach at sunset, but Biblical love is a commitment to sacrificial love for the good of your spouse. God wired men and women differently with distinctive needs to be supported.

A man's #1 need is _____.

A woman's #1 need is _____.

UNDERSTANDING GOD'S DIVINE ORDER

God's plan for marriage is described in Ephesians 5:21-25 as one man and one woman yield to God's love and leadership. It explains God's divine order, and it will always bring peace and joy into your home. People who interpret this as a pecking order need better understanding.

Husband and wife submit to each other.

Submitting to one another in the fear of God. Eph. 5:21

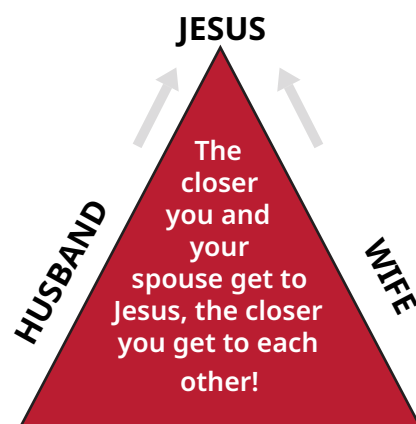
Husband submits to Father God. Eph. 5:21

Wife submits to husband. Eph. 5:22

Wives, submit to your own husbands, as to the Lord. Eph. 5:22

Children submit to parents Eph. 6:1

Husbands, love your wives, just as Christ also loved the church and gave Himself for her. Eph. 5:25



WHEN YOU RUN OUT OF LOVE

Learn this quickly, dear ones. Human love is limited and conditional. God's love is unlimited and unconditional. It's common for couples to focus on the annoying differences that develop and decide they don't love each other anymore. "I've run out of love," they say. When you run out of human love, you'll need to tap into God's love. The Greek language separates our English word for 'love' into four different expressions.

Agape - _____ love; God's unconditional, unlimited love

Phileo - _____ love; compatibility, sharing things in common

Storge - _____ love: affection, usually between parents and children

Eros - _____ love; the English word 'erotic' comes from 'eros'

Build your marriage on God's agape love and those momentary moments of "falling out of love" won't affect you.

A DESCRIPTION OF GOD'S AGAPE LOVE

1 Corinthians 13:4-7

Love is _____ and kind. Love is not jealous or boastful or proud or _____. It does not demand its own way. It is not irritable, and it keeps _____ of being wronged. It does not rejoice about injustice but rejoices whenever the _____ wins out. Love never gives up, never loses faith, is always _____ and endures through every circumstance.

THE "S" WORD

For the husband, the "S" word is sex. Have you wondered why God created men and women with such mismatched sex drives? My personal opinion is because no other relationship requires more sacrificial love. This unselfish love creates a lasting bond. Husbands must choose to put the needs of their wives needs before their own by not demanding sexual moments when she is obviously exhausted. At the same time, wives need to prioritize meeting her husband's physical needs. Read some credible books on sexuality and learn how to satisfy each other.

Husbands, go all out in your love for your wives, exactly as Christ did for the church - a love marked by giving, not getting. Eph. 5:25 Msg.

For the wife, the "S" word is submission, which is a concept vastly misunderstood. Relax, girls. It has nothing to do with being an inferior status or the man's doormat. Elizabeth Elliott, one my favorite authors, defined submission as "the recognition and respect of God-given authority."

Biblical submission isn't yielding to your husband's will, but rather to the Lord's way of doing things. It's embracing the divine order Christ established and trusting Him to lead through and/or deal with your husband. My friend said, "Submission is learning to duck so God hits the husband."



I LOVE YOU.

Kind words build relationships.

The Greek word for submission, *hupotasso*, does not mean to obey. Its literal meaning is “to get under and lift up, or to put in order.” It can also be a military term referring to the equal sharing of tasks, to support, to fulfill one’s part of the assignment.

YIELDING PREVENTS COLLISIONS

Submission can be explained by the metaphor of two Mercedes driving east at 70 mph. One is on the feeder road, while the other is exiting off the interstate. A collision would be guaranteed except for a yellow yield sign. The Mercedes on the feeder honors the yellow yield sign subconsciously, without any resentment. No road rage occurred with Mrs. “Feeder-Road” Mercedes screaming, “You can’t control me. Who do you think you are?” They both reached their destination, and life was good.

A COVENANT WITH YOUR EYES

I will set nothing wicked before my eyes... Ps. 101:3

- 64% of Christian men and 15% of Christian women say they watch porn at least once a month.
- The first exposure to pornography among men is 12 years old, on average.
- 56% of divorce cases involve one party having “an obsessive interest in pornographic websites.”
- All statistics from CovenantEyes.com.

Pornography is an addiction that ruins marriages and makes men a slave. Jesus Christ can set you free from the addictive grip of porn. Beginning steps include admitting that it is an addiction (*not just a bad habit*), making a covenant with your eyes, locating an accountability partner, and depending on the Holy Spirit to lead you. There are also informative, hope-filled resources available. Get serious about this sexual sin. It is not okay.

LIVING ABOVE REPROACH

Do not give the devil a _____. Eph. 4:27

Who can find a virtuous wife? For her worth is far above rubies. The heart of her husband can safely _____ her. Prov. 31:10-11

BUILD A STRONG MARRIAGE

Take your marriage seriously. It is your most important earthly relationship. God’s plan is for you to help each other in your journey of faith. Manage your expectations. Don’t depend on your spouse to make you happy. Look to God for His peace and fulfillment. Learn to forgive quickly. A good marriage is the union between two good forgivers. A vibrant, loving marriage brings God glory and is a sign and wonder to a watching world.

God has a way of doing things which is referred to as His divine order.

10 TIPS TO GUARD YOUR MARRIAGE

Here are some intentional ideas that will protect your marriage while at work.

01. Display a happy photo of you both and speak fondly of your spouse.
02. Beware of becoming a co-worker's confidante about any subject, but especially their marital complaints (opposite sex).
03. Emotional adultery is real. Limit conversations with the opposite sex to facts, not feelings.
04. Refuse to listen to or laugh at sensual comments.
05. Ladies, even though male compliments boost your ego, wear modest clothing (Advice to our TBI daughters is "If it's not on the menu, don't show it!").
06. No secret bonuses or "friends with benefits" are worth your Christian witness.
07. If you have a reason to text a man that is not your husband, include your husband or the other man's wife in that text message (This applies to youth leaders, too).
08. Do not ride anywhere alone, go out to eat alone, or spend time alone with a man that is not your husband or family member.
09. Men, make a vow to God and your wife never to meet with a woman or teenage girl alone; especially in the name of counseling.
10. Some couples combine their Facebook accounts so nothing is ever questioned.

Build your marriage on God's endless,
unconditional 'agape' love.

MARRIAGE MATTERS

01

God's plan for marriage is between one man and one woman.

02

Biblical love is a commitment to sacrificial love for the good of your spouse.

03

God's divine order refers to obeying His way of doing things.

04

Men need respect. Women need affection. Both need the Lord.



Supporting Scriptures

Gen. 2:24

Prv. 31:10

Mk. 10:9

I Cor. 13:4

Eph. 5:22

Eph. 5:25

I Pt. 3:7

I Pt. 4:8

How We Honor Matters

Honor one another above yourselves. Rom. 12:10

Honor is being respectful in word and action and having an inward attitude of esteem for their position. In a culture proud of their rebellion, a life of honor becomes a beacon of strength. Here's some areas where honor shows within a marriage and beyond.

- Honoring your spouse by keeping your love life private.
- Honoring your spouse by not spending more than your budget.
- Honoring your spouse by resisting a sarcastic jab.
- Honoring your employer when he gives your assistant a promotion.
- Honoring your child's coach when they bench your kid.
- Attending a wedding because the bride's mom had been there for you.
- Attending a funeral or homegoing even though you're busy.

Which relationship deserves your honor this week? _____



Honor gives respect to the position, not the personality.

Reflection



SEARCH

FAITHFULNESS
"Reliable Love"
Pistos, Gr.

Mat. 25:21, I Cor. 1:9,
I Jn. 1:9

The fruit of the Spirit are eight expressions of love.

ADDENDUM

ANSWER KEY

CHAPTER	EXERCISE	ANSWERS	
Chapter 1	The Seven Benefits of Good Relationships	1. Belonging 2. Purpose 3. Pleasure 4. Isolation	5. Stress 6. Growth 7. Live
Chapter 2	Wholeness Comes From Holiness	• Heart • Soul	• Mind • Strength
	A New Idea	• Leader • Co-laborer	• Disciple
Chapter 3	Mankind's "First Family" Fights	• Guilt • Shame • Blame • Deception • Comparison • Jealousy	• Anger • Hate • Murder • Lying • Hopeless • Separated
	Breaking the Cycle	• Root issue • Boundaries	
Chapter 4	Seven Types of Anger	1. Confessed 2. Conquered 3. Controlled, 4. Curbed	5. Condemned 6. Censured, 7. Celebrated
	Devotional: How We Talk Matters	1. G 2. C 3. F 4. A 5. D	6. E 7. I 8. B 9. H
Chapter 5	How to Forgive	1. Forgiven, gift of forgiveness; 2. faith 3. transformed 4. persecute	5. empower, strength 6. good, good 7. Father, forgive them
Chapter 6	Peacemakers Have Different Priorities	• Values • Grace • Listening	• Humility • Being right
	Overlooking Offens	• Overlook • Overlooking	• 70 x 7
	What Does The Word Say?	• Pride • Beginning	• Cease • Flesh
Chapter 7	Four Reasons To Manage Your Emotions	• Distort • Ally • Real	• Control • Control
Chapter 8	What Marriage Is	• Respect • Love	
	When You Run Out of Love	• Spirit • Soulsh	• Familial • Sexual
	Living Above Reproach	• Foothold • Trust	

THE A-B-Cs FOR FAITH-FOCUSED FAMILIES

By Rachel Burchfield

Affection - Humans were designed to express emotional support through physical touch. Appropriate affection includes sitting together, holding hands, tickling, back rubs, hugs, and holding each other when happy, sad or scared.

Bible Reading - Daily Bible reading provides guidance and introduces us to our Father. Let your family see you look to God's Word as your final authority. Invite children to read short portions at family meals or special moments.

Celebrations & Compliments - Celebrate genuine accomplishments on every level, whether a toddler who mastered the swing set or a grandparent who just retired. Encourage one genuine compliment each day.

Discipline - Self-control is a fruit of the Spirit and greatly needed with the family unit. If you don't master your mouth or emotions, they will master you. Discipline is needed regarding finances and screen time, too.

Exciting events - Always have something on the calendar that your family can look forward to. That focus and prepping will breed unity and keep any negative moments of the day in perspective. A beach day, picnic or camping trip is free!

Forgiveness - Learning and modeling Christian forgiveness is the single most important action to embrace for family relationships. Figure it out and practice it daily. "Forgive quickly" is good marriage advice.

Grace-Based Relationships - Not an invisible checklist of impossible standards, but a realization that God loves them in whatever condition they have chosen, and so must we. Samples: "You don't need to earn my love." "I love you at all cost." "God will equip me with everything I need to represent Him appropriately towards you."

Hugs - Scientific studies reveal that hugs can prevent (or benefit) anxiety, depression, sickness and loneliness. They release a message of safety and self-worth. Hug the elderly and the fatherless frequently.

Inspiration - Find ways to inspire your family to reach their goals and personal dreams. Send them a text or tangible item to let them know that you believe in them and "all things are possible."

Jesus - Many relatives don't serve Him because He's been so misrepresented to be a Cosmic Cop. May your life of obedience reveal to your family the true adventure of knowing Him.

Kindness - "Overcome evil with good" (Rom. 12:31) is a family rule which will help sibling rivalry every time. Celebrate all levels of kindness from sharing a toy to washing Dad's car. Catch 'em being good.

Love Letters - Any written expression of love is a tangible treasure. Hide a post-it that they will find later. Dads, buy a card and learn to be verbally affectionate. Grandparents can write an "After I'm gone, please remember..."

Marriage first - The greatest thing parents can do for their children is to love their spouse first. Let them watch you prefer one another and handle disagreements with maturity. A vibrant marriage is a marathon, not a sprint.

No Sarcasm! - Most jesting begins innocently, but becomes a habit of demeaning people. Families should have zero tolerance for family jokes even when discussing relatives who are not there.

Open discussions - Create ground rules for discussing volatile or sensitive topics such as 1) Postpone chat until tempers cease 2) What's the objective? 3) What does the Word say? 4) Try to work together & compromise.

Prayers time - Families who pray together stay together. Start with a weekly one-sentence prayer in a circle. For relatives not yet born again, commit to Spirit-led times of intercession and expect household salvation. Acts 16:31

Quiet times - Families will benefit from intentionally unplugging together. Fishing from a dock, card games, making cookies or rebuilding an engine. Anything works as long as there is positive, emotional interaction.

Respond, instead of react - When you don't, apologize. A gentle answer turns away wrath. Prov. 15:1

Structure & Schedules - Realistic, age-appropriate boundaries will provide security and prevent strife. Parents cannot be the buddy here. Determine the family dinner nights, screen time, curfew and # of activities allowed and stick to it.

Traditions - What will your family remember in 20 years? Need ideas? Plant a tree for newborns, family communion on New Year's Day, make a family flag or have a movie night. Family traditions provide a familial identity and sense of belonging.

Unconditional love - Human love is limited and has hidden requirements for acceptance, but God's unconditional love believes the best and accepts people as they are. This is not to be confused with a parental need for guidance.

Vocational training - Accomplishments on every level breed confidence and prepare us for our futures. Take time to teach children life skills, social training, and financial accountability.

Work Ethic - Working hard out of responsibility (not feelings) produces positive and productive people. By the age of 8, a child should contribute to the household with some simple chores and suffer consequences if not completed.

Xmas Story - Remember that Jesus is the Reason for the Season. Let that miracle story and those glorious gospel-exalting carols propel you into miracles for your own family.

Yearly Review - Buy a leather bound "Family Journal" and document the year's greatest miracles and goals fulfilled. Write down new goals and prayer requests, too. A nice restaurant is a lovely location for this special event.

Zeal for God's House - Families who attend church regularly are more likely to be emotionally anchored, socially strong and prepared for a successful future. A parent's top priority question: "Am I raising this child to know and love the Lord?"

THE 59 "ONE ANOTHERS" OF THE NEW TESTAMENT

1. Be at peace with each other. Mark 9:50
2. Wash one another's feet. John 13:14
3. Love one another. John 13:34
4. Love one another. John 13:34
5. Love one another. John 13:35
6. Love one another. John 15:12
7. Love one another. John 15:17
8. Be devoted to one another in brotherly love. Romans 12:10
9. Honor one another above yourselves. Romans 12:10
10. Live in harmony with one another. Romans 12:16
11. Love one another. Romans 13:8
12. Stop passing judgment on one another. Romans 14:13
13. Accept one another, then, just as Christ accepted you. Romans 15:7
14. Instruct one another. Romans 15:14
15. Greet one another with a holy kiss. Romans 16:16
16. When you come together to eat, wait for each other. 1 Cor. 11:33
17. Have equal concern for each other. 1 Corinthians 12:25
18. Greet one another with a holy kiss. 1 Corinthians 16:20
19. Greet one another with a holy kiss. 11 Corinthians 13:12
20. Serve one another in love. Galatians 5:13
21. If you keep on biting and devouring each other, you will be destroyed by each other. Galatians 5:15
22. Let us not become conceited, provoking, and envying each other. Galatians 5:26
23. Carry each other's burdens. Galatians 6:2
24. Be patient, bearing with one another in love. Ephesians 4:2
25. Be kind and compassionate to one another. Ephesians 4:32
26. Forgiving each other. Ephesians 4:32
27. Speak to one another with psalms, hymns, and spiritual songs. Ephesians 5:19
28. Submit to one another out of reverence for Christ. Ephesians 5:21
29. In humility consider others better than yourselves. Philippians 2:3
30. Do not lie to each other. Colossians 3:9
31. Bear with each other. Colossians 3:13

32. Forgive whatever grievances you may have against one another. Colossians 3:13
33. Teach[one another]. Colossians 3:16
34. Admonish one another Colossians 3:16
35. Make your love increase and overflow for each other. 1 Thessalonians 3:12
36. Love each other. 1 Thessalonians 4:9
37. Encourage each other. 1 Thessalonians 4:18
38. Encourage each other. 1 Thessalonians 5:11
39. Build each other up. 1 Thessalonians 5:11
40. Encourage one another daily. Hebrews 3:13
41. Spur one another on toward love and good deeds. Hebrews 10:24
42. Encourage one another. Hebrews 10:25
43. Do not slander one another. James 4:11
44. Don't grumble against each other. James 5:9
45. Confess your sins to each other. James 5:16
46. Pray for each other. James 5:16
47. Love one another deeply, from the heart. 1 Peter 3:8
48. Live in harmony with one another. 1 Peter 3:8
49. Love each other deeply. 1 Peter 4:8
50. Offer hospitality to one another without grumbling. 1 Peter 4:9
51. Each one should use whatever gift he has received to serve others. 1 Peter 4:10
52. Clothe yourselves with humility toward one another. 1 Peter 5:5
53. Greet one another with a kiss of love. 1 Peter 5:14
54. Love one another. 1 John 3:11
55. Love one another. 1 John 3:23
56. Love one another. 1 John 4:7
57. Love one another. 1 John 4:11
58. Love one another. 1 John 4:12
59. Love one another. 1 John 5

Foundations-For-Life Reference Tools

Stand-Alone Teachings, Topical Index, Illustrations

The Foundations-For-Life curriculum serves as a reference tool for TBI Alumni and Christian leaders of all ages. The reader has permission to use these materials in any way that develops a healthy lifestyle and Christian growth. For printed purposes, please cite your reference as *Burchfield, Rachel, Foundations-For-Life, 2022*.

Ten Workbooks, 80+ Pages Each

- **115 Stand-Alone Teachings**
- **200 Indexed Topics**
- **65 Supplemental Charts/Lists**
- **40 Illustrations for Sermons**
- **40 Personal Stories**
- **80 Devotionals**

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Brainwashed	<i>Brainwashed</i>	1 / 9	Evaluate info by God's Word, not popular consensus.
* Compromise	<i>How To Boil A Frog</i>	1 / 41	Compromise is so gradual that it often goes unnoticed.
* Contentment	<i>Acres of Diamonds</i>	1 / 57	After a man sold his farm to pursue wealth, diamonds were discovered.
Sin	<i>The Sin Virus</i>	2 / 8	A computer virus causes billions of dollars of damage.
Die To Self	<i>Mistake at the Morgue</i>	2 / 16	Funny. What it means to "die to self."
* Tongues	<i>Cannibals</i>	2 / 32	True story - Speaking in tongues saved a missionary's life.
Words of Jesus	<i>Words</i>	2 / 33	The words of Jesus are the most important words.
Who You Are In Christ	<i>The Mystery Man</i>	2 / 57	The peasant girl married a king, gaining his name and kingdom.
Bible Study	<i>Fools Gold</i>	3 / 8	Stats about California's 1849 Gold Rush (Psalm 19:11)
Trust God	<i>The Center Of Everything</i>	3 / 17	The central message of the Bible is the center verse.
Who You Are In Christ	<i>The Miracle Mirror</i>	3,4 / 40,16	God's Word is as a mirror reflecting your inner man.
Understand Your Bible	<i>Don't Forget The Oil</i>	3 / 49	The oil of the Holy Spirit makes your Bible come alive.
Habits	<i>The Secret To Success</i>	3 / 57	Our daily habits will make us or break us.
Identity in Christ	<i>Rewards of Identity</i>	4 / 1	Rewards belong to those whose identity is in Christ.
Guidance	<i>God's GPS</i>	4 / 9	God guides believers through their spirit man.
Faith's Confession	<i>Clean and Strong</i>	4 / 17	Confession of sin + confession of faith = clean + strong
Inward Witness	<i>Fully Charged</i>	4 / 25	Your inward man is like swallowing a cell phone.
Righteousness	<i>Daddy's Home</i>	4 / 33	Twins' different responses to their Daddy's arrival.
Prayer	<i>Never Pray This!</i>	4 / 41	Two types of prayer Christians should never pray.
* Overcomers	<i>The Neighborhood Tour</i>	4 / 49	Funny. Demons tippy-toe past the believer's house.
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* Father's Love	<i>My Father Owns It All</i>	6 / 1	Two campers compare their fathers.
Restoration	<i>A Knack For A Shack</i>	6 / 32	God sees us through His eyes as a finished prize.
God Loves You	<i>God's Billboard Top Ten</i>	6 / 35	God sings over us, just as a lullaby or a lover's ode.
The Bible Is Inspired	<i>It's Alive!</i>	7 / 11	The "breath of God" makes your Bible come alive.
* Hungry for the Word	<i>Eat The Word</i>	7 / 46	An Ethiopian Emperor ate pages of his Bible and died.
Grace	<i>It's Who You Know</i>	7 / 62	Heaven is gained by Who you know, not works.
A Real Fool	<i>April Fools Day!</i>	7 / 63	A freshman proves his atheist professor is a true fool.
* Forgiveness	<i>Louis Zamperini Story</i>	8 / 40	WWII vet in Japanese war camp returns to forgive.
Emotions	<i>The Cracked Windshield</i>	8 / 49	The tiny ding left unfixed became a large crack.
Inner Man	<i>The Mall Of America</i>	9 / 1	Our spirit man is like a mall, everything we need.
Spirit Man	<i>The X-Rays Missed This</i>	9 / 9	X-rays show our natural man, but not our spirit man.
Confession of Faith	<i>How Faith Works</i>	9 / 13	A bicycle; confess with your mouth, believe in your heart.
Why Faith Fails	<i>A Wedding Disaster</i>	9 / 17	Mix your problem or promise with faith.
Salvation Benefits	<i>It's Paid For!</i>	9 / 41	Salvation is like an all-inclusive resort. Paid in full.
Faith Works!	<i>Faith Has No Plan B</i>	9 / 47	Our son's response to a marriage proposal setback.
God's Will	<i>A Fun and Faithful Father</i>	10 / 16	God's will unfolds with maturity.
Special Inheritance	<i>That's Billion With A "B"</i>	10 / 27	True story. Two brothers in poverty inherit billions.
* Rich in Christ	<i>The Wealthy Pauper</i>	10 / 32	A pauper didn't know she had inherited a fortune.
Describing God	<i>Artwork By Alyssa</i>	10 / 33	A kindergartener attempts to draw a picture of God.

* Rachel's favorites

STRONG-FOR-LIFE RELATIONSHIPS

I. People Need People

- A. Created with an inherent need for people
- B. Foundation of relationships are connections of shared experiences.
- C. *Acts 2:46 Acts 4:32 Prv. 27:9*

II. Healthy Relationships

- A. Wholeness occurs as we dedicate ourselves to God.
- B. Communication, boundaries, support, mutual respect needed
- C. *Prv. 18:24 Prv. 17:17 Mk. 12:30*

III. Relational Red Flags

- A. Selfishness and pride are the root of relational problems.
- B. Abuse, which can be physical or emotional, is usually cyclical.
- C. Freedom begins with a choice to escape and trust God.
- D. *Ps. 46:1 Prv. 15:18 I Cor. 15:33*

IV. Anger Management

- A. Anger is a God given emotion that needs to be managed.
- B. Unresolved anger becomes bitterness.
- C. The root is emotional hurt. The remedy is God's love.
- D. *Prv. 17:14 Prv. 26:17 II Tim. 2:24*

V. The Gift Of Forgiveness

- A. Forgiveness is an act of your will in obedience to God's Word.
- B. Put the injustice into the hands of the Righteous Judge.
- C. Focus on God's forgiveness towards you.
- D. *Prv. 17:9 Col. 3:13 I Pt. 4:19*

VI. Resolving Family Conflict

- A. Becoming a peacemaker builds a strong family.
- B. Stop strife before it starts with intentional kindness.
- C. *Rom. 12:21 Heb. 12:14 I Pt. 3:11*

VII. For Our Singles

- A. Managing our emotions is an important life skill.
- B. Boundaries are a predetermined set of relational guidelines.
- C. *Prv. 10:14 Jn. 2:24 Ph. 3:13*

VIII. Marriage Matters

- A. Romantic vs. Biblical love; feelings vs. commitment
- B. God's divine order refers to His way of doing things.
- C. *Gen. 2:24 I Cor. 13:4 Eph. 5:22-32*

