

Pressure Points
“The Stress of Relationships”

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We are designed for relationships. Relationships are one of God’s greatest gifts to us. They are also one of life’s greatest pressure points. It doesn’t have to be this way. As we learn to honor God’s great gift, we will experience far less stress.

Five Ways To Honor One Another

1. H _____

And he gives grace generously. As the Scriptures say, “God opposes the proud but gives grace to the humble.” James 4:6 (NLT)

Don’t look out only for your own interests, but take an interest in others, too. Philippians 2:4 (NLT)

2. O _____

Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results. James 5:16 (NLT)

3. N _____

Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. ³² Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you. Ephesians 4:31-32 (NLT)

4. O _____

Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry. James 1:19 (NLT)

- Remove _____



• Ask _____

• Withhold _____

5. R _____

• Respect _____

⁵So you must submit to them, not only to avoid punishment, but also to keep a clear conscience. Pay your taxes, too, for these same reasons. For government workers need to be paid. They are serving God in what they do. ⁷Give to everyone what you owe them: Pay your taxes and government fees to those who collect them, and give respect and honor to those who are in authority. Romans 13:5-7 (NLT)

• Respect _____

Honor your father and mother. Then you will live a long, full life in the land the Lord your God is giving you. Exodus 20:12 (NLT)

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Discussion Questions:

1. Discuss how relationships can be so stressful. What are some of the root causes of stress in our relationships?
2. Why is the idea of humility looked down upon in our world? Discuss the benefits of living a life of humility and how it affects our relationships.
3. Read James 5:16. Discuss why it is so difficult to openly admit our faults and the benefits that come when we do.
4. Forgiveness is a tremendous pressure valve in our relationships. Discuss the challenges and benefits in forgiving the people in our lives.
5. Read James 1:19. Discuss the three steps given in being a good listener. How well do you do with them?
6. What does it look like to respect authority you don't agree with or you feel is undeserving? How does respecting authority help reduce stress in relationships?

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