

Go Green:
Building Healthy and Sustainable Relationships

4-Week Sermon Series Overview:

Week 1 – Go Green: Building a healthy environment

Week 2 – Go Green: Building a healthy you

Week 3 – Go Green: Building healthy relationships

Week 4 – Go Green: Building healthy community

Psalm 8:1-9 (NIV)

¹ Lord, our Lord, how majestic is your name in all the earth! You have set your glory in the heavens.

² Through the praise of children and infants you have established a stronghold against your enemies, to silence the foe and the avenger.

³ When I consider your heavens, the work of your fingers, the moon and the stars, which you have set in place,

⁴ what is mankind that you are mindful of them, human beings that you care for them?

⁵ You have made them a little lower than the angels and crowned them with glory and honor.

⁶ You made them rulers over the works of your hands; you put everything under their feet:

⁷ all flocks and herds, and the animals of the wild,

⁸ the birds in the sky, and the fish in the sea, all that swim the paths of the seas.

⁹ Lord, our Lord, how majestic is your name in all the earth!

Psalm 8 principles: God gave us responsibility for taking care of the environments in which we live.

- Physical Environment: In verses 6-8 we saw that we are responsible for caring for our planet.
- Our Personal Lives: In verse 2 we see how we are to take care of ourselves.
- **Our Relationships: Today we study the Bible for building healthy relationships.**

Verse 4 says, "what is mankind that you are mindful of them, human beings that you care for them?"

1. King David uses two (2) remarkable words here: mindful and care.
2. These two (2) words encompass the head and the heart.
3. **All relationships that are healthy require your head and your heart.**
4. If you leave one of these two out, you will have an unhealthy relationship.
5. Jesus, who is God, relates to us in our heads, and in our hearts.

The three building blocks of a meaningful relationship are:

1. **Humility** – In the real world this is willfully being vulnerable to someone else
 - a. Romans 12:3 ³ "For by the grace given me I say to every one of you: **Do not think of yourself more highly than you ought**, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you."
 - b. Philippians 2:3-4 ³ "Do nothing out of selfish ambition or vain conceit. **Rather, in humility value others above yourselves**, ⁴ not looking to your own interests but each of you to the interests of the others."
 - c. Think highly of yourself, but consider others more important than yourself.
 - d. Practice humility before God by being willing to take instruction from His Word.
 - e. Make it a priority to let others take turns leading and making decisions.

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2. **Unselfishness** – In the real world this plays out as a willingness to care for the needs of others
 - a. Philippians 2:3-4 ³ “Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, ⁴ **not looking to your own interests but each of you to the interests of the others.**”
 - b. Think about the needs of others.
 - c. Pray for the well-being of others.
 - d. Be an active listener to others.

3. **Trust** – In the real world this plays out as a firm belief in the reliability, truthfulness, ability, or strength of someone or something.
 - a. Trust is built on a combination of consistency and dependability:
 - b. Trust makes promises – big and small – and keeps them; especially the small ones.
 - c. Honesty: Don’t lie to each other; don’t tolerate the lies that there are “smaller lies.”
 - d. Trust keeps confidentiality in the relationship.

If you want to know the true status of any relationship you have, ask yourself this:

- Does the relationship have mutual humility and vulnerability?
- Is the relationship marked by mutual unselfishness shown in a healthy give and take?
- To what level and in what specific ways do we demonstrate that we trust each other?

So where in the world do you learn those things that make for healthy relationships?

You learn those truths in Biblical Discipleship with other people.

1. **Everyone needs a Paul.** Someone who appeals to your head in order to improve your heart.
 - a. A Paul is someone who mentors, inspires, guides, and corrects you when needed.
 - b. A Paul is someone who has wisdom. They may not have all the answers, but they know life.
 - c. A Paul is someone who knows God and has walked with Him for a length of time.
 - d. A Paul is someone who knows the world, it’s schemes and knows how to navigate through.
 - e. Who is a Paul in your life? Is that relationship effective? How could it be better?

2. **Everyone needs a Barnabas.** Someone who appeals to your heart in order to keep your head on straight.
 - a. A Barnabas is someone who lifts your heart through encouragement and is positive.
 - b. A Barnabas is someone who brings hope and inspiration to your life.
 - c. They help you navigate negative, critical people as you make your way through life.
 - d. Who is a Barnabas in your life? Is that relationship effective? How could it be better?

3. **Everyone needs a Timothy.** Someone that you are a Paul to that you help them grow in faith.
 - a. A Timothy is someone you pour your life into in a meaningful way.
 - b. Are you retired from formal business work? Who are you pouring your life into?
 - c. Are you an empty nester, then what parents are you encouraging thru raising teens?
 - d. Are you young parents? Then who are you encouraging to grow? Teens? Children?
 - e. Everyone is called to have a Timothy, who is yours? Is that relationship effective? How could it be better?