

Healthy Relationships

Part three of the series, "Thrive: Spiritual Health in Times of Crisis"

Saturday, August 15, 2020 | Pastor Parris Hayashi

"As the Father has loved me, so have I loved you. Abide in my love. ¹⁰If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. ¹¹These things I have spoken to you, that my joy may be in you, and that your joy may be full. ¹²This is my commandment, that you love one another as I have loved you. ¹³Greater love has no one than this, that someone lay down his life for his friends. ¹⁴You are my friends if you do what I command you. ¹⁵No longer do I call you servants, for the servant does not know what his master is doing; but I have called you friends, for all that I have heard from my Father I have made known to you. ¹⁶You did not choose me, but I chose you and appointed you that you should go and bear fruit and that your fruit should abide, so that whatever you ask the Father in my name, he may give it to you. ¹⁷These things I command you, so that you will love one another." (John 15:9-17 ESV)

Relational health with God and relational health with people are interconnected.

"If you keep my commandments, you will abide in my love... ¹²This is my commandment, that you love one another as I have loved you... ¹⁴You are my friends if you do what I command you." (v.10, 12, 14)

"...For whoever does not love their brother and sister, whom they have seen, cannot love God, whom they have not seen. And he has given us this command: Anyone who loves God must also love their brother and sister." (1 John 4:20-21 NIV)

"If it is possible, as far as it depends on you, live at peace with everyone." (Romans 12:18 NIV)

How do we have healthy relationships?

1. Make relational health a priority.

"These things I have spoken to you, that my joy may be in you, and that your joy may be full. This is my commandment, that you love one another as I have loved you." (John 15:11-12 ESV)

2. Serve others above yourself (Luke 10:25-37 NIV).

"Greater love has no one than this, that someone lay down his life for his friends." (v. 13)

3. Forgive. (Luke 10:25-37 NIV)

"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." (Ephesians 4:32 NIV)

As we love others, we abide in Christ and experience God's favor.

"If you keep my commandments, you will abide in my love... You did not choose me, but I chose you and appointed you that you should go and bear fruit and that your fruit should abide, so that whatever you ask the Father in my name, he may give it to you." (v. 10, 16)