

God's Original Design



Four Things We Must Let Go Of

"How To Build Strong & Healthy Relationships" "God's Original Design ... Four Things To Let Go"

With 1 out of 2 marriages ending in divorce we can't leave marriage to chance. We need to go back to the original design for marriage and see four things we must let go of if we want to have strong & healthy relationships.

"The LORD God took the man and put him in the Garden of Eden to work it and take care of it... The LORD God said, "It is not good for the man to be alone...I will make a helper suitable for him." Genesis 2:15, 18 (NIV)

"Now the LORD God had formed out of the ground all the beasts of the field and all the birds of the air. He brought them to the man to see what he would name them; and whatever the man called each living creature, that was its name. So the man gave names to all the livestock, the birds of the air and all the beasts of the field. But for Adam no suitable helper was found. So the LORD God caused the man to fall into a deep sleep; and while he was sleeping, he took one of the man's ribs and closed up the place with flesh. Then the LORD God made a woman from the rib he had taken out of the man, and he brought her to the man. The man said, "This is now bone of my bones and flesh of my flesh; she shall be called 'woman', for she was taken out of man." Genesis 2:18-23 (NIV)

"For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh." Genesis 2:24 (NIV)

Four Things From Our Past We Must Let Go Of

1. I Must Let Go Of _____

"For this reason a man will leave his father and mother..." Ephesians 5:21 (GN)

**Our _____ Should Never Have To
Compete With Our _____**

2. I Must Let Go Of _____

*"...the one thing I do, however, is to forget what is behind me and do my best to reach what is ahead."
Philippians 3:13 (GN)*

**Stop _____ Our Mate And
Start _____ Our Marriage**

3. I Must Let Go Of _____

*"Never ask, 'Oh, why were things so much better in the old days?' It's not an intelligent question."
Ecclesiastes 7:10 (GN)*

**When We Live In The _____ We Are
Not Available In the _____**

4. I Must Let Go Of _____

"You must give up your old way of life with all its bad habits. Let the Spirit change your way of thinking and make you into a new person." Ephesians 4:22-24 (CEV)

Three Problems That Harm & Kill A Relationship

Focus On What's _____ And Not What's _____ And Move On!

*"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."
1 John 1:9 (NIV)*

"Praise the LORD ... who forgives all your sins ... The LORD is compassionate and gracious, slow to anger, abounding in love ... He does not treat us as our sins deserve or repay us according to our iniquities. For as high as the heavens are above the earth, so great is his love for those who fear him; as far as the east is from the west, so far has he removed our transgressions from us." Psalms 103:2,3,8,10-12 (NIV)

*"Forgive whatever grievances you may have against one another. Forgive as the Lord forgave you."
Colossians 3:15 (NIV)*

"As the scripture says, 'for this reason a man will leave his father and mother and unite with his wife, and the two will become one.'" Ephesians 5:31 (GN)

**"United" Is An Act Of _____
The Result Is _____**

Personal Study - Growth Homework

For The Week of July 16, 2006

Getting Started

From our study this weekend, what was one thing about marriage or relationships you needed to hear or hear again? What was one concept or principle that was new?

This weekend we talked about four things we must let go of if we are going to have a strong and healthy marriage with real intimacy. Rate how well you think you've let go of the past in each of these four areas.

LETTING GO OF PARENTS

1 2 3 4 5 6 7 8 9 10

LETTING GO OF PEOPLE

1 2 3 4 5 6 7 8 9 10

LETTING GO OF PLACES

1 2 3 4 5 6 7 8 9 10

LETTING GO OF PROBLEMS

1 2 3 4 5 6 7 8 9 10

Which one of these has the greatest need to be let go of in your life?

What do these two verses say about letting go, how to let go and why are these things absolutely essential for letting go?

Philippians 3:12-14

Ephesians 4:22-24

How do these verses apply/impact each area we must let go of?

Digging Deeper

Of the four things we must let go of from our past, one of the hardest areas for many people to let go of is there past problems. Why is it so difficult to let go of GRUDGES, GRIEF and GUILT? Which of these is the most difficult for you to let go of in your life? WHY?

What do the following verses say about GRUDGES, GRIEF and GUILT?

Colossians 3:13-15

Psalms 103:1-5

Psalms 103:8-12

Psalms 103: 20-22

Matthew 18:21-35

Psalms 32:1-5

Psalms 51:1-3

Mark 11:25

Luke 17:3-4

Psalms 38:1-7

Ephesians 4:32

Matthew 5:21-24

How do grudges, grief & guilt impact our willingness to help and serve and tell others about Jesus?

What is one thing God is specifically saying to you – something you need to do/act on? What is the action step(s) you need to take today?