

Habits of a Healthy and Strong Relationships

3 John 2 (KJV)

Pastor Victor J. Coleman, Sr.

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Sara Altshule discusses ten (10) habits that people in healthy relations do consistently. Healthy relationships aren't that way by accident. The people are intentional in developing good and healthy lives. They work on themselves to be healthy and then together they work to ensure their relationship thrive and not just survive. Today, let's look at these in conjunction with other things the Bible says about being healthy and having a healthy relationship.

3 John 2 (KJV) 2 Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.

Proverbs 3:7-8 (AMP) A relationship that has the fear (reverence) of the Lord, will see health in their relationship.

1. Communication - Psa 50:19, Prov. 18:13 (ESV), Prov. 18:19, Prov. 12:18, Prov. 18:21
2. Respect - Rom 12:10 (NIV), Phil 2:3 (NIV), Rom 12:10 (GN), Prov 21:21 (GN), Luke 6:31 (GN)
3. Quality Time, Not Quantity - Eccl 4:9-12 (ESV), Heb 10:25 (ESV), Mark 6:31 (ESV), Mark 6:31 (AMP)
4. Time Apart
5. Love Languages - Gary Chapman Five Love Languages - John 15:17 (AMP), Gal 5:13 (AMP)
 - a. Words of Affirmation
 - b. Quality Time
 - c. Physical Touch
 - d. Receiving Gifts
 - e. Acts of Service
6. Appreciation - Num 6:24-26 (ESV), 1 Cor 1:4 (ESV), 1 Thess 5:11 (ESV)
7. Positive Vs. Negative - Phil 4:8-9 (AMP)
8. Choose Your Battles -
9. Sex - Let's talk about sex - 1 Cor 7:2-5 (AMP)
10. No Comparisons - 2 Cor 10:12-16 (ESV)

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