

HOUSE OF PEACE SKETCHES
FOR THE MONTH OF FEBRUARY

Healthy Relationships

FEBRUARY 2017

EAGLES CHRISTIAN FAMILY CENTER

HEALTHY RELATIONSHIPS IN THE FAMILY

18 Wives, submit to your husbands, as is fitting for those who belong to the Lord. 19 Husbands, love your wives and never treat them harshly. 20 Children, always obey your parents, for this pleases the Lord. **Colossians 3:18-20 NLT**

<p>Objectives:</p> <ul style="list-style-type: none"> ❖ Learn how to maintain harmony in the family ❖ Study the different roles at home ❖ Apply the necessary steps to solve conflicts in your families 	<p>Weekly Announcements:</p> <ul style="list-style-type: none"> ❖ Retreat “3 Days of Power” for adults- February 10-12 ❖ Retreat “3 Formation” for youth- March 10-12 ❖ Tabernacle- Mondays at 7 p.m. ❖ All White Party (RG)- Fridays at 7p.m.
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Illustration: A little boy named Danny lived with his family in a trailer. One day someone asked him, “Don’t you wish you had a real home?” Danny’s reply was wise beyond his years. He said, “We have a real home. We just don’t have a house to put it in.”

A house and a home are very different. A house is just a physical structure, made perhaps of brick or wood or stone. It can be large or small. It may not have persons inside. If a house does not include persons, the house is not really a home. (Bill Bouknight, “Just a Thought”)

Introduction: One of our values is having healthy relationships. We were not created to live alone, but to live in community. This value should be even more outstanding when it comes to our loved ones, and this is why today we will learn how to cultivate good relationships with our family.

1. Maintaining Harmony (Romans 12:16)

- A. *Quality time:* Spending time with family is very important, because that is how sincere relationships are edified at home. Example: A father and his son go to the movie theater, they laugh at a scene together and get a “rhema” from it, which results in a stronger bond.
- B. *Genuine understanding:* Each member of the family has an unlimited value, therefore, the father just as much as the son has the right to be heard and to do the same with rest of their family.
- C. *Acceptance:* The whole family should feel accepted and loved. When they come home they need to know it’s a place of encouragement. Home, is the place people are shaped to either better or worsen society. Therefore, it is important to set the example of Jesus Christ and his love so that every member in the family does the same.
- D. *The safe harbor:* The home should be a safe place where each member feels free to speak about anything. A place where they will not be judged or rejected, but where they will be understood and given advice in accordance to the Word of God.

2. The roles of each family member (Colossians 3:18-20)

- A. *The protector:* The husband, who also is the father is called to protect and provide for his home, he is the one who supports his family in times of crises, he fights for his wife and children looking for the best. He

provides safety, this is why he should let go of all immaturity and selfishness since he is the one who brings security to his wife and children.

- B. The virtuous woman: The wife who also is the mother at home is called to help and aid her spouse and children in times of difficulty. She loves, affirms and admires her husband. Also, she nurtures and protects her children while she watches over her house (*Proverbs 31:10-31*).
- C. Sons and daughters of honor: The children are called to obey their parents, respect their household rules, and follow the norms that are established for order (Ephesians 6:1-3). Honor includes listening, paying attention, and submitting to authority (Exodus 20:12).
- D. Once each member understands their role at home, there is order which maintains harmony. Order in the family eliminates rebellion, disputes between children and their parents and it builds a peaceful atmosphere where God's presence reigns.

3. Solving conflicts at home (*Luke 17:34*)

- A. We will solve every conflict quickly and biblically, with grace, courage, respect, and dignity; we will not make way for resentment or murmuring.
- B. There are no perfect families. It is normal to have problems at home, but we have to learn how to solve them.

Steps to solve conflicts:

- Identify the problem
- Determine if the problem is actually a problem
- Seek to talk to those who are involved in the conflict
- Plant solutions, while considering others opinions
- Evaluate the results, if the results are unsatisfactory, then modify what is needed to avoid further conflict.

- C. A family that truly has healthy relationships, knows how to solve each problem and they know each other so well, that they are also able to avoid situations that affect others in the family. Example: if that father doesn't like it when the dog gets on the couch, because it sheds, then it will have to be trained so that the dog doesn't get sold, & end up affecting the kids. You see, there is understanding!

Conclusion: Family was God's idea from the beginning, and He designed it so that everyone would have a safe harbor where they could grow and mature mutually. We were created to live in a biological family, but also to be part of a spiritual family. If you have never accepted Jesus in your heart, make the following prayer and join your eternal family.

SALVATION PRAYER

Lord Jesus, I recognize that I have sinned and that you died for me. Today I repent and ask for forgiveness. I give you my heart and my life so you can be my Lord and personal Savior, amen.

Interactive Questions:

Which of the tips that were just mentioned do you have to practice? Why?
Is there a relationship in your family that you need to improve? How can you do it?
How can you solve the current conflict at home?

Personal Application:

This week choose to have quality time with your family. You can take advantage of dinner, play a board game or make time for an outdoor activity like: bowling, the movie theater, a BBQ, soccer, etc.

HEALTHY RELATIONSHIPS WITH MY FRIENDS

9 Two people are better off than one, for they can help each other succeed. 10 If one person falls, the other can reach out and help. But someone who falls alone is in real trouble. *Ecclesiastes 4:9-10 NLT*

<p>Objectives:</p> <ul style="list-style-type: none"> ❖ Discover how to develop healthy friendships ❖ Understand the importance of having friends. ❖ Learn how to choose the right friends 	<p>Weekly Announcements:</p> <ul style="list-style-type: none"> ❖ Retreat “3 Days of Power” for adults – February 10-12 ❖ Retreat “3 Formation” for youth- March 10-12 ❖ Tabernacle- Mondays at 7 p.m. ❖ Youth service (RG)- Fridays at 7 p.m.
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Illustration: A soldier asked his tenant for permission to go look for his friend. “Sir, my friend has not returned from battle. Can I go and look for him?” “Permission denied”, the tenant replied. I don’t want you to risk your life for someone that is probably dead”. The soldier listened, but then secretly escaped and went to look for his friend. An hour later, he got back physically wounded, while carrying his friend’s cadaver. The tenant was furious, “I told you that he was dead! Tell me, was it worth going out there to bring back a cadaver?” The soldier replied, “Of course, sir! When I found him he was still alive and he told me: I knew you would come!” (webselah.com). A real friend is there when the whole world has left. A real friend is the someone who lifts you up when you fall, someone who helps you during the tough and easy times. Do you have real friends? Are you a real friend?

Introduction: Friends are indispensable in life. It is through healthy relationships with friends that we grow mutually. For, two are better than one, if one falls, the other will lift them up. However, we need to know how to choose and develop the right friendships. Today we will learn the importance of having healthy relationships with the right friends.

1. **How to develop healthy friendships (2 Kings 2:2)**
 - A. There are people who believe they are anti-social, but that’s not true. Every human being is naturally sociable, because we were all created to live in community. Nobody was called to be a lone ranger; each person needs to have healthy friendships.
 - B. We must find an interest in others in order to make new friends. By nature, we are self-centered and tend not to consider others very much. Start to intentionally fellowship with people, get to know your HOP members, get involved in a ministry, talk more with your co-workers, join a sport or a leisure activity.
 - C. Do not be a chronic critic nor a toxic person that is always quenching the joy out of life. We have to be positive people who energize others and that enrich them by being generous, encouraging, helpful and happy.
 - D. To build lasting friendships, we must be good listeners. Therefore, God has given us two ears and one mouth, to talk less and hear more. There are times we say things with our mouth that are offensive. However, with our ears we can show love, compassion, and value, because a friend feels valuable when they are heard (James 1:19).

2. The importance of having friends (Proverbs 27:17)

- A. We all need to be loved unconditionally, just as we are and for who we are. Friends are essential in life, because they challenge us, support us and strengthen us which in result brings the best out of us.
- B. They challenge you: The true friend sharpens you like iron and expects you to do the same with them. The real friend pushes you to reach your dreams, they believe in you and constantly challenge you to be the best version of yourself. They tell you things just as they are, because they love you and truly care about you and your life.
- C. They support you: During times of crises, friends are those who stay with us when everyone else has left. They are the ones who lend their ears to listen to us, their shoulder to cry on, their time to help us and their mouths to relieve us. They are always there.
- D. They strengthen you: True friendships make you feel stronger, because they always motivate you to grow whether it is spiritually, academically, mentally, or vocationally (1 Thessalonians 5:11).

3. Choosing the right friends (1 Corinthians 15:33)

- A. There are casual friends and close friends. The casual ones are a result of our circumstances, but the close ones are the result of our choices. We have to choose who will be our close friends (are true friends), because our friends determine our future.
- B. Though we all have different temperaments, we still attract who we are. This means, that we attract people that are like us. Our close friends must have the same goals, values, and attitudes as we do. They should guide us to our purpose, not deviate us from it.
- C. Do not choose a friend that is wrathful, stingy, immoral, or lazy. Why? Because we will be influenced to be the same. "Tell me who your friends are, and I'll tell you who you are". The wrathful person will make you violent, the stingy person will invite you out to eat, but he won't mean it (Proverbs 23:6-7), the immoral person will not teach you anything that is just (1 Corinthians 5:9-11), and the lazy individual is not fruitful, they'll only steal your energy (2 Thessalonians 3:6).
- D. Do not choose to be friends with someone who does not think like you in regards to principles and values. Now, this doesn't mean that you won't be friends with people who probably are non-believers, because we are here to enrich one another and reach the lost, but this means that it is wise to choose believers as your close friends. This way, you'll have a friend that will help you keeping fulfilling your purpose.

Conclusion: Friends are more valuable than treasure, therefore we must walk with the right friends, because they will run with us toward success. But, do you know who's the greatest friend that gave his life for you? Jesus. If you haven't accepted him into your heart, pray the following:

SALVATION PRAYER

Lord Jesus, I recognize that I have sinned and that you died for me. Today I repent and ask for forgiveness. I give you my heart and my life so you can be my Lord and personal Savior, amen.

Interactive Questions:

Who do you consider a real friend? How do you know this?
 Why do you believe it's important to have friends?
 Do you consider yourself a good friend? Why?
 As a friend, how can you enrich your real friends?

Personal Application:

- ✓ Identify who are your real friends and make time to fellowship and share your dreams with them.
- ✓ If you do not have "true" friends, then this week make time to intentionally look for new friends at church, work, or school.

HEALTHY RELATIONSHIPS IN MY VOCATION AND MINISTRY

23 Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, 24 since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving. *Colossians 3:23-24 NIV*

<p>Objectives:</p> <ul style="list-style-type: none"> ❖ Discover the key attitude that will help us succeed ❖ Learn how to take the extra mile ❖ Illustrate the importance of getting along with others ❖ Understand who we are working for 	<p>Weekly Announcements:</p> <ul style="list-style-type: none"> ❖ Retreat “3 Formation” for youth- March 10-12 ❖ Tabernacle- Mondays at 7 p.m. ❖ Youth Service (RG)- Fridays at 7 p.m.
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Illustration: There was a man who attended a church for seven years. He would sit on the bleachers and never did anything to get involved. He would only come to worship, then he would leave after the service. One day, he had a heart attack and he was in the hospital for two weeks. The pastor was traveling and he didn't know about this incident until he came back. When this man gets out of the hospital, he goes to the church and tells the pastor, “I am not coming to this church anymore”. The pastor asked, “Why?”. The man answered, “Because it is not friendly. No one visited me when I was in the hospital”. When the man left, the pastor thought to himself, “It was his fault”. He never made friends, neither did he get involved in a small group. He never gave nor shared. It was his fault that no one was with him during that time of crisis, because he never made a connection.

Introduction: God's plan for every person is not for them to walk alone, instead for each of them to fellowship and care for one another. Part of the ministry is to build godly relationships that will help us grow. The objective in the vocational life is to offer essential services in society. Today's topic will talk about healthy bonds in the work field and ministry.

1. The positive attitude (Proverbs 17:22)

- A. *Attitude says everything.* It shows a company's quality service and the level of excellence in your church. Your face, your expressions and body posture transmits respect or disrespect. Your attitude determines your level of performance and happiness. We should always make the effort to be the best employees and servers that know how to offer good customer service.
- B. *God is watching you.* It does not matter where you work, you shouldn't only be kind in the ministry, but also in your vocation. The Lord is watching your heart's motivations when you work and when you serve. Everything you do should reflect Jesus, you are his reflection on earth, therefore, God is weighing your heart (Proverbs 21:2).
- C. *Enthusiasm produces divine favor.* When you are an energetic person, you improve the atmosphere and the relationships at your job and in the ministry. Most employers would rather hire someone with a positive attitude than someone capable that has a negative attitude (*The Case for Hiring 'Under-qualified' Employees*). Example: Pastor Dinora Jimenez, served a married couple for many years. Due to her service, the married couple put Pastors Jimenez on their will and paid off their daughter's schooling in advance.
- D. *The right attitude accelerates your aptitude.* Enthusiasm accelerates your learning process in any work or ministerial field. The individual that has this kind of attitude, is willing to learn new things, is flexible and they appreciate corrections. The positive person, is not easily discouraged because of failure, they understand that making mistakes is part of learning.

2. The importance of going the extra mile (*Colossians 3:22*)

- A. You spend a third part of your life at work, and you do not want to waste it in mediocrity. Everything you do should be done with excellence (*1 Corinthians 16:14*). It doesn't matter if you're cleaning a house, building a tower, painting a wall, or studying, everything you do must meet the corporate or ministerial standard.
- B. Some people are "acting like they're working", but one day their boss is going to tell them, "I am going to act like I'm paying you". Others, use the restroom every 15 minutes and they waste productive time. Think of it this way, you should be an over achiever in everything you do. Your work must be outstanding in effectiveness and efficiency, not to be better than others, but because everything you do is for the Lord.
- C. When you are faithful in the little, God can trust you with much more (*Luke 16:10*). This applies to your job and ministry. When you are faithful in the little when no one is watching you, then your leader can trust you with much more and God will exalt you in public.

3. Getting along with others (*Philippians 2:4*)

- A. Everyone is different, every corporation has certain rules and diverse ways of working, and every boss has a peculiar character. However, excellent employees and ministers know how to accept others' differences and adapt themselves to the corporate and ministerial system, because they want to fulfill their organization's mission.
- B. We must have emotional intelligence, not taking corrections and instructions in an offensive way. We shouldn't feel bad in the ministry when we are corrected, because it is for our own good. At work, we don't get paid to get along with others, but if we don't try, it can cost us our job.
- C. To get along with people, we need to show an interest in them. We should socialize with our co-workers during our lunch hour, during our five-minute break or while we are on job, but still being productive. Do not eat by yourself, instead smile a little, look for things in common with your co-workers and join the team.
- D. ***We work for the Lord*** (*Colossians 3:23*). Remember that at the end of it all, you work for God wherever you go. Do not get tired of doing what is right, because sooner or later the Lord will reward you.

Conclusion: Remember, you don't work only to receive a check, your labor is far more valuable than that amount; you work for God and the Kingdom. If you have never received Jesus Christ in your heart, today allow him to come and improve your way of life.

Interactive questions:

How can you improve your relationships at work and in the ministry? What is the standard at your job and in the ministry? How does your attitude affect your vocational atmosphere? Which relationships in the ministry do you need to strengthen? What are the benefits of having relationships?

Personal Application:

- ❖ This week, go the extra mile in one of your tasks or in your service.
- ❖ During your hour or half hour lunch, go ahead and socialize with new people whether it is at work or school.

SALVATION PRAYER

Lord Jesus, I recognize that I have sinned and that you died for me. Today I repent and ask for forgiveness. I give you my heart and my life so you can be my Lord and personal Savior, amen.

HEALTHY RELATIONSHIPS IN SOCIETY

⁸ Finally, all of you should be of one mind. Sympathize with each other. Love each other as brothers and sisters. Be tenderhearted, and keep a humble attitude. *1 Peter 3:8 NLT*

<p>Objectives:</p> <ul style="list-style-type: none"> ❖ Recognize how important it is to have friends ❖ Learn what success means in our social life ❖ Discover our gifts and abilities 	<p>Weekly Announcements:</p> <ul style="list-style-type: none"> ❖ Retreat “3 Formation” for youth- March 10-12 ❖ Tabernacle- Monday at 7 p.m. ❖ Youth Service (RG)- Fridays at 7 p.m.
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Illustration: Leonard Syme, a professor of epidemiology at the University of California at Berkeley, indicates the importance of social ties and social support systems in relationship to mortality and disease rates. He points to Japan as being number one in the world with respect to health and then discusses the close social, cultural, and traditional ties in that country as the reason. He believes that the more social ties, the better the health and the lower the death rate. Conversely, he indicates that the more isolated the person, the poorer the health and the higher the death rate. Social ties are good preventative medicine for physical problems and for mental-emotional-behavior problems. (Martin & Diedre Bobgan, *How To Counsel From Scripture*, Moody Press, 1985, p. 18.)

Introduction: For us success is: “To continuously fulfill God’s purpose in my life and for my life”. Part of our mission is to form outstanding leaders in their social life. You’re probably asking, “What is success in society?” Today we will learn how to prosper in society through building healthy relationships.

n143:10)

- A. It is to discover your God-given assignment and abilities, and to use them to enrich your community.
- B. We all have abilities, we all have a mandate that must be accomplished on earth. The Lord has given us gifts, so that we can serve Him and others, with the purpose to live in communion.
- C. We were all born with a divine calling, the problem is that many do not know this. They don’t know they are in the world with a purpose, they don’t realize they were made for greatness.
- D. We are all designed to have success and to improve our society. A person makes a difference when they obey God or when they decide to live without Him. It doesn’t matter where you are from or your circumstances. The past does not determine your future, it is your obedience to the Heavenly Father that determines it.

n 12:4-10)

- A. The Bible teaches us that each of us have at least one gift. There is no such thing as an individual that doesn’t have a gift. A gift is like an ability, but it is given to a person for a divine purpose in their life. An ability is a skill and quality that someone has by nature. Example: it may be very easy for someone to organize, that’s an ability.

- B. *To discover your gifts and abilities you need evaluate:* Start finding out what you are good at and what you are not good at. Make a list and ask, “Where have I seen fruit in my life that other people could confirm? What do I believe I good at?”
- C. *To discover your gifts and abilities you need to ask:* Ask other people their honest opinion. Tell them you want the truth. People will always confirm our spiritual gifts and natural abilities. Ask them questions and learn from them.
- D. *To discover your gifts and abilities you need to serve:* Find out what your gifts are by serving in the ministry or in your community. Try to do something new like teaching, organizing, playing an instrument, etc. This way, you will be associating with people in society, and you will have something in common.

3. **How can we be a blessing to our society?**

- A. First, stop listening to people that say you cannot prosper in this country, that you can’t learn English neither start a business or make a difference. Listen to the Word of God, where it says., “I can do all things through Christ who gives me strength” (*Philippians 4:13*).
- B. Bless the place you live in by respecting the law and being a good citizen, even if you are a foreigner, pray for your city. Do not be a burden, instead be a contributor. Study, prepare yourself and be a better person. Example: Do you want to learn English? Then, start taking classes and learn. Next, socialize with individuals that know how to speak English and learn from them.
- C. Be an ambassador from heaven, (*2 Corinthians 5:20*) wherever you go: at home, school, and work. You are not only a secretary or an employee at a casino or a construction company. You are a representative from heaven who helps others discover their purpose in life. While you associate with people in your community, take advantage to be an example that positively influences others like Jesus did.
- D. The only way to bless your society, is by socializing with the right people. People in the community are the keys that will open doors in different fields like work, school, sports, or the government. All we need to do is get out there, explore and connect with the right individuals. Only together, we can make a difference in the world and glorify God.

Conclusion: *It is very important to come out of our comfort zone and take time to bond with people that we can bless and that can bless us. God did not call us to stay in a building, but to be a church that establishes the Kingdom in society and in every corner in the world.*

Interactive Questions:

- What can you do to associate with people in society?
- Why is it important to have relationships in our community?
- What gifts and abilities do you have? How can you use them?
- How can you become successful in society?

Aplicación Personal:

Get involved in an external activity, that doesn’t have to do with church, family, or your job to socialize with people & put your gifts & abilities to practice. Example: take an English course or do some community service.

SALVATION PRAYER

Lord Jesus, I recognize that I have sinned and that you died for me. Today I repent and ask for forgiveness. I give you my heart and my life so you can by my Lord and personal Savior, amen.