

Emotionally Healthy Relationships

Part 1-The Community Temperature Reading

Matthew 22:35-40

3 Key Thoughts as we begin this new series...

1. **Emotional Health and spiritual maturity are INSEPARABLE. It is not possible to be spiritually mature while remaining emotionally immature.**

Jesus replied: “Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself. Matthew 22:37-39 NIV

2. **Loving God and loving others is the ESSENCE of true spirituality.**

If I speak in the tongues of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal. If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing. If I give all I possess to the poor and give over my body to hardship that I may boast, but do not have love, I gain nothing. 1 Corinthians 13:1-3 NIV

3. **In order to truly grow in this area, we need to PUT OFF our old selves and PUT ON our new selves in Christ.**

You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness. Ephesians 4:22-24 NIV

What is your current relational temperature?

What do you need to put off and put on in order to grow in your relationships?