

Soul-Care: Body, Mind, and Spirit

Part 3

January 15, 2023

God chose you... (So) clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. Make allowance for each other's faults, and forgive anyone who offends you.... Clothe yourselves with love.... let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace.

Colossians 3:12-15 (New Living Translation 2nd Ed.)

How do I know I am in an unhealthy relationship?

1) An unhealthy friendship exhibits unhealthy character traits.

Bad company corrupts good character.

1 Corinthians 15:33 (NLT2)

Walk with the wise and become wise; associate with fools and get in trouble.

Proverbs 13:20 (NLT2)

- **Watch out for friendships whose key ingredients are insults.**

Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.

Ephesians 4:29 (NLT2)

- **Watch out for friendships that marinate in division.**

Watch out for people who cause divisions. Stay away from them. Such people are not serving Christ our Lord; they are serving their own personal interests.

Romans 16:17-18 (NLT2)

Peter came to [Jesus] and asked, "Lord, how often should I forgive someone who sins against me? Seven times?" "No, not seven times," Jesus replied, "but seventy times seven!"

Matthew 18:21-22 (NLT2)

His master handed [the unforgiving man] over to the jailers to be tortured.... "This is how my heavenly Father will treat each of you unless you forgive your brother or sister from your heart."

Matthew 18:34-35 (New International Version)

- **Watch out for friendships that are stewing in anger**

Don't befriend angry people or associate with hot-tempered people, or you will learn to be like them and endanger your soul.

Proverbs 22:24-25 (NLT2)

- **Watch out for relationships that are soaking in jealousy**

For wherever there is jealousy and selfish ambition, there you will find disorder and evil of every kind.

James 3:16 (NLT2)

2) An unhealthy friendship pulls me away from godly influences

Stop forming inappropriate relationships with unbelievers. Can right and wrong be partners? Can light have anything in common with darkness?.... Can a believer share life with an unbeliever?

2 Corinthians 6:14-15 (God's Word)

If a Christian man has a wife who is not a believer and she is willing to continue living with him, he must not leave her.

And if a Christian woman has a husband who is not a believer and he is willing to continue living with her, she must not leave him.

1 Corinthians 7:12-13 (NLT2)



Warning Signs:
<https://bit.ly/warningbcf>

How do I become healthier in my relationships?

1. You are valuable!

Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price.

1 Corinthians 6:19-20 (NLT2)

We are God's masterpiece. He has created us anew in Christ Jesus.

Ephesians 2:10 (NLT2)

2. Reach out for help



Women's Reading Bible
Plan: <https://bit.ly/planwbcf>



Men's Reading Bible Plan:
<https://bit.ly/planmbcf>

Plans go wrong for lack of advice; many advisers bring success. *Proverbs 15:22 (NLT2)*



Active Faith Small Group:
<https://bit.ly/activebcf>

Though good advice lies deep within the heart, a person with understanding will draw it out.

Proverbs 20:5 (NLT2)

3. Move closer to God