

# **The Secret to Secure Relationships**

## **Series: Relationships**

### **Two Needs That Everyone Has**

1. Security
2. Significance

### **Three Ways We Try To Meet Those Needs**

1. Addictions
2. Achievements
3. Expectations

### **The Lie**

My worth = My performance + other's opinions about me

### **The Truth**

My worth = What God says about me

### **Statements To Repeat, Remember, Believe & Act On**

#### **1. I Am Forgiven**

"Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ." Romans 5:1 (NIV)

"For God took the sinless Christ and poured into him our sins. Then, in exchange, he poured God's goodness into us!" 2 Corinthians 5:21 (LB)

"Dear friends, God the Father chose you long ago and knew you would become his children. And the Holy Spirit has been at work in your hearts, cleansing you with the blood of Jesus Christ and making you to please him. May God bless you richly and grant you increasing freedom from all anxiety and fear." 1 Peter 1:2 (LB)

## **2. I Am Accepted**

“So now there is no condemnation for those who belong to Christ Jesus.”  
Romans 8:1 (NLT)

“Yet now he has reconciled you to himself through the death of Christ in his physical body. As a result, he has brought you into his own presence, and you are holy and blameless as you stand before him without a single fault.”  
Colossians 1:22 (NLT)

“If we are living now by the Holy Spirit’s power, let us follow the Holy Spirit’s leading in every part of our lives. Then we won’t need to look for honors and popularity, which lead to jealousy and hard feelings.” Galatians 5:25-26 (TLB)

## **3. I Am Loved**

“God showed how much he loved us by sending his only Son into this wicked world to bring to us eternal life through his death. In this act we see what real love is: it is not our love for God but his love for us when he sent his Son to satisfy God’s anger against our sins. Dear friends, since God loved us as much as that, we surely ought to love each other too.” 1 John 4:9-11 (TLB)

“But God showed his great love for us by sending Christ to die for us while we were still sinners.” Romans 5:8 (NLT)

“So you have not received a spirit that makes you fearful slaves. Instead, you received God’s Spirit when he adopted you as his own children. Now we call him, ‘Abba, Father.’” Romans 8:15 (NLT)

## **4. I Am New**

“But God is so rich in mercy, and he loved us so much, that even though we were dead because of our sins, he gave us life when he raised Christ from the dead. (It is only by God’s grace that you have been saved!)” Ephesians 2:4-5 (NLT)

“He saved us, not because of the righteous things we had done, but because of his mercy. He washed away our sins, giving us a new birth and new life through the Holy Spirit.” Titus 3:5 (NLT)

“When someone becomes a Christian, he becomes a brand new person inside. He is not the same anymore. A new life has begun!” 2 Corinthians 5:17 (TLB)

“Throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy.” Ephesians 4:22-24 (NLT)

## **The Great News**

“But you belong to God, my dear children. You have already won a victory over those people, because the Spirit who lives in you is greater than the spirit who lives in the world.” 1 John 4:4 (NLT)

“Look at it! All this comes from the God who settled the relationship between us and him, and then called us to settle our relationships with each other. God put the world square with himself through the Messiah, giving the world a fresh start by offering forgiveness of sins. God has given us the task of telling everyone what he is doing.” 2 Corinthians 5:18-19 (MSG)