

DNA of Relationships

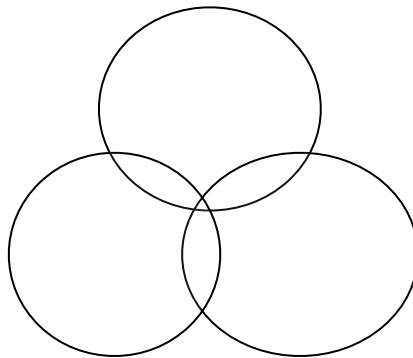
A Bible Study Derived from Gary Smalley's "DNA of Relationships"

❖ The DNA of Relationships: Three Strands

- 1 – You are made for relationships.
- 2 – You are made with the capacity to choose.
- 3 – You are made to take responsibility for yourself.

❖ A closer look at the strands:

36"Teacher, which is the greatest commandment in the Law?" 37Jesus replied: " 'Love the Lord your God with all your heart and with all your soul and with all your mind. 38This is the first and greatest commandment. 39And the second is like it: 'Love your neighbor as yourself. 40All the Law and the Prophets hang on these two commandments." Matthew 22: 36-40.



TRUTH: You have a relationship with God, with others, and yourself. They are related to each other.

TRUTH: When one relationship is out of balance, the other two suffer.

TRUTH: It's never just about the other person.

TRUTH: You must put yourself in the picture when you are looking at a relationship problem.

The Power of Self: Taking Personal Responsibility

Six Steps to Developing the Power of One

1. Take control of your thoughts, feelings and actions
2. Take responsibility for your buttons
3. Don't give others the power to control your feelings
4. Don't look to others to make you happy.
 - a. "I reckon people are about as happy as they make up their minds to be."

~ Abe Lincoln

5. Become the CEO of your life

6. Recruit Assistants/Assistance

a. XYZ Formula: “When X happens, I feel Y, could you consider doing Z?”

❖ **Which truths and the six steps above are demonstrated in these passages?**

- Proverbs 23:7

- Galatians 6:7

- 2 Corinthians 10:5

- Philippians 4:8-9

- James 1:19-20

- Psalm 139: 13-14

- Matthew 7:1-5

- 1 Thessalonians 5:14-22

The Power of Choosing Forgiveness – Grace, Caring & Setting Boundaries

- ❖ Luke 17:3 – 4

- ❖ Ephesians 4:32

- ❖ John 18:22-23 22

- ❖ Acts 25:10-11

- ❖ Romans 12:17-21