

How To Strengthen Our Relationships!

Genesis 3:16-19

Sermon Series: *Transformed*, Pt. 5

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Three Basic Fears That Ruin Our Relationships:

1) My Fear Of Exposure Makes Me DISTANT

Genesis 3:9, *But the LORD God called to the man, "Where are you?"*

¹⁰*He answered, "I heard You in the garden, and I was afraid because I was naked; so I hid."* (NIV)

Three Stages Of Relationship Damage:

Genesis 3:7, *Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves.* ⁸*Then the man and his wife heard the sound of the LORD God as He was walking in the garden in the cool of the day, and they hid from the LORD God among the trees of the garden.*

- **They FELT SHAME (7a)**
- **They COVERED UP THEIR SIN (7b)**
- **They HID FROM GOD (8)**

2) My Fear Of Disapproval Makes Me DEFENSIVE

Genesis 3:12-13, *The man said, "The woman You put here with me—she gave me some fruit from the tree, and I ate it. Then the LORD God said to the woman, "What is this you have done?" The woman said, "The serpent deceived me, and I ate."*

3) My Fear Of Losing Control Makes Me DEMANDING

Genesis 3:16-19, *To the woman He said, "I will make your pains in childbearing very severe; with painful labor you will give birth to children. Your desire will be for your husband, and he will rule over you." ¹⁷To Adam He said, "Because you listened to your wife and ate fruit from the tree about which I commanded you, 'You must not eat from it,' "Cursed is the ground because of you; through painful toil you will eat food from it all the days of your life. ¹⁸It will produce thorns and thistles for you, and you will eat the plants of the field. ¹⁹By the sweat of your brow you will eat your food until you return to the ground, since from it you were taken; for dust you are and to dust you will return."*

What Is The Antidote To Fear? LOVE!!!

1 John 4:18, *There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.*

Three Daily Steps To Living In God's Love:

Step 1: I Will Surrender MY HEART TO GOD

Job 11:13-18, *"Yet if you devote your heart to Him and stretch out your hands to Him, ¹⁴if you put away the sin that is in your hand and allow no evil to dwell in your tent, ¹⁵then, free of fault, you will lift up your face; you will stand firm and without fear. ¹⁶You will surely forget your trouble, recalling it only as waters gone by. ¹⁷Life will be brighter than noonday, and darkness will become like morning. ¹⁸You will be secure, because there is hope; you will look about you and take your rest in safety.*

Step 2: I Must Remember God's LOVE FOR ME

- **I'm Completely ACCEPTED**
Titus 3:7, *... having been justified by His grace, we might become heirs having the hope of eternal life.*
- **I'm Unconditionally LOVED**
Isaiah 54:10, *Though the mountains be shaken and the hills be removed, yet My unfailing love for you will not be shaken nor My covenant of peace be removed," says the LORD, Who has compassion on you.*
- **I'm Totally FORGIVEN**
Romans 8:1, *Therefore, there is now no condemnation for those who are in Christ Jesus,*
- **I'm Extremely VALUABLE**
1 Corinthians 7:23, *You were bought at a price....*

Step 3: I Must Offer That Same LOVE TO OTHERS

John 13:34, *"A new command I give you: Love one another. As I have loved you, so you must love one another.*

Romans 15:7, *Accept one another, then, just as Christ accepted you, in order to bring praise to God.*

1 Corinthians 13:7, *It always protects, always trusts, always hopes, always perseveres. ⁸Love never fails.*

Real Love In Relationships:

Love Extends Grace...Expresses Faith...Expects The Best...Endures The Worst!