

# *Real* A T I O N S H I P S

SERMON SERIES

#icrealationships

“Humility came from  
Heaven to be modeled  
before Humanity” PBS

Paul writes to church he has great affection. Thank You!!

Continue to express His life.

## Philippians 1:8

*“For God is my witness, how greatly I long for you all with the affection of Jesus Christ.”*

**My Parents Generation:**

If it isn't working **repair** it.

**This Generation:**

If it isn't working **replace** it.

Sullivan generation reuse it

# Dr Dean Ornish

## Ornish Lifestyle Medicine

“Love and intimacy — our ability to connect with ourselves and others, is at the root of what makes us sick and what makes us well, ... People who feel lonely and isolated have a 300-500 percent greater risk of premature death due to physical illness.”

The logo features a purple-to-orange gradient background. On the left, a white square contains a black hash symbol (#). To its right, the word "Real" is written in a white script font, followed by "RELATIONSHIPS" in a white, all-caps, sans-serif font. Below this, the words "SERMON SERIES" are written in a smaller, white, all-caps, sans-serif font, enclosed within a white rectangular border.

# Real RELATIONSHIPS  
SERMON SERIES

For over 75 years, Harvard's **Grant and Glueck Study** had tracked the physical and emotional well-being of two populations: 456 poor men growing up in Boston from 1939 to 2014, and 268 male graduates from Harvard's classes of 1939-1944.

**The conclusion?** Robert Waldinger, director of the Harvard Study of Adult Development:  
“The clearest message that we get from this 75-year study is this: Good relationships keep us happier and healthier. Period.”



“In the Christian story God descends to re-ascend. He comes down...down to the very roots and sea-bed of the Nature He has created. But He goes down to come up again and bring the whole ruined world up with Him.”

**C.S. Lewis (Miracles)**



# Philippians 2:1-11

*“So if there is any encouragement in Christ, any comfort from love, any participation in the Spirit, any affection and sympathy, **complete my joy** by being of the **same mind**, having the **same love**, being in full accord and of one mind ...*

*“...Do nothing from selfish ambition or conceit, but **in humility count** others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others. ...”*

## verse 5

“In your relationships with one another, have the same mindset as Christ Jesus:” (NIV)

“Have this mind among yourselves, which is yours in Christ Jesus,” (ESV)

“Your not what you think  
you are, you are what  
you think” PBS

*“...who, though he was in the form of God, did not **count** equality with God a thing to be grasped, but emptied himself, by taking the form of a servant, being born in the likeness of men. And being found in human form, he **humbled** himself by becoming obedient to the point of death, even death on a cross ...”*

*“Therefore God has **highly exalted** **him** and bestowed on him the name that is above every name, so that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that **Jesus Christ is Lord**, to the glory of God the Father.”*

# WHAT DOES IT MEAN TO HAVE THE MIND OF CHRIST?

AM I WILLING TO SACRIFICE

AM I WILLING TO SERVE

AM I WILLING TO SOW

AM I WILLING TO SUBMIT

AM I WILLING TO SUFFER



1 Peter 1:13 ESV Therefore, preparing your minds for action, and being sober-minded, set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ.

Philippians 4:8 ESV Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

[1 Corinthians 2:14-16](#) ESV The natural person does not accept the things of the Spirit of God, for they are folly to him, and he is not able to understand them because they are spiritually discerned. The spiritual person judges all things, but is himself to be judged by no one. “For who has understood the **mind of the Lord** so as to instruct him?” But we have the mind of Christ

# Healthy Relationships Happen:

## 1. When You're Willing to Sacrifice

“...but emptied himself,”

He did not give up his rights as God. He gave up his right to enjoy the rights of God.

Completely yielded to the Father.

“People who are more willing to sacrifice for an intimate partner are more satisfied with their relationships,” the researchers said in the Glamour article. If you or your partner is on the receiving end of that person happily sacrificing for you, it leads you to be more committed, the study also reported

19th Century, American  
Evangelist D.L. Moody. It  
read, “The problem with a  
living sacrifice is that it  
keeps crawling off the  
altar.”

<sup>24</sup> Then Jesus said to his disciples, “If any of you wants to be my follower, you must turn from your selfish ways, take up your cross, and follow me. <sup>25</sup> If you try to hang on to your life, you will lose it. But if you give up your life for my sake, you will save it. <sup>26</sup> And what do you benefit if you gain the whole world but lose your own soul? [!] Is anything worth more than your soul?” (Matthew 16:24-26)

<sup>29</sup> “Yes,” Jesus replied, “and I assure you that everyone who has given up “sacrifice” house or wife or brothers or parents or children, for the sake of the Kingdom of God, <sup>30</sup> will be repaid many times over in this life, and will have eternal life in the world to come.” (Luke 18:29-30)

## 2. When You Willing to Serve

*“...taking the form of a servant,”*

More significant than what he let go is what he became.

*“And being found in human form”*

Complete Identification.



As for me and my house, we will **serve** the Lord” (Joshua 24:15).

“The Son of Man came *not to be served* but **to serve**, and to give his life as a ransom for many”  
(Mark 10:45).

1 Peter 4:11 “*For example*, if you have a speaking *gift*, speak as though God were speaking his words through you. If you have *the gift of serving*, do it *passionately* with the strength God gives you, so that in everything God *alone* will be glorified through Jesus Christ. For to him belong the power and the glory forever throughout all ages! Amen”

Therefore, “serve the Lord with gladness”  
Psalm 100:2

## JOHN 13:3-5

Jesus knew that the Father had put all things under his power, and that he had come from God and was returning to God; so he got up from the meal, took off his outer clothing, and wrapped a towel around his waist. After that, he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him.

**Humility came from Heaven to be modeled before humanity**

## JOHN 13:12-15

When he had finished washing their feet, he put on his clothes and returned to his place. "Do you understand what I have done for you?" he asked them. "You call me 'Teacher' and 'Lord,' and rightly so, for that is what I am. Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. I have set you an example that you should do as I have done for you."

### 3. When You're willing to SOW into Others.

*“...count others more significant than yourselves.”*

Complete Humility.

**1 John 3:16** *“By this we know love, that he laid down his life for us, and we ought to lay down our lives for the brothers.”*

## MATTHEW 12:9-13

He went into their synagogue and a man with a shriveled hand was there. Looking for a reason to bring charges against Jesus, they asked him, "Is it lawful to heal on the Sabbath?" He said to them, "If any of you has a sheep and it falls into a pit on the Sabbath, will you not take hold of it and lift it out? How much more valuable is a person than a sheep! Therefore it is lawful to do good on the Sabbath." Then he said to the man, "Stretch out your hand." So he stretched it out and it was completely restored...

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4. **When You willing to submit**  
“...highly exalted Him ...and  
**every tongue confess** that Jesus  
Christ is Lord,”

Every person exposed to the  
PEACE of His Kingdom.

Complete exaltation!!!

## Hebrews 13:17 ESV

Obey your leaders and submit to them, for they are keeping watch over your souls, as those who will have to give an account. Let them do this with joy and not with groaning, for that would be of no advantage to you

# Submission to Authority

1 Peter: 13-25

...."living as Servants of  
God..Honor

Everyone...follow in His  
steps"

5. When your Willing to suffer. He humbled Himself in by becoming obedient to death, even death on a cross

Acts 14:22 says that Paul told all his young churches, "Through many tribulations we must enter the kingdom." And Jesus said, "If they persecuted me, they will persecute you" (John 15:20).

SO THE QUESTION REMAINS:

AM I WILLING TO SACRIFICE

AM I WILLING TO SERVE

AM I WILLING TO SOW

AM I WILLING TO SUBMIT

AM I WILLING TO SUFFER

Every Act of our will is a byproduct of  
our REAL Relationship with HIM

# Philippians 1:9-11

*“And it is my prayer that your love may abound more and more, ... filled with the fruit of righteousness that comes through Jesus Christ, to the glory and praise of God.”*

**Jesus Is Your Source!**



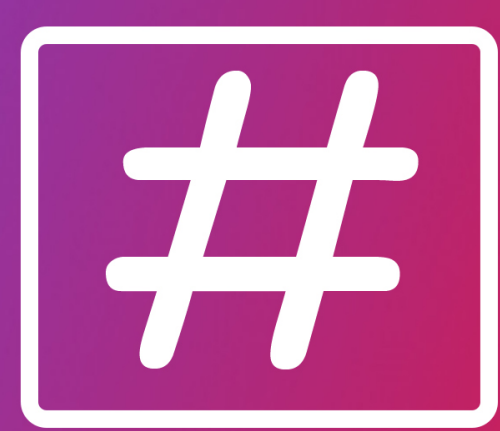
**John 4:10, 14** *“Jesus answered her, ‘If you knew the gift of God, and who it is that is saying to you, ‘Give me a drink,’ you would have asked him, and he would have given you living water ... but whoever drinks of the water that I will give him will never be thirsty again.”*

**Acceptance**  
**Identity**  
**Security**  
**Purpose**

**Only God meets these deepest  
needs in your life.**

**Then you can  
serve others!**

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