

### Topics covered:

- Know thyself
- Instill values
- Compatibility
- Friends first
- Affirmation
- Adult always
- Love is the game changer
- Keep talking
- Conflict happens
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# Relationships Under Construction

Helping you build great relationships with Brett Nixon-James

If you are dating, single, about to get married, married, or divorced, this seminar will help you build your relationships the **right** way.



# *“A wise man builds his house on the rock...”*

*(Jesus)*

At the outset, we need to determine what we are building towards. Someone said: *“Start with the end in mind”*. True story: before we build anything substantial, we need to get a ‘top-down view’ – like an architect. The **BIG** picture...

Ask these questions: Where is this relationship going? How am I going to get it there? How did we get to this point in our relationship?

I think that God has a better picture of what our relationships could look like, than we do. God has designed us in such a way that **we can experience true intimacy**. It is not good enough to settle for second best in our relationships. Our relationships can work but they need our attention, they need to be nurtured, they need to grow and they need our hard work.

So, how we go about building our relationships, and our lives, determines whether or not we will reach our end goal and our full relational potential.

**When it comes to the construction, the structure and height of the building is determined by the shape and depth of the foundations. This is true for us, the bedrock of our lives will determine whether or not we build great relationships.**

**I am convinced that the foundations to building great relationships are unconditional love, always being adult and mutuality.**

**It is these three characteristics that make a relationship a relationship.**

**Anything else is something other than a relationship.**

# build from the bottom-up

## ***“Know thyself!”***

*(Socrates)*

True story: we are a complex and mysterious species. Each one of us is unique, on our own journey, dealing with our stuff. **Whatever is at the ‘centre’ of our life, pushes outward**, and in turn impacts every area of our lives. This is true for the people near and around us.

Do we know who we are, do those near and around us know who we are? Do we want to do better? Are we growing? Are we in pursuit of wholeness? Are we living optimally?

True personal growth happens from the **inside-out vs outside-in**.

To help us know how ‘we’ are doing, we look at **the wheel of life**.

I believe there is a God-promise attached to every aspect of our lives... which means **we can aim at living optimally based on what God has said and promised!** *“God has granted to us His precious and magnificent promises...” (2Peter 1:4)*



### How to use the 'wheel of life'.

Indicate in a 'blink-think' where **you** are in each section of the wheel: 1-10.

- Be honest.
- Ask the right questions (Helpful info at the back of booklet).

### Join your dots...

- Check out your wheel shape – **this is your present reality.**
- Everyone has a different wheel shape.
- Our wheel shape rolls into every relationship we have - marriage, friendships, team, staff, organisations.

### Can you do better?

- Why do you think your wheel shape is like it is?
- Can you see need for growth in your life?
- What areas are you struggling in? Where do you need to pull back?
- How can you become more rounded?

# Because everyone's doing it, does not mean it is right!

We've heard this before: *"Well, that's the way we've always done it!"*

Talking about how relationships are generally done, in today's world, someone said it like this...

- 1.
- 2.
- 3.
- 4.

We all see things differently.

The basic 'world-view' of relationships.

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- 
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Or, we can get another perspective, or paradigm on relationships. Get a God-view on life and relationships.

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## Instil values...

Our **values** are our internal guiding principles, the unseen influencers in our lives. They affect the way we think, therefore what we do. Values influence the type of people we have relationship with and the activities we engage in. Our values are like an internal “check-list”, a “grid”, through which all our choices and decisions are filtered, and then formed.

Our values ought to give us clarity with what is negotiable vs non-negotiable in our lives and relationships. They can protect us from doing the wrong things, having wrong relationships, etc.

*“Do not remove the ancient boundary which your fathers have set.”*  
*Proverbs 22:28*

So, the opposite is true. **When we are unclear about our values, chaos and stress enter the equation.** In a relationship having a common value system will help us do much better!

Our values help us find **common ground** in our lives and relationship so that we can develop a mutual **common value system**.

### **How to put together a basic common value system...**

Remember: “we are the sum total of our parts”. Our values ought to reflect who we are, as a whole person. Our values should be more than ‘character’ attributes. *Refer to “wheel life” questions Pg35.*

- See if you can make up a set of values (about 10) that reflect each aspect of the wheel.
- Think deeply.
- *List and clarify your values in the “Make it work for you” space.*  
*Discuss.*

## Making it work for you...

List **ten** values you hold to, or want to see in your life.

### My values...


Compare your values with your partner/friend/colleague. Discuss with each other. Start your own **common value system**.

### Our values...




## Check the price tag!

There is a price tag attached to everything we do, what price are we prepared to pay?

There is a cost attached to building strong relationships – **“die to self”!**

*“Except a grain of wheat fall to the ground and dies, it remains by itself, alone; but if it dies it bears much fruit.” (John 12:24)*

Implement the three “S’s” of relationships.

- 1.
- 2.
- 3.

## Compatibility.

*Compatibility means: The natural ability to live or work together in harmony because of well-matched characteristics.*

Are we compatible?

There is more to this than meets the eye, especially when it comes to what actually influences our choice of a partner.

- 1.
- 2.
- 3.
- 4.

Avoid being a **relational mystic!**

**Use common sense.**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Life and relationships can be challenging?

- This could be why there is so much relational stress: our wheel shape is bad, we are wrong at the centre and our inner life needs work, our values differ, we are too self-centred, and/or we are just incompatible!
- Talk through this with each other - always be kind and honest.

## Friends first!

Who is our best friend?

Build the three “C’s” of **friendship**.

- 1.
- 2.
- 3.

Friendship means keeping confidences, remaining loyal at all times, being warm and affectionate, developing closeness with one another, learning to be vulnerable and having a growing understanding of our relationship – **that is true friendship!**

*“All other ground  
is sinking sand...”*  
(“On Christ the solid rock I stand” Hymn)

## Making it work for you...

What **seven strengths** do you recognize in your life, and in your partner's life? Keep this info private. Once you are done, **tell your partner what you think their strengths are.** This is affirmation.

My strengths	Their strengths

What **seven weaknesses** do you recognize in your life, and in your partner's life? – Once you are done, **share your weaknesses with your partner.** This is like confession.

My weaknesses	Their weaknesses

Put together your own Compatibility Profile. Start by saying: *We are compatible because...*

# build to last

Every relationship needs the support of secure pillars. These pillars act as the main supports to your growing relationships. Let us call these pillars our “relationship priorities”. If these are in place, we can build the types of relationships we dream of - relationships that are alive and can last the distance. Unlike values (our foundations), people can see these relationship priorities. These ‘pillars’ are the visible extension of our values (foundations). They are the “what’s done” in the relationship.

As the saying goes: **Priorities are what we spend our time, energy and money on. Priorities are our main things.**

So let us look at some key relationship priorities that support and give life to our relationships.

## Affirmation.

*Loving ourselves plays out in how we love others.*

Loving ourselves is directly related to the way we see ourselves – this is called **self-image**.

- *Self-image defined:* the idea one has of one's abilities, appearance, and personality. Self-image is the personal view, or mental picture, that we have of ourselves.
- Someone said that self-image is an “internal dictionary” that describes the characteristics of the self, including such things as, *I am intelligent, beautiful, ugly, talented, selfish, kind etc.* They go on to say there are three elements to an individual’s self-image:
  1. The way a person perceives or thinks of him/herself.
  2. The way a person interprets others' perceptions (or what he thinks others think) of him/herself.
  3. The way a person would like to be - his ideal self.

Loving ourselves is related to how we value ourselves - called **self-esteem**.

- *Self-esteem defined:* confidence in one's own worth or abilities; self-respect. Self-esteem is how we value and perceive ourselves. It is based on our opinions and beliefs about ourselves, which can feel difficult to change. We might also think of this as self-confidence.
- The experts in this field say our self-esteem can influence if we like and value ourselves as a person. This plays out in three ways:
  1. **Overly high self-esteem:** Feeling superior to others. People with overly high self-esteem are often arrogant, self-indulgent and express feelings of entitlement.
  2. **Low self-esteem:** Feeling inferior to others.
  3. **Healthy self-esteem:** Having an accurate and balanced self-view.

- Our self-image has its deepest roots in **family**. Think how that has impacted you!
- Self-image is our mental picture about self. Self-esteem is influenced by our feelings and attitudes we have about ourselves or how we evaluate ourselves.
- Our self-image and our self-esteem will determine how we behave, what we do.
- Positive self-image and healthy self-esteem are the basics for a fruitful life and good relationships.

To understand how this all works in everyday lives and living we must look at **the motivation cycle**.

- The correct sequence of the motivation cycle is: need, drive, incentive, and goal/reward. The order is important because each stage plays off the former. For example, one cannot have a desire without first having a need that is causing an imbalance.
  - Need stage.
  - Drive/desire stage.
  - Incentive/behavioural stage.
  - Reward/actualisation/need culmination stage.



The motivation cycle showcases the chronological process of how a person becomes motivated by a need through the actualization of their desire. The cycle features four stages, which include need, drive, incentive, and goal/reward. A need refers to something a person lacks or wants, that drives a person to make a change. Incentives, such as rewards or punishments, help the person sustain that drive so they can reach their final goal or reward.

To develop a healthy self-esteem we would need to be rooted in “God style” - **unconditional love and total acceptance.**

There are at least THREE things we can do to **help** our partner’s **self-esteem.**

- 1.
- 2.
- 3.

*The acid test of our self-esteem is the ability to look into the mirror and say to ourselves... “I love you.”*



### **Making it work for you...**

List 5 things you have done in the past couple of days that would have built your partner's self-image?

- 1.
- 2.
- 3.
- 4.
- 5.

Do you love yourself?... and why?

## Adult always!

Creating an **adult always** awareness or approach or attitude in our relationships.

- Being a “grown-up” does not mean we are adult.
- Give-away signs that prove we are not being adult.

### It is all in your head!

- Truth: What goes on in our minds is eventually seen by others.
- We are past, present, future people.
- Our past affects our present and future.
- Our behaviour tells us what is going on in our minds!

*Diagram:*

*“As a man thinks, so he is...” Prov 23:7*

**Three basic attitudes** which can shape us and our relationships. These represent the “inner you” or the “inner self”.

People see and experience the parent, child and adult in us... it is about what goes on ‘on the inside’, and how it plays out. Inside-out.

### “The Parent in us” is learned.

- Is influenced/learned in early childhood - what we hear, see, smell, feel, experience emotionally and physically, etc. all influences the inner self.
- Plays out – nurturing, opinionated, educated.

**“The Child in us” is all feeling & experience.**

- **Like a child** – curious, playful, affectionate, fun, imaginative, fearful, self-centred, demanding...
- **Little “know all’s”** – intuitive, creative, manipulative, all at the same time!
- **Can be strong willed and stubborn hearted** – compliant, defiant, procrastinating, silent.

**“The Adult in us” is reasoned.**

- Objective.
- Realistic.
- Rational.
- Appropriate or adjusted behaviour.

This is what happens in the real world... the “adult in you” acts as a **referee** between the “child in you” and the “parent in you”.

*Diagram:*

## The “dependency” rule.

There are **four** basic ways we relate to others.

1. The **dependent** (needing support) relationship – the needy child/parent in you.
2. The **independent** (free from outside control/authority) relationship – the un-surrendered individual in you.
3. The **co-dependent** (excessively emotional/psychological reliance) relationship – the dysfunctional/hurt child/parent in you.
4. The **interdependent** (dependent on each other) relationship – the reasoned adult in you choosing love and mutuality.

### Making it work for you...

What is your primary attitude in your relationships? Talk about it.

What do you think your partner’s primary attitude is in your relationship?

*In all things peripheral,  
liberty; in all things essential,  
unity; but in all things  
LOVE!*

*(St. Augustine)*

## **Love is the game changer.**

*Release the love factors in our relationships.*

Love is a **command from God**.

Love is a **decision**.

Love is **more than we think it is**.

It is...

- romantic love.
- sensual love.
- friendship love.
- family love.
- ‘all in love’, like the love God loves us with.

Love is **more than words**.

- Don’t just say it, do it. Because **“actions speak louder than words”**.
- Love without ulterior motives.

***True love is the difference  
between saying “I love you”,  
and saying “I’m in love with  
you”!***

Love is **gift given to us**, a gift **we can give to others**.

Love leads to **servicing** one another - (L + A + F = S)

**LOVE IS...** (1 Corinthians 13)

In the check-list below put a (+) for positive, or (-) for negative.  
 Where can **you** do better?

Love is...	+ or -
patient.	
kind.	
not selfish.	
not envious.	
not boastful.	
not proud.	
not rude.	
not arrogant.	
not easily offended.	
does not fly off the handle.	
does not keep score of wrongs.	
rejoices when the truth wins.	
puts up with anything.	
always looks for the best.	
has faith for a better future.	
endures through every circumstance.	
keeps going to the end.	
other...	

# Keep talking!

## *The art of communication...*

For so many, communication is such a difficult thing to do. We blame our upbringing, our personality and character. We use the excuse that our partner does not help the process. Whether we are good or bad in the area of communication, it will impact on other areas of our lives.

**One way or another we are communicating something.** We will either build up or break down; encourage or discourage; build bridges towards intimacy or simply blow up the bridge! The good news is that communication is an art rather than a science. There is no formula to follow that will guarantee success, but we can become a student of the art, and develop it – one day at a time. Here are some key pointers that will help us **recover the language of intimacy...**

***Communication should become a daily habit, and not just to put out fires!***

This world we live in!

- **Too busy** – not enough time.
- **Too complacent** – not enough effort.
- **Too shallow** – not enough depth for growth.
- **Too distracted** – not enough attention/focus.

### **Three phase communication.**

1. **What we** say. (Verbal)
2. **How we** say what we say. (Tone)
3. **What we** do when we say what we are saying. (Non-verbal)

### **Learn to listen.**

Thinking about what **we** want to say before the other person has finished talking **is not listening.**

The three “**A’s**” which make listening such a wonderful gift to our partner.

- Being **available**.
- Creating the right **atmosphere**.
- Showing total **acceptance**.

Some steps we can take towards **intimate communication**.

1. Talk about the **little things**. (Cliché)
2. Chat through **your day**. (Report)
3. Give **your point of view**. (Opinion)
4. Make known **your feelings**. (Sharing)
5. Be prepared to ‘**bleed a little**’. (Disclosure)

Break through the **obstacles which prevent communication**.

- Attitudes of boredom, defensiveness and only listening to what we want to hear.
- Habits of wrong language, which become accusatory or anonymous.

**Watch our language.**

- Be a **truth teller**.
- **Be gracious** with our words. (Seasoned with grace)
- **Think** before you speak. Guard your **tongue**.

The power of **good communication**.

- Helps in **decision making**.
- Builds your **friendship**.
- Develops **intimacy**.
- Resolves **conflict**.
- Grows your **sexual relationship**.



### **Making it work for you...**

Set goals for your individual lives and then put together a joint relational plan. Be S.M.A.R.T.

Discuss your priorities.

Talk through negotiables and non-negotiables in your relationship.

Put together a budget.

***the issue is not the issue!***

## Conflict happens.

When two people have relationship with one another a natural phenomenon takes place – conflict. Not all conflict is bad, not all conflict is good. It is possible to resolve relational conflict. We need to draw on all our “relational resources” to bring about the appropriate resolution. There are causes of conflict that cannot be ignored: needs or wants that remain unfulfilled, poor communication, unrealistic expectations or minor differences that go unresolved. Remember, it is impossible for conflict to be resolved if there is no adult awareness in the relationship.

The things we have got to watch for when **dealing with conflict**.

1. **Closed mindedness** - having or exhibiting a closed mind.
2. **Unresolved history** - creates barriers to entry.
3. **Avoidance** - avoiding the real issue.
4. **Manipulation** - manipulating people around us, to suit ‘me’.
5. **Presumption** - trying to read people’s minds.
6. **Ambiguity** - not having one obvious meaning, sending double messages.

The **downside to unresolved conflict** is the emotional hold it has over us; the lack of lustre for life and living, sadness, constant anger, grief, shame and the need for closure. **Unresolved conflict** will:

- Affect our self-esteem.
- Increase our frustration levels.
- Create unreasonable fear in us!
- Anger adds to the problem and not to the solution.

***Conflict can be used as a bridge-builder, that reconnects or reunites us together, or conflict can blow up the bridge and keep us apart.***

The difference between an argument and a discussion is in the **end result**.

The key to resolving conflict is **not found in a method** but in the following.

- A healthy **self-esteem**.
- **Unconditional love** which involves sacrifice, commitment and effective action.
- Obviously, **forgiveness**.
- And a strong **friendship**, which can grow even when there is conflict.
- **Always adult**.

When trying to resolve conflict, it is important that we address **the issue**. We must identify the following:

1. What **is** the problem/issue?
2. Who **owns** the problem? Always remember, the problem is the problem! (*The issue is not the issue*). Deal with the problem.

*Diagram:*

3. What is the **solution**?
4. **Resolving conflict is a process ... it takes time**, so give it the necessary time. (It can and often will 'press other buttons'.)
5. **Be practical**.
  - Set aside time to 'do business'.
  - Limit the time to about 35 minutes.
6. Never lose sight of the big picture.
7. Always be prepared to **demonstrate love**, acceptance and forgiveness.
8. **Remain adult** at all times.
9. Never sweep things under the carpet.

10. Handle the problem and not the person.
11. Watch our language.
12. Do not rely on our feelings.
13. Let go of the offence.
14. Stop blame shifting.
15. Always negotiate for resolution.
16. Keep talking.
17. God is interested in your reconciliation. Invite Him in.
18. If you cannot work it out yourselves, then put pride in your pocket and get some help!

### **Making it work for you...**

Discuss the areas of conflict in your relationship. Which of these areas have the potential to get out of hand? Spend time working through the real problem areas.

Seek outside help if things get dangerous!!

## Equal and unique – all at the same time!

The battle of the sexes has been going on since the beginning of time. Gender and the need for clarity regarding **roles in our relationships is generally viewed through a traditional and/or a cultural lens**. These issues can easily create unnecessary tension between couples. The confusion of gender and ‘roles’ has resulted in many forms of relational malfunctions and/or disfunction, conflict and abuse.

So, who does what, and on what basis, and why? *Who and why should a person dominate? Who and why should a person be submissive?* What has caused men to behave and therefore ‘lead’, the way they do in their relationships? What has caused women to ‘respond’ the way they do to the above?

If we want to avoid falling into the trap of the stereo-typical marriages and relationships, we need to think differently about relational structures (new and better perspective, a paradigm shift is necessary), which asks the questions: Who am I? Who am I in this marriage, and/or relationship? ***Who do we take our cue from?*** Why am I married?

This world we live in offers **a distorted model** of leadership (organisational) and headship (relational). True story: We live in a predominately male dominated world. **Dominance, and therefore submission** are at the heart of this. This filters through to how relationships are ‘led’, and formed, and plays out in a leadership (headship) style:

1. The **“authoritarian/ dominant”** leader – the autocrat, all powerful, unquestionable, the ruler with absolute (God-given) authority. Whoever has the power, has control, and will dictate the ‘policy and practices’ of the relationship and family. Inferiority and superiority creep in.

2. The “**laissez-faire**” (don’t care, we can do as you please) leader – the abdicator, providing finances, the bare minimum input, and leaving the wife/partner to pick up the rest.

*For example:*

- The “**breadwinner**”, the **provider** and the **nurturer**: (generally) the male ‘must’ provide physically and financially, while the woman must be “bare foot, pregnant and in the kitchen” (providing sex, children and a clean house) - the **nurturer**.

The **female response** to these “leadership” styles is:

1. **Inferiority to the superiority** of the “**authoritarian**” leader.
2. **Apathy** to the “laissez-faire” leader.
3. **A passive aggressive** may be created.
4. **Outright defiance** can be demonstrated.
5. **Loss of dignity and shame** will increase.

It does not make sense, that on the basis of one’s sex (gender), one has a prescribed role to fulfil.

Leadership is servanthood,  
headship is leadership,  
therefore, headship is  
servanthood.

**Our world-view of headship is interpreted through our traditional and cultural lenses.** What if there is another option, a better option, with better outcomes for our everyday lives and relationships. (*this means having a paradigm shift ...*)

**A God-view ought to be interpreted through biblical lenses.** An honest look through biblical lenses should reveal the counter-culture life, relationships and leadership of Jesus Christ, and His Kingdom.

1. The **Grace of God** is *everyone's* inheritance.
2. God's heart for **oneness** is His design for our marriage too. (Genesis 2:24) Unity vs uniformity; diversity vs division.
3. The Father always affirms the unique **identity, value and dignity of the individual** *before* their role/function/purpose/practices.
4. Our challenge is to follow Jesus's model of life and leadership in *every* aspect of our lives, which plays out as a **servant-leader**. (John 13:3-17)
5. **If this is how Jesus led, it is how husbands should lead in their marriages?** (Ephesians 5:21-33)
6. **Men taking their place in a relationship** (marriage) should be as one who **serves the other, just like Jesus did**. (1Corinthians 11:1-9)
7. **Women taking their place in a relationship** (marriage) should be as one who **serves the other, just like Jesus did**.
8. A **good model for leadership** for marriage, is to look at and follow Jesus's model (words and deeds) of life, relationship and leadership - true servants to one another. (Philippians 2:1-11).

This develops an **attitude** which transforms behaviour and then, our role.

- Roles are based on **mutual submission** to one another. This attitude creates responsiveness towards one another.
- The **man's attitude** then is that of being responsible, serving (leading), considerate and sacrificial towards his wife.
- The **woman's attitude** is that of being responsive, serving (submissive), gentle, respectful and reflective of an inner godliness.

Understanding your roles enables you to make good relationship and life decisions.

### **Making it work for you...**

Decide how you can serve each other in your relationship.

Discuss and decide your roles based on your abilities.

Who is the most competent for the job?

Develop guidelines for your relationship.



# *The big picture is intimacy!*

## **Lifetime lovers in pursuit of sexual intimacy.**

Have **you** realized that you live in a world where morals and ethics are in a rapid process of decay? Family values have been undermined through powerful amoral media campaigns, most of which are run by people who are relationally bankrupt and/or sexually dysfunctional. The sacredness of marital fidelity has been cheapened by a causal “fun and thrill sex”. Love has been replaced by lust; intimacy with orgasms. In fact sex seems to be for anyone who has an urge or need. Sex is good in the right context. It is God’s gift to your marriage, enabling us, as husband and wife, to express the deepest feelings of love and intimacy, towards each another in a safe and personal way. In fact, sex is great and should get better as we grow in our love for one another.

## **The odds are stacked against us!**

There is the need for **sexual purity**?

- It is God’s good and perfect will for our lives. (1Thessalonians 4:1-8)
- It is okay to be single and sexually pure.
- It is okay to be pre-married friends and sexually pure.
- It is okay to be sexually pure and married.
- Statistics speak for themselves.

Our eyes are the **windows to our soul**. Watch what we look at. We live in an **overly stimulated sexual society**.

**Celebrate the difference** between the male and the female...

- We are wired up differently. Men like to touch; women like to be held, etc.
- We have a different sexual pace, so timing is everything.
- Our needs are the same, yet there is a difference.

Be committed to a **growing sexual relationship**. (1 Corinthians 7:1-7)

- Be a learner in this crucial area of our marriage.
- Tenderness versus technique.
- Caress versus touch.

Remember, there are obvious **obstacles to growing our love life**.

1. Unhealthy attitudes.
2. Performance anxiety.
3. Fatigue.
4. Fear.
5. Our bodies.

We need to **work at our sexual relationship**.

- Set aside time for lovemaking.
- Develop a regular sex life.
- Build continuity into the process.
- Ensure that our sexual relationship is mutually satisfying.
- Remember, a 'quicky' is quick.
- Don't be so serious!
- Always honour our partner's need for privacy.

***Someone said this: "Sexual desire, or drive, cannot be induced with the help of an outside agent; it has to come from within."***

Keep fanning the flames of **romance**.

- Staying in love means **leaning in, a lot!**
- Be creative. Men and women can do the same thing, differently!

*Diagram:*

### **Making it work for you...**

How's your love life?

(Any NO answer to the following will suggest areas for improvement).

Is it positive?

Is it relaxed?

Is it pleasant?

Is it romantic?

Is it physically satisfying?

Is it emotionally satisfying?

Is it fun?

Is it regular?

Spend some time together talking through the various aspects of your sexual relationship.

Plan special times alone. How would you make this a special occasion? Talk! Go to your favourite restaurant; eat your favourite food. Sneak away to your favourite hide-away.

## **'wheel' life questions...**

### **Spiritual aspect of our lives:**

- Are you far from God?
- Are you on a spiritual journey towards God?
- If you follow Jesus do you know His Words, Ways, Will and Works?
- Do you belong to a church family?
- Do you fellowship as community?

### **Physical aspect of our lives:**

- Are you generally healthy?
- Overweight or underweight?
- Do you eat a balanced healthy diet?
- How are your sleeping patterns?
- Are you fit? Do you exercise regularly?

### **Relational aspect of our lives:**

- Are things with your significant other working well?
- Do you have trust issues?
- Can you forgive easily?
- Are there unhealthy dependency issues?
- Can you love unconditionally?
- Does your spouse love you? Do your kids like you?
- Are there control issues?

### **Social aspect of our lives:**

- Are you a friendly neighbour?
- Do you care for the poor?
- Are you an active citizen?
- Do you vote?
- Does injustice get to you?

### **Cerebral aspect of our lives (mind):**

- Do you love yourself?
- Are you a positive or negative person?
- Do you get stuck in your thought 'ruts'?
- Are you a thinker, or do you 'fly by the seat of your pants'?
- Do you overthink?
- Do you get 'stuck in the weeds' - paralysis of analysis?
- Are you able to deal with your past life, hurts and experiences?
- Can you tell yourself to 'go slow'?

### **Fiscal aspect of our lives (money):**

- Do you have debt?
- Do you have a budget?
- Do you prefer to spend or save?
- Are you generous or cautious?
- Are you saving for the future?
- Are you discontent with your lot in life?
- Can you give joyfully?

### **Emotional aspect of our lives:**

- Are your emotions under your thumb, or under your skin?
- How are your anger levels?
- Do you struggle with depression?
- Are you unreasonably stressed out?
- Are you anxious? Fearful? Traumatized?
- Are you a happy, joyful person?
- Do you enjoy the experience of peace and tranquility?

### **Sexual aspect of our lives:**

- Are you sexually pure?
- Are you a romantic person?
- How is your sex life?
- Is your sex life mutually satisfying?
- Do you have a regular sex life?