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1 John 4:18 ... fully developed love expels every particle of fear, for fear always contains some of the torture of feeling guilty. (Ph)

Proverbs 27:6 Wounds from a friend can be trusted, but an enemy multiplies kisses.

4. Focus on being the person by resting on Jesus' love for you

1 Peter 3:1 Wives, likewise, be submissive to your own husbands, that even if some do not obey the word, they, **without a word**, may be won by the conduct of their wives, NKJV

5. Learn to what you have

6. Nothing can take the place of in our life

7. The best way to love your is to put Jesus first.

Col 1:15-21 He is the image of the invisible God, the **firstborn** over all creation. 16For **by him** all things were created: things in heaven and on earth, ... all things were created by him and **for** him. 17He is **before** all things, and **in him** all things **hold together**. 18And he is the **head** of the body, the church; he is the beginning and the **firstborn** from among the dead, so that in **everything** he might have the **supremacy**. 19For God was pleased to have all his fullness dwell in him, 20and through him to reconcile to himself all things, whether things on earth or things in heaven, by making peace through his blood, shed on the cross. NIV

10. DEALING WITH THE ROOT OF THE ISSUE

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

Ephesians 2:16
16 and in this one body to reconcile both of them to God through the cross, by which he put to death their hostility.

1 Corinthians 13:2
2 ... if I have not love, I am nothing.

Ecclesiastes 7:20
20 And there is not a single man in all the earth who is always good and never sins. (TLB)

James 4:1-2
1 What causes fights and quarrels among you? Don't they come from your desires that battle within you? 2 You want something but don't get it. You kill and covet, but you cannot have what you want. You quarrel and fight...

Galatians 5:19-21
19 The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery; 20 idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions 21 and envy; drunkenness, orgies, and the like. ...

1. I have to face up to my .

1 John 1:8
8 If we claim to be without sin, we deceive ourselves and the truth is not in us.

Galatians 5:17
17 For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want.

2 Corinthians 3:18
18 And we, who with unveiled faces all reflect the Lord's glory, are being transformed into his likeness with ever-increasing glory, which comes from the Lord, who is the Spirit.

2. I have to face up to my in life

Exodus 6:9

9 Moses reported this to the Israelites, but they **did not listen** to him because of their discouragement and cruel bondage.

Exodus 17:7-8

7 And he called the place Massah and Meribah because the Israelites quarreled and because they tested the LORD saying, "Is the LORD among us or not?"

8 The Amalekites came and attacked the Israelites at Rephidim.

3. Focus on the hope of

2 Corinthians 4:18 – 5:1

18 So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal. 5:1 Now we know that if the earthly tent we live in is destroyed, we have a building from God, an eternal house in heaven, not built by human hands.

4. Focus more on God's to me

Romans 7:15

15 I do not understand what I do. For what I want to do I do not do, but what I hate I do.

Romans 7:24

24 What a wretched man I am! Who will rescue me from this body of death?

Romans 8:1-2

1 Therefore, there is now no condemnation for those who are in Christ Jesus, 2 because through Christ Jesus the law of the Spirit of life set me free from the law of sin and death.

Col 2:14

14 he canceled the unfavorable record of our debts(it was paid for by Jesus), with its binding rules and did away with it completely by nailing it to the cross. TEV

Col 2:14

14 He canceled the record that contained the charges against us. He took it and destroyed it by nailing it to Christ's cross. NLT

2 Corinthians 12:9-10

9 But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. 10 ... For when I am weak, then I am strong.

5. Follow the Leading

Galatians 5:16

16 So I say, live by the Spirit, and you will not gratify the desires of the sinful nature.

B. OVERCOMING DESTRUCTIVE FORCES IN A RELATIONSHIP

Ephesians 4:15 Instead, speaking the truth in love, we will in all things grow up into him who is the Head, that is, Christ. NIV

Eph 4 15 "Let our lives lovingly express the truth in all things – speaking truly, dealing truly, living truly." AMP

1. Fear relationships

When I am fearful of my weakness, I become

When I am fearful of my feeling, I become to one another

Genesis 3:9-10 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**."

Feelings of

Feelings of

2. The Answer to fear is to be honest with

Proverbs 20:27 ... The Lord gave us a conscience, we cannot hide from ourselves. (GN)

1 John 4:18-19 We need have no fear of someone who loves us perfectly; his perfect love for us eliminates all dread of what he might do to us. If we are afraid, it is for fear of what he might do to us and shows that we are not fully convinced that he really loves us. TLB

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