

Ingredients for Healthy Relationships: EFFORT

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HEALTHY RELATIONSHIPS REQUIRE EFFORT!

Ephesians 4:1–3 (NLT)

Therefore I, a prisoner for serving the Lord, beg you to lead a life worthy of your calling, for you have been called by God. ² Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love. ³ Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace.

1. EFFORT IN RELATIONSHIP MEANS INTENTIONAL INVESTMENT & HARD WORK

REAL LOVE IS NOT LAZY LOVE!

Romans 12:9–13 (NLT)

Don't just pretend to love others. Really love them. Hate what is wrong. Hold tightly to what is good. ¹⁰ Love each other with genuine affection, and take delight in honoring each other. ¹¹ Never be lazy, but work hard and serve the Lord enthusiastically. ¹² Rejoice in our confident hope. Be patient in trouble, and keep on praying. ¹³ When God's people are in need, be ready to help them. Always be eager to practice hospitality.

Galatians 6:7–10 (NIV)

Do not be deceived: God cannot be mocked. A man reaps what he sows. ⁸ Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life. ⁹ Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. ¹⁰ Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.

"You will never drift into a great relationship. You have to build one." – Craig Groeschel

2. EFFORT IN RELATIONSHIP MEANS MANAGING OUR EXPECTATIONS OF OTHERS

1 Corinthians 13:4–5 (NLT)

Love is patient and kind. Love is not jealous or boastful or proud ⁵ or rude. It does not demand its own way...

- ASSUMPTIONS CAN LEAD TO UNHEALTHY EXPECTATIONS
- EMOTIONAL WOUNDS CAN LEAD TO UNHEALTHY EXPECTATIONS

Ways to manage our expectations:

- PUT YOUR ULTIMATE HOPE/EXPECTATION IN GOD!

Jeremiah 17:5–8 (NLT)

This is what the LORD says: “Cursed are those who put their trust in mere humans, who rely on human strength and turn their hearts away from the LORD. ⁶ They are like stunted shrubs in the desert, with no hope for the future. They will live in the barren wilderness, in an uninhabited salty land. ⁷ “But blessed are those who trust in the LORD and have made the LORD their hope and confidence. ⁸ They are like trees planted along a riverbank, with roots that reach deep into the water. Such trees are not bothered by the heat or worried by long months of drought. Their leaves stay green, and they never stop producing fruit.

- RECEIVE GOD’S HEALING

Psalms 147:3 (NIV)

He heals the brokenhearted and binds up their wounds.

- COMMUNICATE
- EXTEND GRACE

3. EFFORT IN RELATIONSHIP MEANS OVERCOMING OBSTACLES

Proverbs 19:11 (NIV)

A person’s wisdom yields patience; it is to one’s glory to overlook an offense.

Great relationships aren’t great because they have no problems - they are great because both people care enough to find a way to make it work!