

— Keys to —

HEALTHY RELATIONSHIPS

Key #1: Think Rightly About The Bible



Transforming Families Now and In the Future

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Offered Exclusively by
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Keys to Healthy Relationships: Key #1: Think Rightly About The Bible

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Introduction

Three famous seminary professors were asked which book of the Bible they would prefer to have with them if stranded on an island. The first professor said, “The Psalms.” The second one said, “The book of Romans.” The third professor said, “I wouldn’t want any of them.” Surprised by his answer, they asked him what book he would choose. He said, “The Basics for How to Build a Boat.”

Many people are like that third professor. They do not see the Bible as a practical guide for the mundane, bare necessities of life. Many view the Bible as a kind of religious relic that should be displayed prominently on their coffee table but never read. Others only go to the Bible when they need comfort. Still, others may quote Scripture like positive-thinking mantras.

But did you know that the Bible is God’s blueprint for life? It is not just for religious people or for religious activities. It is God’s revealed word to all of humanity. The Bible can be a practical guide for every area of life, including the area of relationships.

This e-booklet is designed to provide a quick guide to applying biblical principles in your encounters with others. As you read it, ask yourself how you can use God’s Word to guide your thinking when interacting with others.



Living Out the Truths of Scripture Is Easier Said Than Done

“Do not repay evil for evil or reviling for reviling, but on the contrary, bless, for to this you were called, that you may obtain a blessing.”
(1 Peter 3:9, ESV)

When people wrong us for no reason, our natural tendency is to wrong them back. Revenge feels right to us because it is rooted in the concept of fairness and justice. Getting even makes sense outside of the teachings of the Bible. But if we allow our thinking to be guided by God’s Word rather than our own sense of fairplay, our response to wrongs against us might be different.

Let’s examine how we can practice thinking biblically in relationships.



Bless When You Want to Curse

Let's say someone runs over your foot with a shopping cart and does not apologize. What would you naturally want to do? Yell at him or her? Retaliate by running over his or her foot?

Think: According to the Bible, how should I react?

Bless those who persecute you; bless and do not curse them. (Romans 12:14)



Take It When You Want to Give It

A person you consider a friend posts one of your deepest secrets on social media. What would be your natural response? Post two of that person's secrets? Call that person and give them a piece of your mind? Unfriend him or her?

Think: What does the Bible require in such cases?

You have heard that it was said, 'An eye for an eye, and a tooth for a tooth.' But I say to you, do not resist an evil person; but whoever slaps you on your right cheek, turn the other to him also. (Matthew 5:38-39)



Love When You Want to Hate

If a man's wife constantly disrespects him or puts him down in public, what would that husband naturally want to do? Retaliate by verbally or physically attacking her? Become cold towards her?

Think: How does the Bible say he should respond?

“Husbands love your wives, as Christ loved the church...” And how did Christ show His love for the church? He “gave himself up for her.” (Ephesians 5:25)



Respect When You Want to Disrespect

Finally, if a woman's husband refuses to provide for his family or behaves as though he were not married, what would that wife naturally want to do? Nag him about being a better husband? Tell her friends how undependable he is? Leave him?

Think: What instructions does the Bible offer her?

“Likewise, wives, be subject to your own husbands, so that even if some do not obey the word, they may be won without a word by the conduct of their wives, when they see your respectful and pure conduct.” (1 Peter 3:1-2)



Instruction Manual for Life

The Bible can be a powerful tool for building quality relationships if we will only trust it as God’s instruction manual for daily living. Fifteenth century theologian John Flavel once said, “The Scriptures teach us the best way of living, the noblest way of suffering, and the most comfortable way of dying.”

The twenty-eighth President of America, Woodrow Wilson said this of the Bible: “When you have read the Bible you will know that it is the Word of God, because you will have found it the key to your own heart, your own happiness, your own duty.”

How can you and I use the Bible to guide our thinking when interacting with others? Well, we can begin by reading it, memorizing it, sharing it, and living by it.



About the Authors

Alonza and Vanessa Jones are the founders of Biblical Marriage Institute. Married for more than 38 years, the Joneses have been uniquely equipped through the providence of God to lead other Believers in building and maintaining godly families. They are sought-after speakers for men's and women's conferences, marriage retreats, seminars, and workshops. The Joneses have also led workshops on marriage and family development for national and regional organizations. They have authored numerous articles on marriage and family.

About Biblical Marriage Institute

Biblical Marriage Institute helps prevent family breakdown through biblical education and mentoring. Our work involves developing and teaching courses on marriage and relationships for teens and adults.

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