

## The Value of Relationships

### John 1:14

The Word became flesh and made His dwelling among us. We have seen His glory, the glory of the One and Only, Who came from the Father, full of grace and truth.

### Ecclesiastes 4:7-12

Again I saw something meaningless under the sun:

<sup>8</sup> There was a man all alone; he had neither son nor brother.

There was no end to his toil,  
yet his eyes were not content with his wealth.

For whom am I toiling,\* he asked,  
and why am I depriving myself of enjoyment?  
This too is meaningless— a miserable business!

### Ecclesiastes 4:7-12

<sup>9</sup> Two are better than one,  
because they have a good return for their work:

<sup>10</sup> If one falls down, his friend can help him up. But  
pity the man who falls and has no one to help him  
up!

<sup>11</sup> Also, if two lie down together, they will keep warm.  
But how can one keep warm alone?

### Ecclesiastes 4:7-12

<sup>12</sup> Though one may be overpowered,  
two can defend themselves.  
A cord of three strands is not quickly broken.

## The Pain of Aloneness

1. Life is less fulfilling alone
2. Work is less meaningful alone
3. Wealth is empty without someone to share with

The Major Inhibitors of Relationships

1. Fear of Rejection
2. Pride of Image
3. Pride of Independence
4. Protection from Hurt

The 4 Values of Relationships

#1 We are able to get more done – v. 9

*Two are better than one, because they have a good return for their work:*

The 4 Values of Relationships

#2 We are able to pick each other up – v. 10

*If one falls down, his friend can help him up.  
But pity the man who falls and has no one to help him up!*

The 4 Values of Relationships

#3 We are able to draw life in difficult times  
– v. 11

*Also, if two lie down together, they will keep warm. But how can one keep warm alone?*

The 4 Values of Relationships

#4 We are able to protect each other – v. 12

*Though one may be overpowered,  
two can defend themselves.*

The 4 Values of Relationships

#4 We are able to protect each other – v. 12

Ephesians 6:12

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

## 5 Steps to Effective Relationships

1. Honestly assess where I am on the relationship grid
2. Embrace that relationships are necessary for me to reach my highest potential
3. Put myself into healthy relational settings
4. Accept that different people meet different needs
5. Work to keep your life's relationships integrated