**What is a healthy relationship?**

* A healthy relationship at its core is centered around:
	+ **Empathy** and **kindness**. **Reliability** and **commitment**. **Mutual respect for boundaries**. **The ability to work together as a team**. **Similar** **values** and **goals**.
	+ **Open communication**, **trust, curiosity, individual interests,** adaptability,
		- **Trust** involves honesty and integrity. You don’t keep secrets from each other. When you’re apart, you don’t worry about them pursuing other people.
		- But trust goes beyond believing they won’t cheat or lie to you.
		- It also means you feel safe and comfortable with them and know they won’t hurt you physically or emotionally. You know they have your best interests in mind but also respect you enough to encourage you to make your own choices.
		- **Curiosity** in your relationship means you’re interested in their thoughts, goals, and daily life.
		- You want to watch them grow into their best self. You’re not fixated on who they used to be or who you think they should be.
		- Curiosity also means you’re willing to consider or talk about changes to your relationship structure if aspects of your existing relationship become less fulfilling.
			* **Physical intimacy**
		- **Conflict resolution**
		- A strong relationship can be considered a team. You work together and support each other, even when you don’t agree on something or have goals that aren’t exactly the same.
		- Even in a healthy relationship, you’ll have occasional disagreements and feel frustrated or angry with each other from time to time. However, partners who address conflict without judgment or contempt can often find a compromise or solution.
		- If you can talk about your differences politely, honestly, and with respect, you’re on the right track.
		- **Respect**
		- Boundaries are good to put into place when we know crossing them would violate our mental, emotional and physical health or values. But they’re also good for establishing a level of respect for each other and for understanding the things you both feel is important.
		- If your partner isn’t too keen on one of your friends, but that relationship is still important to you, it’s a good sign if your partner doesn’t try to prevent you from seeing them or isolating you from your friend group.
		- **You trust one another and that trust is earned**
		- If you’ve worked through all of your relationship baggage (both old and new) and you’ve worked through your blind spots, hopefully, you come to a new relationship feeling better about trusting someone else, from there, you either come to trust this new person more and more over time, or you come to not trust them over time.
		- Trust extends from the seemingly smallest things, like trusting someone with your emotions or allowing yourself to be vulnerable around them, as well as with making some big life decisions, like where to live and what you want your future family to look like.
		- Long after the honeymoon phase has ended, a sign of a healthy relationship is knowing that you can rely on your partner without second guessing whether or not you can trust them.
		- **When the going gets tough, you find a way to communicate**
		- It’s much easier to have a relationship during the good times, but what really makes a relationship or bonds you as a couple is going through hard times together.
		- That means you want to find ways to express how you’re feeling, practice [active listening](https://health.clevelandclinic.org/active-listening/) while your partner is doing the same and work together to find solutions, **even when you’re arguing.**
		- We don’t always have to see each other eye-to-eye, but we can always be both good and kind to each other and can always try to understand the other person,
		- **You can also forgive each other**
		- If someone hasn’t had a positive or secure attachment in their childhood, they can end up holding grudges and find it difficult to forgive people but there’s no such thing as a perfect relationship, and forgiveness is often a sign of love.
		- If you have difficulty letting go or moving beyond problems that surface, or if you have a hard time with forgiveness, prayer, reading God’s Word and counseling, can help identify some of the triggers that reinforce our behavior.
		- **You’re both committed to the relationship**
		- One of the most common complaints in relationships is that someone is making more effort than the other. No one likes a one-sided relationship.
		- Bring your concerns to the other person and talk about it and see if they’re going to put in more effort if you need them to or if nothing’s going to change.
		- Healthy relationships will have ebbs and flows, with one partner taking up the slack for when another person can’t, and vice versa.
		- **You’re kind to each other**
		- Kindness, feeling as though you’re safe, supported and that you are a priority to the other person.
		- Apologizing when you’ve made a mistake. Active listening, as much as possible, to your partner.
		- At every turn, check within yourself, curb your anger or expectations, make room for a level of kindness that’s rooted in mutual respect. It’s not always going to work or even be a perfect solution. Having the intention to always be kind as much as possible, this is a solid foundation for a healthy relationship.
		- If you’ve been in a relationship for a long time, you’re not going to be perfectly kind all the time, there should be a certain amount of mutual respect and empathy toward each other, even when you’re not having a good day.
		- **Reassuring each other.**

True love never abandons you in your weakest moments. If someone truly loves you, they will stay ready to face difficulties with you no matter the danger. They will not run away when the storm hits instead, they will protect and uplift you.

* If you are in a relationship with someone who seeks to escape and abandon you when you need them the most, you are in an unhealthy relationship.
* Refusing to admit mistakes is not just a character flaw, it is a rejection of God’s grace. A refusal of the grace God offers.

“There is no perfect relationship, there will always be struggles, you just have to pick who you want to struggle with.”

“I have learned that intimacy is the only thing I am looking for. And when I say that; what intimacy really means is, that someone knows you, they know all your stuff, they know everything about you, the good and bad and they love you anyway.” Terry

Psalms 51

* Psalms 51:5  For I know my crimes, my sin confronts me all the time.
	+ David was carrying guilt and shame after his ordeal with Bathsheba.
		- How did David deal with his guilt and shame?
* Psalms 51:6 Against you, you only, have I sinned and done what is evil from your perspective; so that you are right in accusing me and justified in passing sentence.
* Psalms 51:7 True, I was born guilty, was a sinner from the moment my mother conceived me.
* Psalms 51:8 Still, you want truth in the **inner** person; so, make me know wisdom **in my inmost heart**.
	+ There is something that can take place on the inner man if our guilt and shame are not delt with.
* Psalms 51:14 Restore my joy in your salvation, and let a **willing spirit** uphold me.
* **Psalms 51:12**  RestoreH7725 unto me the joyH8342 of thy salvation;H3468 and upholdH5564 me *with thy* freeH5082 spirit.H7307
	+ There is an unwilling spirit.
	+ **Deu 1:26** “But you would not go up. Instead, you rebelled against the order of Adonai your God;
		- Rebellion/rebellious