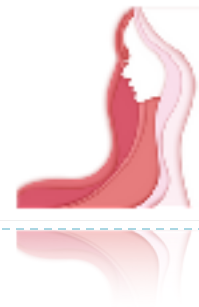


2017 Impact Conference Presentation
Is He Spiritual?
(Building Healthy Relationships)

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Introduction

▶ **Is He Spiritual?**

- ▶ Chronicles my deeply personal journey about my marriage and its quick demise.
- ▶ Highlights moments of encouragement and God's faithfulness.
- ▶ Offers actionable principles and spiritual insights to help readers discern if a potential life partner is spiritual.

Agenda

- ▶ We are Created to Have Relationships
- ▶ Healthy Relationships Require...
- ▶ Discernment (And Wisdom)
- ▶ How Should We Relate to One Another?
- ▶ Why Do Relationships Become Toxic or Fail?
- ▶ Common Mistakes Made in Romantic Relationships
- ▶ How to Tell if a Man is Spiritual
- ▶ Common Relationship Mistakes When Entering into and Serving in Ministry
- ▶ Types of Communication Styles (Inventory & Exercise)
- ▶ How to Build Healthy Relationships
- ▶ Discipleship and Healthy Relationships
- ▶ Tactics of the Enemy (To Keep You From Building Healthy Relationships)

Overview

- ▶ **Building healthy relationships requires that we are spiritual.**
 - ▶ (ex. family members, spouses, romantic interests, ministry partners)
- ▶ **We are spiritual beings that function naturally.**
- ▶ **We must see others the way that God sees them.**



Terms

- ▶ **Spiritual** – includes having an active relationship with God through Jesus Christ; it is seeing, knowing and acting according to the attributes of God. It is communing with God in such a way that you reflect more of Him and less of you.
- ▶ **Natural** – includes that which pertains to the senses; that which exists at birth (example: talent to sing, temperament or personality)
- ▶ **Relationship** – “a connection, association, involvement; connection or association by blood or marriage.”

We are created to have relationships.

- ▶ What does the Bible say about how we are to relate to one another?
 - ▶ Matthew 22: 37 – 40
- ▶ To be in healthy relationships with it requires the power of the Holy Spirit.
 - ▶ To love your neighbor as yourself is not done naturally.

We are created to have relationships.

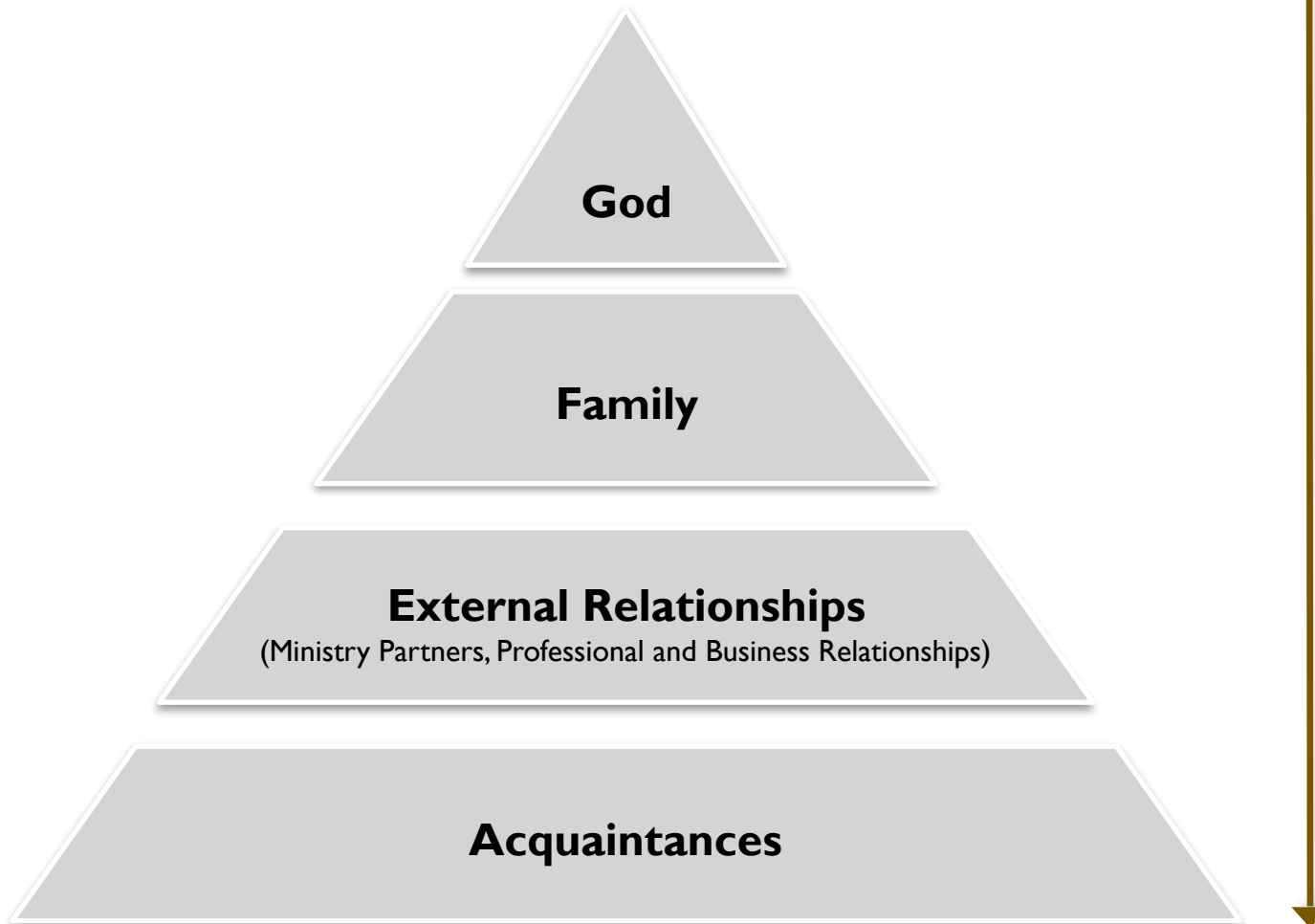
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- ▶ Why are healthy relationships necessary?
(Benefits)
 - ▶ Relationships can help foster our emotional and physical wellbeing.
 - ▶ In healthy relationships, people may offer different points of view that help us to grow (spiritually, intellectually, etc.).

We are created to have relationships.

(cont.)

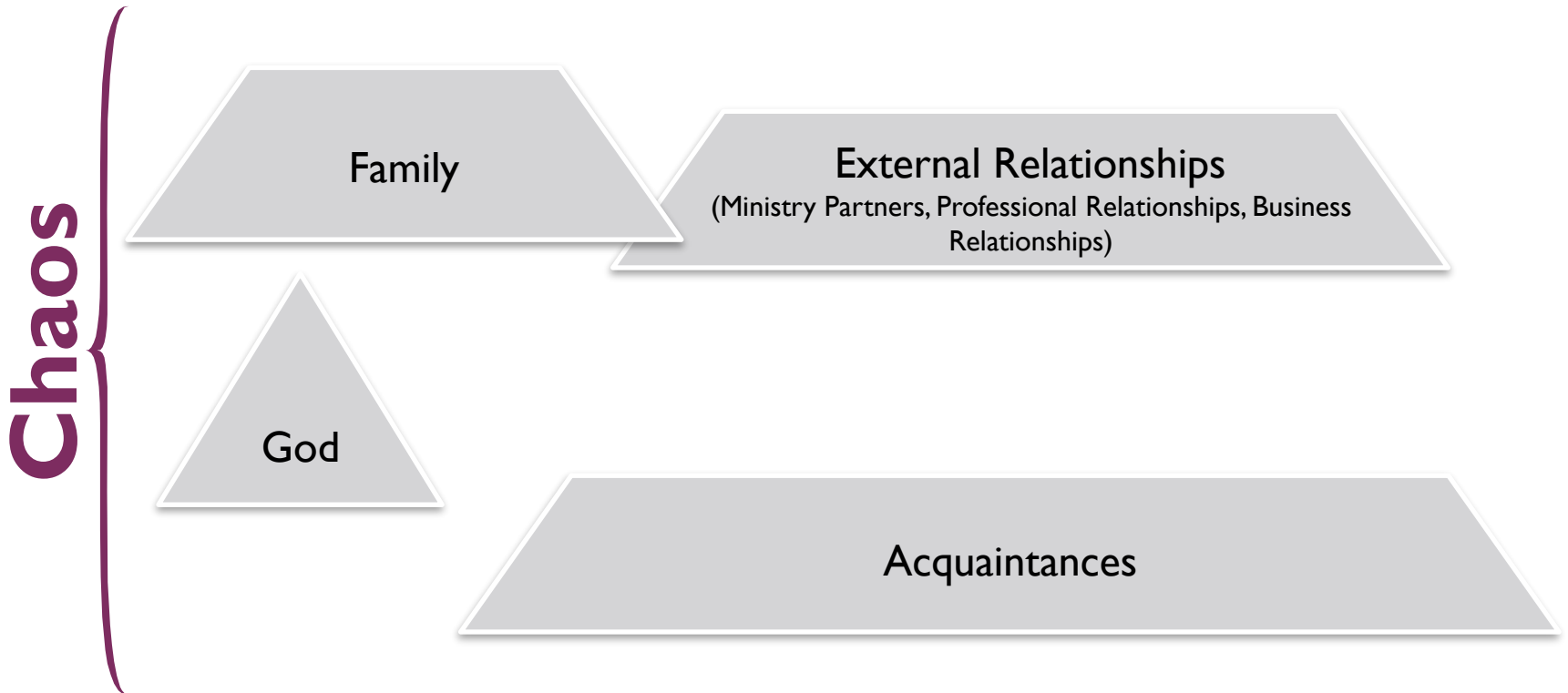
Hierarchy of Relationships



We are created to have relationships.

(cont.)

- ▶ When our relationship hierarchy is out of order it causes chaos.



Healthy relationships require that we see each other spiritually. (cont.)

- ▶ Why must we see each other spiritually?
 - ▶ God made each of us differently.
 - ▶ We have different personalities, life and professional experiences, family structures, communication styles, and biases.
 - ▶ We bring all of those elements into our relationships.

What is Discernment?

- ▶ **Discernment** - the “ability to make discriminating judgments, to distinguish between, and recognize the moral implications of different situations and courses of action.”

Benefits of Discernment

- ▶ **How does discernment help us when relating to people?**
 - ▶ Acts as a means of protection, guarding us from being deceived spiritually.
 - ▶ Acts as an instrument of healing, when exercised in grace.

Discernment and Wisdom

The Difference Between Discernment and Wisdom

➤ Discernment helps you see behind a situation.

➤ Wisdom helps you handle a situation.

How should we relate with one another?

▶ **Naturally**

- ▶ Respecting differences
 - ▶ Personalities, communication styles, generational, etc.
- ▶ Allowing people to be human in human experiences.
- ▶ Be secure enough that if someone is demonstrating a behavioral change toward you, that it is not automatically taken personally.

▶ **Spiritually**

- ▶ Seeing the value that those differences serve the Kingdom.
- ▶ Demonstrating grace toward people.
- ▶ Use discernment in how we interact with others.



Why do relationships become toxic or fail?

- ▶ Sin nature
- ▶ Lack of respect for differences in others
- ▶ Selfishness
- ▶ Unforgiveness
- ▶ Impure intentions



Why do relationships become toxic or fail? (cont.)

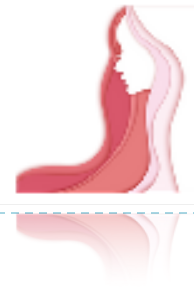
- ▶ Lack of trust
- ▶ Different value-systems
- ▶ Inability to manage emotions
- ▶ Communication issues



Common mistakes made when entering into romantic relationships.

- ▶ Ignoring very clear warning signs about a potential partner.
- ▶ Seeking to only fulfill a relationship void.
- ▶ Finding our identity in the other person.
- ▶ Thinking tactically and not strategically.

How to tell if a man is spiritual.



- ▶ Submission to God
- ▶ Accountability
- ▶ Manhood (*How does he define manhood?*)
- ▶ Provider
- ▶ Gratitude
- ▶ Empathy
- ▶ Self-control

Common relationship mistakes made when entering into and serving in ministry.

Mistakes

- 1) Seeking to meet our social needs.
- 2) Working our personal agendas instead of the KINGDOM agenda.
 - a) We must keep our intentions pure.
 - b) Repeated actions reveal intentions.

Ideal

- 1) Focus should be on servicing God.
- 2) Operate in pure motives.

Common relationship mistakes made when entering into and serving in ministry. (cont.)

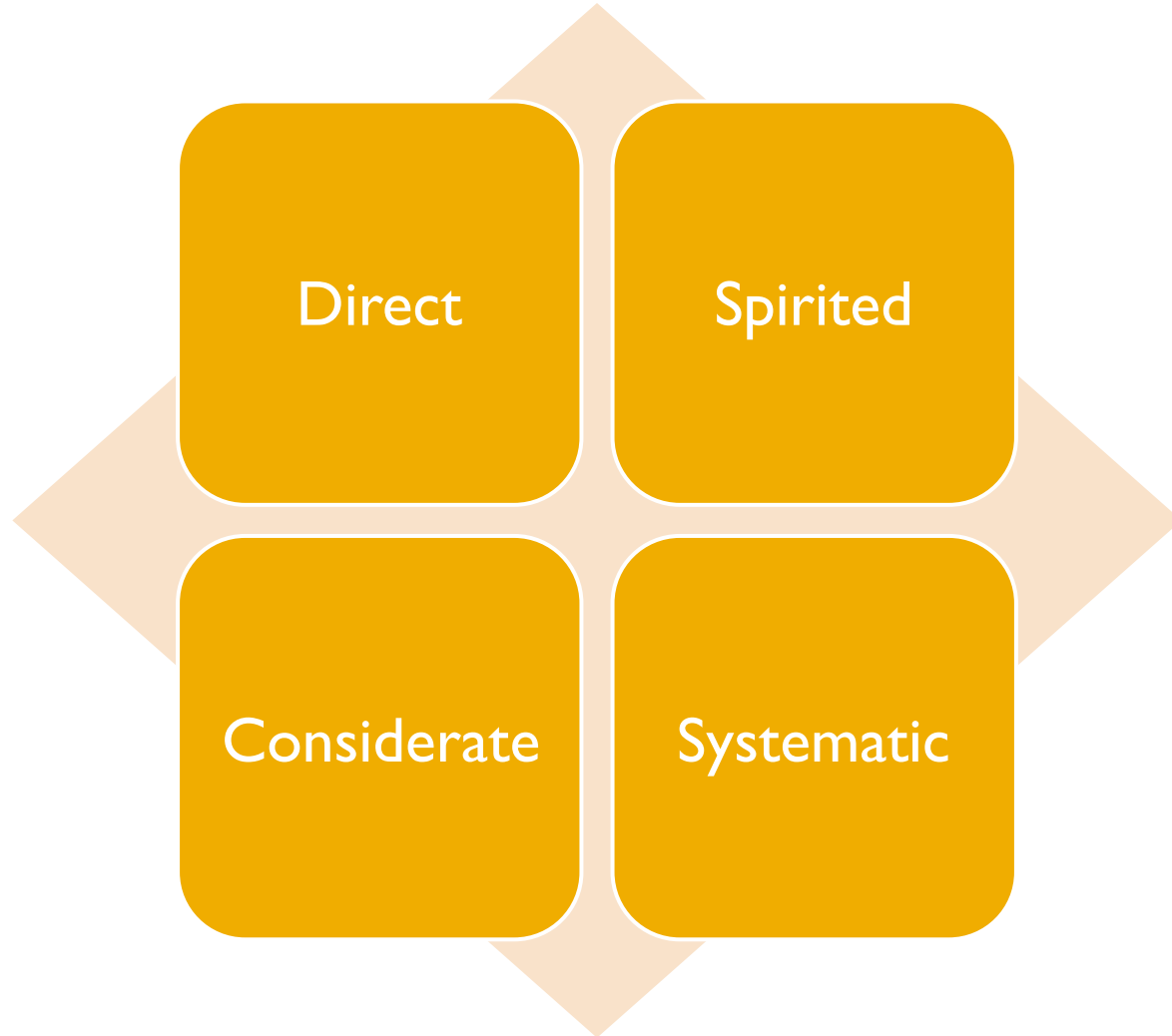
Mistakes

3. Taking up other people's causes and offenses in interpersonal challenges.
4. Relying alone on our intellect and personal preferences to guide how we lead, relate to, and interact with others.

Ideal

3. Should seek peace with/ among **ALL** men.
4. Trust the Holy Spirit to help you interact and relate with others. The Holy Spirit will help you see others the way God sees them.

Types of Communication Styles



Types of Communication Styles (cont.)

Direct

- ▶ Get to the bottom line
- ▶ Speak forcefully
- ▶ Maintain eye contact
- ▶ Presents position strongly



Types of Communication Styles (cont.)

Spirited

- ▶ Persuasive
- ▶ Is a good story-teller
- ▶ Focuses on the big picture
- ▶ Uses motivational speech



Types of Communication Styles (cont.)

Considerate

- ▶ Listens well
- ▶ Is a good counselor
- ▶ Uses supportive language
- ▶ Builds Trust



Types of Communication Styles (cont.)

Systematic

- ▶ Presents precisely
- ▶ Focus on facts
- ▶ Efficient on speech
- ▶ Well organized workplace



Exercise

- ▶ Take the Communication Style Inventory.
- ▶ Tally up your score.
- ▶ Form into groups based upon communication style.
- ▶ Craft a group email based on the scenario.
- ▶ One person from each group read the email.

Communication Style Results

Total Count:

- ▶ A = Systematic
- ▶ B = Spirited
- ▶ C = Considerate
- ▶ D = Direct

Scenario I – Much ‘Ado About Prayer



Communication Style Results

Total Count:

- ▶ A = Systematic
- ▶ B = Spirited
- ▶ C = Considerate
- ▶ D = Direct

Scenario II – Fishes and Loaves in Unity



How to Build Healthy Relationships

- ▶ It requires a healthy balance between that which is natural and spiritual.
 - ▶ *(Be able to function with people naturally using spiritual principles.)*
- ▶ Be reflective.
- ▶ Actively listen.
- ▶ Maintain a repentant heart and make a decision to forgive when people injure you.

How to Build Healthy Relationships (cont.)

- ▶ Get understanding.
- ▶ Use wisdom.
- ▶ Daily demonstrate the characteristics of Christian Discipleship.

Discipleship and Healthy Relationships

The hallmark of a true disciple of Jesus Christ is the ability to build healthy relationships.



- ▶ Examples of Jesus' leadership:
 - ▶ Woman at the Well (John 4: 4-26)
 - ▶ Jesus and Peter (Matthew 4:18-22)
 - ▶ Woman caught in adultery (John 8:1-11)

Discipleship and Healthy Relationships

(cont.)

- ▶ Characteristics of Christian Disciples:
 - ▶ “A true disciple of Christ leans and depends on Christ, and does the Will of God, no matter how it looks or feels.”
 - ▶ Discipleship is “about the degree to which we love others with a radical self-sacrificing love.”
 - ▶ “Disciples are not interested in internal regulation or internal recognition or the spotlight appearance.”

Tactics of the Enemy

(To keep you from building healthy relationships)

- ▶ Works to hinder you through the carnal behavior of man to frustrate and distract you.
- ▶ Distracts you so that you will not pray or spend time in God's presence to get divine intelligence.
- ▶ Attempts to intimidate you or use people to intimidate you so that you will not walk in your God-given authority.
- ▶ Tempts you into harboring unforgiveness.

Key Takeaways

- ▶ Building healthy relationships requires that we are spiritual.
- ▶ We are spiritual beings that function naturally.
- ▶ In order to build healthy relationships, we must see people the way that God sees them. (This requires the power of the Holy Spirit).
- ▶ Remember the 4 strategies the enemy executes to disrupt, destroy, and deny you from building healthy relationships.

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- **What's Next? Book Signing**

- When: Sunday, July 23, (after each service)
- Where: Reid Temple AME Church
Glendale, MD

