

FROM
ME TO WE

KEYS FOR BUILDING **STRONG FAMILIES AND RELATIONSHIPS**

LESSON 1 // WHERE DO I BEGIN?

This series will address the issues of loneliness, isolation, conflict, tension, deterioration and restoration in our relationships, especially in our family relationships. This journey from “me” to “we” has a starting point. Critical to this starting point is a personal awareness, and a personal acknowledgement.

You’ll never take or make the journey from “me” to “we” without understanding and acknowledging that a “me” life is not enough. You and I were not created to live a “me” life. We were created to live a “we” life (Genesis 1:31; 2:18-25).

Moving from “me” to “we” starts with addressing your deepest relationship need. If you don’t address this need personally, no other relationship will work well or be enough for you.

The foundational relationship—the one that makes every other relationship possible and workable—is a personal relationship with God. Adam had a personal relationship with God before Eve came along. Adam and Eve’s marital problems, and family problems, only started after their relationship with God was damaged.

The journey from “me” to “we” begins with knowing and acting on the following facts:

1. There’s a hole in your soul only God can fill.

Many people spend their entire life searching for the one relationship that will cure the pain in their soul, or trying to make someone provide the love, attention, affirmation and approval that no human being is capable of giving. The deepest need in your life isn’t the need for relationships with people. It’s your aching need for a relationship with God, your Creator!

What got Jesus through all the misunderstandings, rejections, denials and betrayals during His earthly ministry? His relationship with His Heavenly Father! This foundational relationship gave Him the love, security, confidence, purpose and affirmation He needed to navigate every other relationship He experienced.

The power of this relationship is seen over and over during Jesus’ ministry (see Matthew 3:16, 17; Mark 1:35; John 5:19). John 4:3-26 also provides a powerful story from His ministry illustrating that our most important need is for a relationship with God through His Son!

2. There’s help you need only God can provide.

Part of what we look for in relationships is “help.” While we find help in human relationships, there are some things people cannot help you with! If you rely on people as your primary source of help, you’ll be a very disappointed and frustrated person.

We struggle in many relationships because we're looking for people to be our helpers—to help us with things that only God can help us with! God promises to be your Helper (Psalm 18:6-14, 29; 30:2; 121:1-2; 1 Thessalonians 2:2; Hebrews 2:18; 4:16). You need a personal relationship with the Lord that gives you access to His help.

3. There's insight and wisdom only God can give.

Your own insights are limited, and the insights and wisdom of other people are limited. If you're looking only to yourself, or only to others, your perspective is going to be warped, your understanding will remain limited and your decisions will lack clarity.

You must go higher to see better. You've got to rise above the clouds to see the sunlight. You need a Source of insight and wisdom beyond yourself and others—and God is your Source (Psalm 111:10; Proverbs 2:6; James 1:5). You need wisdom and insight only God can give you about: right and wrong; good, better and best; yourself; others; and all your life decisions.

4. There are destructive patterns in your life only God can change.

You need a relationship with God because you have personal problems, personal issues, personal brokenness and personal sin that you cannot fix yourself, and that no one else can fix.

There are destructive things in you that will destroy you and destroy your relationships, unless you allow God to change you (John 3:6-7; Romans 3:24-25; 8:1-2; 10:9-10, 13; 2 Corinthians 5:17).

Moving from “me” to “we” has a starting point, and that starting point is a strong, real, personal relationship with God. The relationship pain in your life is pointing you to a cure that isn't found with people. It's only found with God. God will meet you right where you are, if you will call on Him in faith today! How can you do this?

A = Admit your need.

B = Believe in God's Son.

C = Confess Him as your Lord.

John 3:16 (NIV) *For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.*

John 14:6 (NIV) *Jesus answered, “I am the way and the truth and the life. No one comes to the Father except through me.”*

Discussion questions

1. How is your relationship with God foundational to all your other relationships? What difference should this make in your life?
2. What kind of help can only God provide for you? What do you learn from Psalm 18:6-14, 29; 30:2 and 121:1-2 about the help He promises to you?
3. What are some of the destructive patterns or brokenness in your life that God wants to change or heal? In what ways do you need to cooperate with Him in this process?