



# **NOBLE-HEART LOVE CLINIC RELATIONSHIP DEVOTIONAL**

TEACHING SERIES: ***MAKING YOUR RELATIONSHIP WORK SERIES***

JANUARY RELATIONSHIP DEVOTIONAL 2018

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**January Title: MAKING YOUR RELATIONSHIP WORK SERIES**

Wisdom Nugget: "Love is designed to bring joy, peace, satisfaction and not pain, regrets or humiliation."- Jeffery Martins

Today's Focus: **INTRODUCTION**

Hello, Highly Esteem Devoted Reader! It's always an exciting privilege to communicate with you tips to having a healthy relationship. My Team and I specially welcome you to 2018; we believe that this New Year would be an improvement on the previous in all ramifications.

"Making Your Relationship Work" is the caption for this month's teaching series. Back in 2017, I was invited to the University of Port-Harcourt (Rivers State, Nigeria) to give a talk on relationship. During Q&A session, one of the participants asked a question that got me wondering, she said " I have been in so many disappointed relationships and I'm tired, I want to know; what makes relationship work?" Instantly, the question got me thinking: really most relationships I know of seldom work out so well- it's either filled with disappointments or painful experiences.

During my research on why relationship seldom work out as planned, I saw a statistic showing more failed relationships than relationships that worked and the primary cause for the multiple failures. This brought me to a conclusion that any relationship can be made to work out fine if only the people involved are willing.

Our relationship series for this month is aimed at exposing you to practical ways to making any relationship work.

FAITH CONFESSION: "Dear Father, thank You for this new year. A year of multiple opportunities for a healthy relationship."

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**Wisdom Nugget: "Love is nature's psychotherapy with no age restrictions."**

***Today's Focus: ESSENTIAL SECRETS TO MAKING A RELATIONSHIP WORK***

There are various concrete principles that make a relationship work which were established decades back. But before we get into them, let's us first understand some essential secrets that drives these principles.

Essential 1: Accept Conflict as Normal.

Perfection only exists in Hollywood. Disagreements happen. Unless you're embroiled in severe problems (i.e., unfaithfulness, abuse, addictions, legal problems, or violence), don't throw away a relationship because you've hit a rough patch. Trust and commitment deepen as you travel through storms together.

Essential 2: Grow Yourself Up Emotionally. Many people behave in a dysfunctional manner. What you consider "normal" behaviour may actually be destructive to yourself or others.

FAITH CONFESSION: "Dear Lord, I'm open for change and growth this new season. Amen."

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**Wisdom Nugget:** "Every experience in life (especially the failed ones) should be a lesson to become wiser. "

Today's Focus: ***ESSENTIAL SECRETS TO MAKING A RELATIONSHIP WORK (Vol.2)***

Essential 3: Take (or give) Space. Partners may choose to separate (either physically or emotionally) while they work on their own individual issues. Healing childhood wounds is difficult enough without having to be accountable to a partner. If your partner asks for space, give him the world. Stop all stalking- peering at Facebook, driving by his work, or asking friends for information. Stop obsessing about anyone else's life except your own.

Essentials 4: Learn to Fly Solo.

Your happiness resides within you -not a relationship, a job, or a perfect set of circumstances. Forgo being in a relationship until you can learn to be happy with yourself... right now... today... with or without a partner.

**FAITH CONFESSION:** "Dear Father help me to understand the usefulness of mistakes. I ask for grace to forgive myself after each mistake and strength to move

- 04118

Wisdom Nugget: **"You can't save a relationship unless both people are equally invested. It takes a joint effort to make things work. One person trying will never be enough."** - Tony Gaskins

Today's Focus: **THE NEEDFUL ESSENTIAL**

There's been a miss reaction as regards if these essentials are the principles I shared earlier which serves as concrete pillars for a relationship to work (which I did share soon). Actually, these essentials are not, rather they are the secrets that drive the principles so let's continue with more essential secrets that makes a relationship work.

Essential 5: Develop an "I'm awesome" attitude.

You (and only you) determine your self-worth. I've seen far too many women curl up into the fatal position—and lose their power—upon the whims and moods of a man. It doesn't matter whether he stays or goes or compliments or criticizes. Your self-esteem needs to be like non-stick cookware—a third-party opinion (regardless of whether it's good or bad) slides right off.

Essential 6: Take care of your own needs.

You're an adult, not a child. As a result, you call the shots. Need a nap? Take it. Want ice cream? Have some. Want to go to the movies? Enjoy. In partnership, you can ask the other person to help you meet your needs. But, like you, they have their own needs and problems. They may say "no." This is not a rejection. Instead, it's an invitation—to be self-reliant. If you make one person your end-all-be-all, they will resent it. And so will you.

FAITH CONFESSION: "I receive strength to do the needful that would make my relationship work and be healthy in Jesus' Name. Amen."



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Wisdom Nugget: "More relationship dies from silence than violence."

Today's Focus: **SPEAK UP -STAND YOUR GROUND**

Some few more essential secrets to sustainable and healthy relationship are:

Essential 7: Communicate Boundaries.

More relationships die from silence than violence. Did you bite your tongue until it bled? Did you turn away from bad behaviour? Did you nag instead of enforcing consequences? If you acted "compliant" to keep the peace, you contributed to the inauthenticity of the relationship. Decide to forge a different path: Speak up. Say no. Don't allow anyone to treat you like a doormat.

Essential 8. Never Reward Bad Behaviour.

Psychology may explain bad behaviour, but it doesn't excuse it. Have you been doling out positive reinforcement (i.e., sex, food, housing, favours) in hopes your beloved will change for the better? Is it working? If not, it's time for a new ground rules. If your love doesn't change him, your independence might.

FAITH CONFESSION:" I receive grace to ward off every unwanted character limiting my relationship life in Jesus' Name. Amen."

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**Wisdom Nugget: "More relationship die from silence than violence."**

***Today's Focus: INTUITION AND BEEN REALISTIC HELPS***

Since our series began, we have been looking at essential secrets that makes a relationship healthy, today we conclude with the last two essentials:

Essential 9. Heed the wisdom of your internal voice.

When your relationship is in crisis, it's natural to beg your friends for advice. But the symphony of opinions is likely drowning out the only voice that matters—your own. Get quiet. Meditate. Pray. Clear mental space, so you can hear your intuition. Can this relationship be saved? Is it in your best interest? Are you being pushed to grow? Your heart will never fail you, so learn to listen.

Essential 10. Be patient but also realistic.

So, when is it time to give up? Look to your partner's actions—not words—for a clue. Has he/she committed to counselling? Is he making a commitment to change? Or simply paying lip service? You have only one life to live. Don't waste it on a promise and a dream, especially absent a real commitment. Relationships can be like old shoes—we stay in them even when they are no longer functional because they are comfortable. But comfort is rarely an indication of a life well-lived.

FAITH CONFESSION: "I receive strength to do the needful that would make my relationship work and be healthy in Jesus' Name. Amen."

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Wisdom Nugget: "Commitment is more important than Love but love is the basis for commitment. You can't commit to someone you don't love and you can't love without commitment."

***Today's Focus: BASIC DIFFERENCE BETWEEN COMMITMENT & LOVE***

The unbalanced understanding between commitment and love exposes many relationships to the risk of breaking up sooner than expected.

If you've ever experienced the following:

1. Felt a connection with someone
2. Became entangled in some sort of love-making
3. Realized you were thinking about your potential future with this person

...then you understand how love and commitment are related and how easily our minds connect the two.

It troubles me, though, just how connected we treat these two very different things. Love is 100% emotional (in the context of relationship) but commitment is not, rather, commitment is 100% logical and decision driven.

FAITH CONFESSON: " I receive Wisdom, understanding and grace to operate a relationship of genuine commitment in Jesus' Name. Amen."

Please do not forget to share!



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Wisdom Nugget: "True Love is devoid of fear of any kind. You're not afraid that this person will leave you in the middle of your love journey."-Jeffery Martins."

Today's Focus: **BASIC DIFFERENCE BETWEEN COMMITMENT & LOVE (Vol.2)**

**WHAT'S LOVE ABOUT?** True Love can be defined in a million ways. There are no singular universally accepted definitions of true love. But you can take a cue from the originator of love- Love is God. The manner in which God behaves is a pointer to what true love should be.

**Love is the mutual heart to heart connection and commitment between a mature man and woman. LOVE IS MORE THAN JUST HOW YOU FEEL. It's a decision of commitment to the well being of another person. A choice to stick with someone through thick and thin.**

What majority of people refer to as love is their response to a particular emotional experience. A spark of chemistry - you see someone and you feel something exciting, arousing, or maybe sensual and immediately you describe your experience as love. NAH! The short chemistry you experience can't be real love, well maybe you have a personal definition of love... but for your feelings for each other to qualify as love, it must be tested!

FAITH CONFESSION: " I receive Wisdom and understanding to . Amen."

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