



Relationships

OVERCOMING LITTLE FOXES IN MARRIAGE

AT A GLANCE

BIG IDEA

Marriage is a sacred union that requires intentional effort and self-awareness. By recognizing the 'little foxes'—such as low self-esteem and neglect of spiritual growth—that can spoil relationships, individuals can cultivate healthier, more fulfilling marriages. Embracing self-love and maintaining a strong relationship with God are key to overcoming these challenges.

PRIMARY PASSAGES

Philippians 1:6

Proverbs 18:24

Hebrews 10:25

Proverbs 20:4

KEY TAKEAWAYS

- Marriage is not a solution to emotional problems.
- Self-love and self-esteem are foundational for healthy relationships.
- Neglecting personal fellowship with God can harm spiritual and relational health.
- Low self-esteem is a subtle but destructive force in relationships.
- Intentional personal growth and spiritual development are crucial.

INTRODUCTION

In the journey of relationships, subtle issues often arise that can undermine the connection if left unaddressed. These 'little foxes' can take the form of low self-esteem, neglect of spiritual growth, and other seemingly minor challenges. By identifying and addressing these issues, individuals can strengthen their bonds and cultivate more fulfilling partnerships.

SCRIPTURE READING

- **Philippians 1:6** — Encourages believers to trust in God's ongoing work in their lives, essential for overcoming self-hatred.
- **Proverbs 18:24** — Stresses the importance of being friendly and open to cultivate meaningful relationships.
- **Hebrews 10:25** — Highlights the necessity of community and fellowship in spiritual growth.
- **Proverbs 20:4** — Warns against laziness, emphasizing the need for diligence in personal and spiritual growth.

KEY POINTS

1. **RELATIONSHIPS AND EMOTIONAL HEALTH** — Relationships should not be seen as a cure for emotional issues. Each individual must address their own emotional health to ...

KEY POINTS (CONT.)

1. RELATIONSHIPS AND EMOTIONAL HEALTH (CONT.) — contribute positively to the relationship. Emotional baggage can weigh down any relationship, leading to misunderstandings and conflicts. By seeking healing and growth, individuals can bring their best selves into their relationships, fostering a healthier and more supportive environment.
 - Reflect on personal emotional health and seek healing where needed.
 - Communicate openly with others about emotional needs.
 - Consider professional counseling if emotional issues persist.

KEY POINTS (CONT.)

- 2. THE POWER OF SELF-LOVE** — Self-love is crucial for maintaining healthy relationships. It allows individuals to engage with others from a place of wholeness and confidence. When individuals love themselves, they are better equipped to love others and to receive love in return. This self-assurance can prevent the 'little foxes' of insecurity and jealousy from taking root.
- Practice self-care and affirm your worth in God's eyes.
 - Identify and challenge negative self-talk.
 - Engage in activities that build confidence and self-esteem.

Scripture: **Philippians 1:6**

KEY POINTS (CONT.)

3. SPIRITUAL GROWTH AND FELLOWSHIP — Consistent personal fellowship with God is essential for spiritual health, which in turn supports healthy relationships. Neglecting this aspect can lead to spiritual dryness, affecting one's ability to love and connect with others. Engaging in regular spiritual practices and community fellowship can rejuvenate the spirit and strengthen bonds.

- Set aside regular time for personal prayer and Bible study.
- Participate in a faith community to foster spiritual growth.
- Encourage spiritual discussions and activities with others.

Scripture: **Hebrews 10:25**

KEY POINTS (CONT.)

4. IDENTIFYING LITTLE FOXES — Low self-esteem and neglect of spiritual practices are subtle issues that can undermine relationships. Recognizing and addressing these 'little foxes' is crucial. By being vigilant and proactive, individuals can prevent these small issues from growing into larger problems that threaten relationships.

- Regularly assess personal and spiritual health.
- Discuss potential 'little foxes' with trusted friends or mentors and create a plan to address them.
- Seek accountability from trusted friends or mentors.

Scripture: Proverbs 18:24 Proverbs 20:4

GROUP DISCUSSION

Tip: Use these questions to guide the group from seeing → understanding → applying.

OBSERVATION

- What are some common 'little foxes' that can affect relationships?
- How does self-esteem impact a person's ability to engage in a healthy relationship?
- What role does spiritual growth play in maintaining strong relationships?
- How can neglecting personal fellowship with God affect relationships?

INTERPRETATION

- Why is it important to address emotional health before entering into relationships?
- In what ways does self-love contribute to fulfilling relationships?
- How does community and fellowship support spiritual and relational health?
- What are the consequences of ignoring 'little foxes' in relationships?

APPLICATION

- What steps can you take to improve your emotional health for the sake of your relationships?
- How can you practice self-love in a way that benefits your relationships?
- What changes can you make to prioritize spiritual growth in your relationships?
- How can you and those close to you work together to identify and address 'little foxes'?

PRAYER FOCUS

- Pray for wisdom to recognize and address the 'little foxes' in relationships.
- Ask for strength to cultivate self-love and confidence in God's love.
- Seek guidance to prioritize spiritual growth and fellowship.
- Pray for healing and growth in emotional health to strengthen relationships.

NEXT STEP

Reflect on personal and spiritual health, and take proactive steps to address any 'little foxes' in your relationships.

CONCLUSION

Relationships are a journey that requires intentional effort and self-awareness. By identifying and addressing the 'little foxes' that can undermine relationships, individuals can cultivate healthier, more fulfilling connections. Embracing self-love and maintaining a strong relationship with God are key to overcoming these challenges and building lasting relationships.