



RCCG OCEANIA

Emotional Health

Mending Relationship with Jesus

At a Glance

BIG IDEA

Many people seek fulfillment in relationships or marriage, but true emotional satisfaction begins with mending your relationship with Jesus. By focusing on self-love and self-esteem, you can improve your relationships with others and find peace. Discover how aligning your priorities can lead to a more fulfilling life.

PRIMARY PASSAGES

Matthew 22:39

Key Takeaways

- Prioritize your relationship with Jesus for true emotional fulfillment.
- Self-love and self-esteem are crucial for healthy relationships.
- Marriage is not a solution for all emotional issues.
- Blaming external relationships for internal emptiness is misguided.
- Taking responsibility for your emotional health is essential.

Introduction

In a world where relationships often define our happiness, it's crucial to understand that true emotional fulfillment begins with mending our relationship with Jesus. This study explores how prioritizing this relationship can lead to healthier self-esteem and more fulfilling interactions with others.

Scripture Reading

- **Matthew 22:39** — Emphasizes the importance of loving oneself as a foundation for loving others.

Key Points

1. **Prioritize Jesus in Your Life** — Your relationship with Jesus is foundational for emotional health. It provides a level of satisfaction that no other relationship can fulfill. By mending this relationship, you can find peace and purpose that transcends the temporary satisfaction offered by human relationships.
 - Spend daily time in prayer and reflection with Jesus.
 - Identify areas where you have placed other relationships above your relationship with Jesus.
 - Seek guidance from Scripture to align your priorities with Jesus' teachings.

Scripture: John 14:6

Key Points (cont.)

2. Cultivate Self-Love and Esteem — Self-love and self-esteem are vital for healthy relationships. Without them, you may struggle with relational issues and low self-worth. By understanding your value in Jesus, you can improve your interactions with others and build stronger, more meaningful relationships.
 - Reflect on your self-worth as seen through the eyes of Jesus.
 - Practice affirmations that align with biblical truths about your identity.
 - Engage in activities that nurture your self-esteem and personal growth.

Key Points (cont.)

3. Understand Marriage's Role — Marriage should not be seen as a cure for emotional problems. It carries a load beyond its original purpose. Recognize its role and avoid placing unrealistic expectations on it. Marriage is a partnership that complements your relationship with Jesus, not replaces it.
 - Discuss expectations with your spouse or partner to ensure they align with biblical principles.
 - Seek counsel from trusted mentors or spiritual leaders about the role of marriage in your life.
 - Reflect on how your marriage can be a reflection of your relationship with Jesus.

Key Points (cont.)

4. Take Responsibility for Emotional Health — Blaming external factors like marriage for emotional emptiness is unproductive. Take charge of your emotional well-being by focusing on your relationship with Jesus and self-love. This proactive approach will lead to a more fulfilling and balanced life.
 - Identify areas where you have blamed others for your emotional state.
 - Develop a personal plan for emotional health that includes spiritual practices.
 - Seek professional help if needed to address deep-seated emotional issues.

Group Discussion

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

Observation

- What does Matthew 22:39 teach us about the importance of self-love?
- How does prioritizing Jesus impact our emotional health?
- What are some common misconceptions about marriage and emotional fulfillment?

Interpretation

- Why is it important to mend our relationship with Jesus before seeking fulfillment in other relationships?
- How can self-love and self-esteem influence our interactions with others?
- In what ways can marriage complement, rather than replace, our relationship with Jesus?

Application

- What steps can you take to prioritize your relationship with Jesus this week?
- How can you cultivate a healthier self-esteem based on biblical truths?
- What changes can you make in your marriage or relationships to align them with your spiritual priorities?

Prayer Focus

- Pray for a deeper relationship with Jesus that brings peace and fulfillment.
- Ask for guidance in cultivating self-love and self-esteem through Jesus' teachings.
- Seek wisdom in aligning marriage and relationships with spiritual priorities.

Next Step

Reflect on your current relationship with Jesus and identify steps to prioritize it for emotional health.

Conclusion

Mending your relationship with Jesus is the cornerstone of emotional health and fulfilling relationships. By prioritizing this relationship, cultivating self-love, and understanding the role of marriage, you can find true peace and satisfaction. Take responsibility for your emotional well-being and experience the transformative power of aligning your life with Jesus' teachings.