

Ten Steps to Your Best Relationships!

Do you desire to have better, healthier relationships? Do you find that on some days, it seems like a struggle? If so, you are not alone. Here are ten steps that can lead you to experience your best relationships ever.

Step 1. Study God’s Design for Excellent Relationships

The design of a butter knife lets you know that it works best when spreading soft things like room-temperature butter. If you try to use it to cut a T-bone steak, you will see that it is not designed to do that. The same is true for excellent relationships.

God had a clear purpose and design when He created man and woman. He designed man to be different from a woman so that the two would not only be complimentary but, more importantly, display His image to a lost and dying world.

Step 2. Recognize How Men and Women Are Different - REALLY!

God created man and woman perfectly to fulfill their designed roles which complement each other.

If you remember, God created Eve because He did not want Adam alone. Without a woman, man has no one to help “fill the earth and subdue it” (Gen 1:28). Adam needed a suitable helper to fulfill God’s purpose for mankind. And for a woman, it is imperative to remember that Helper is a word used primarily about God (i.e., Ps 121:1-2), further elevating rather than demeaning women.

God designed a woman to fulfill a relational role while a man fulfills his work role design – the differences are complementary, not conflicting.

Step 3. Accept the ONE PROBLEM!

Did you know that there is only ONE PROBLEM?

Making everything about ME is THE PROBLEM that destroys relationships. It is the root from which relationship mistakes grow. Unfortunately, we are blind to how often we make life about ME! You may have noticed how easy it is to see when others are being selfish and self-absorbed, but not when you are doing it.

When others are making life about ME, it’s like they have this big ME on their forehead. They cannot see it – because it is on their forehead above their eyes! The same is true for you; they see it!

Step 4. Discover the Unknown Judgments for Men and Women

Every woman and man that has, is, and will live is subject to the judgments issued by God. And this affects every relationship.

Understanding these judgments is like unlocking the secrets of what drives and motivates lousy relationships. Learning these profound judgments enables you to identify difficulties and issues in your relationships and see the damage they are creating for you now.

Woman

- **Designed to RELATE:** The woman’s unique design helps, nurtures, and supports healthy relationships, especially with her husband and children.
- **RELATING is Judged:** The woman’s judgment adds pain to relationships and drives her to control them, which creates more pain, especially with her husband and children.

Man

- **Designed to WORK:** The man's design provides, protects, and preserves others, especially his wife and children.
- **WORK is Judged:** The man's judgment adds pain to work and drives him to control work, which creates more pain, especially for his wife and children.

Step 5. Devote Yourself to the SOLUTION

Would you be happy, or at least more satisfied, if they just changed?

That thinking encourages the PROBLEM, not the SOLUTION. You ignore the changes needed in your life because, after all, "They are the problem, not me..."

The Solution is the opposite of the Problem. The Solution will *pursue their best patiently, kindly, sacrificially, and unconditionally*. That is a definition of love from God's Word. God asks us to have "lowliness of mind to let each esteem others better than himself." (Phil 2:3)

When you live that definition, you relate to others as God relates to us. So, spend energy making changes *God wants you to make* and release the other person to God.

Love does not focus on ME or judge or complain about people, especially those near you. Love does not try to get others to help you change difficult people. Love never manipulates or dominates others to make you feel better. Instead, love always promises, promotes, and provides freedom for others to relate to you or not because it focuses on the best for others.

Step 6. Learn How Your Feelings Work

Great relationships depend on effectively understanding the link between thinking, feeling, acting, and the Solution. If you do not see how your emotions are always responding and are often untrustworthy, then you will not see how it can be dangerous to "follow your heart."

Please understand emotions or feelings are not bad, and you must become emotionless—quite the opposite. Your emotions are God-given but know that you can control them.

Step 7. Choose the Reality of Freedom

Freedom is "not controlling or being controlled." It dramatically changes relationships, yet it is not the most crucial element for superior relationships. Relationships will suffer from irresponsible freedom if freedom is not underneath the Solution. Choose wisely!

Remember, love is the Solution, and *pursues their best patiently, kindly, sacrificially, and unconditionally*. It takes your freedom to a higher standard, always responsible, never irresponsible (which limits your freedom). Love sets and respects boundaries; freedom without love is irresponsible and ignores boundaries. When your ME is flashing, it uses your freedom irresponsibly.

Step 8. Remove Bitterness, Resentment, and Grudges

Forgiveness removes bitterness, resentment, and grudges. It is the only way to get free from the harm others have done to you. Seriously, the only way!

It requires courage and trust in a PERFECT Father God to use it. There are severe consequences for you and your relationships when you do not forgive.

When you forgive, the result is freedom from being controlled by a past event or person that has harmed you.

Step 9. Confess. Deal with Real and False Guilt

Like forgiveness, superior relationships also need confession. Without those two, you have no cure for the pain of wrongs done to you and wrongs you do to others. Both are necessary to stop being controlled by the past.

Confession is how you deal with real guilt. It prevents you from being controlled by what you have done to others. It is an external act from an internal change of heart. And it is best done first to God, then to the person you harmed.

Because of Satan's constant bombardment of lies, he wants you to feel guilty for things God has not declared wrong. That is false guilt; one clear example occurs when you confess real guilt. Satan starts whispering in your ear, "But you still did it," trying to remove the freedom God grants (1 Jn 1:9). Yes, you did it, but God is no longer paying attention to it.

Step 10. Follow the Path to Transformation

God provided a clear path if you want transformation. God will not make you do the steps He has provided. But, when you start the process, you participate in the abundant life you have been given (2 Pet 1:3). The benefits and promises God states that are part of the abundant life are incredibly appealing. He says...

- you "...have been given...exceedingly great and precious promises" (2 Pet 1:3)
- that through the promises "you may be partakers of the divine nature" (2 Pet 1:4) and
- you have "escaped the corruption that is in this world" (2 Pet 1:4)

While that is incredible, He also reveals three promises if you take the transformation path and one painful, solemn warning if you don't (2 Pet 1:8-9). Start today practicing these steps for transformation.

Hermann Eben is the founder and CEO of GR8 Relationships. To know more, visit <https://gr8relate.com/video-courses/>. You will find FREE video courses that walk you through God's design. These courses are short and easy to follow and can put you on the path to Pursuing *Their* Best patiently, kindly, sacrificially, and unconditionally.

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