



THE WORD *Alive*

The Preaching Ministry of
Ashley River Baptist Church

The B.E.S.T. Prescription for a Superb Relationship

COMMUNICATION: A 2-WAY PROCESS OF EXCHANGING INFORMATION UTILIZING BOTH SPOKEN WORDS AND NONVERBAL MESSAGES IN AN ATTEMPT TO CREATE SHARED UNDERSTANDING.

KEY IDEA: YOUR COMMUNICATION ALWAYS SAYS MORE ABOUT YOU THAN IT DOES THE PERSON YOU ARE ADDRESSING!!!

KEY IDEA: YOUR RELATIONSHIPS WILL NEVER RISE ABOVE THE LEVEL OF YOUR COMMUNICATION.

KEY VERSES: Proverbs 18:21 "The tongue has the power of life and death, and those who love it will eat its fruit." Proverbs 25:11 "A word aptly spoken is like apples of gold in settings of silver."

I. BLESSING Rom. 12:14-21

- 1 - Speaking well of, even in response to insult.
- 2 - Bestowing practical benefits upon or doing kind things for.
- 3 - Showing thankfulness and appreciation.
- 4 - Calling God's favor down in prayer.

Four reasons for blessing in return for insult: 1 Pet. 3:9-12

- 1 - You were called to do this: God desires to give you a blessing.
- 2 - It gives you good days: you will love life.
- 3 - The Lord will protect you and hear your prayers.
- 4 - God will work on the one rendering evil.

II. EDIFYING 2Cor 13:10; Ro 15:1-2; Eph 4:29

Eph 4:29 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

Edifying: Building up another for his/her good.

- 1 - Edifying begins in your thought life. Philippians 4:8
- 2 - You overlook mistakes and never criticize.
- 3 - You encourage, cheer on, and praise frequently
- 4 - You dwell on the good and positive in the other person.
- 5 - You consider whether your word or attitude will build up or tear down.
- 6 - The husband edifies the wife by nourishing and cherishing her.
- 7 - The wife edifies the husband by her loving response to him.
- 8 - You edify by encouraging loving eye contact; (do not misuse the power of eye contact.)

III. SHARING

An essential part of the "Phileo" emotional devoted love of the New Testament.

John 11:35-36 *Jesus wept. Then the Jews said, "See how he loved him!"*

- 1 - Marriage was ordained because it is not good for man to be alone. Gen. 2:18
- 2 - The more ways you can find to be in relationship with each other, the stronger your love/relationship will become.
- 3 - Sharing is a part of the "Cleaving" commanded for marriage. Genesis 2:24
- 4 - Sharing should touch all areas of your inner and outer lives.
- 5 - Sharing demands that you give of yourself.
- 6 - Sharing requires giving your partner focused attention.

Four areas where you may be able to share more:

- 1 - Common ground. Consider all the things you share right now. How can you enjoy them more?
- 2 - Separate ground - Parts of your lives are bound to be separate.
- 3 - New ground for one. Consider: what interests can you begin to enjoy just because your partner already enjoys them? Could you develop an enthusiasm to match your partner's?
- 4 - New ground for both. Think about a new, potentially absorbing interest you can develop together. **Example: working in Christian ministry.** Sharing is a central secret of building a deep enduring love for each other.

IV. TOUCHING

1 Corinthians 16:20 *"All the brothers here send you greetings. Greet one another with a holy kiss."*

Touching includes non-sexual, physical affection between husband and wife.

Example: cuddling, snuggling, hugging, and holding hands, sitting close together as an habitual and enjoyable part of daily life.

You have deep need for the warmth and reassurance and intimacy of nonsexual touching.

Emotional intimacy is built by the practice of affectionate physical touching. This will be a strong safeguard against marital unfaithfulness.

CONCLUSION

The B.E.S.T. prescription will transform a marriage or relationship even when only one person applies: blessing – edifying - sharing - touching.

Meditate on: Proverbs 14:1 Proverbs 11:9

Proverbs 24:3 *"By wisdom a house is built, and by understanding it is established"*

Our wisdom comes from a daily study of God's word, applying its counsels to the details of life and letting it shape our attitudes and behavior and communication that we might experience the **B.E.S.T.** relationships.