



# The Right Ingredients

Making Relationships Work

Bridge City  
CHURCH

2/16/2025

## THE RIGHT INGREDIENTS

### PART I: AN INDISPENSABLE INGREDIENT

**Genesis 2:18-23 (NLT).** *Then the Lord God said, "It is not good for the man to be alone. I will make a helper who is just right for him." So the Lord God formed from the ground all the wild animals and all the birds of the sky. He brought them to the man to see what he would call them, and the man chose a name for each one. He gave names to all the livestock, all the birds of the sky, and all the wild animals. But still there was no helper just right for him. So, the Lord God caused the man to fall into a deep sleep. While the man slept, the Lord God took out one of the man's ribs and closed up the opening. Then the Lord God made a woman from the rib, and he brought her to the man. "At last!" the man exclaimed. "This one is bone from my bone, and flesh from my flesh! She will be called 'woman,' because she was taken from 'man.'"*

**REMEMBER:** We recover relational health to the degree that we use God's original ingredients in our relationships.

**Romans 12:1-2 (MSG).** *So, here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.*

## **WE RECOVER RELATIONAL HEALTH AS WE:**

### **1. DELIGHT IN [GOD].**

**Psalms 37:4 (NLT).** *Take delight in the Lord ["give God your love"], and he will give you your heart's desires. ["He will give you what you desire most"].*

People, or relationships, cannot fill a void that only God can fill.

## 2. GUIDED BY HIS [WORD].

**Joshua 1:8 (NLT).** Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do.

## 3. DEPEND ON HIS [POWER].

**Galatians 5:16-18 (NLT).** So, I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves. The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires. These two forces are constantly fighting each other, so you are not free to carry out your good intentions. But when you are directed by the Spirit...

When you follow the desires of your sinful nature it produces: sexual immorality, impurity, sensual passions, idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, discord, divisions, envy, drunkenness, wild parties, and similar sins (Galatians 5:19-21).

But the fruit of the Spirit produces love, joy, peace, patience, gentleness, goodness, faithfulness, humility and self-control (Galatians 5:22-23).



### CONNECTION GROUPS



### Couples Dinner



### CONNECTION CARD



### FRESH START

How do I begin my new life in Jesus?

[www.bridgectymd.com/freshstart](http://www.bridgectymd.com/freshstart)

