

LIVE OAK CHURCH

Renew Your Mind Renew Your Relationship

February 01, 2026

Romans 12:2-3; Ephesians 4:20-28

It's Not Good For The Man To Be Alone I Will Make Him A Helper Suitable For Him - Genesis 2:18

I. **Companionship & fellowship are essential for a healthy life**

- A. Quality of your relationship determines the quality of your life
- B. Most people trace their success or failure to their relationships
- C. Your best days, your worst days were about relationships

II. **The choices we make that sabotage our most important relationships**

- A. We try to make life about us
 - 1. Life is not about us
 - 2. Though many are consumed with self
 - 3. The importance of getting over ourselves
- B. The gap between expectation & (actual) experience

- 1. In that gap there is disappointment, frustration, & hurt
- 2. What we put in that gap is our choice
 - a. Grace or anger
 - b. Revenge or solutions
 - c. Trust or suspicion
 - d. Believing the best or assuming the worst
- C. Seeking to be superior
 - 1. We are called to serve
 - 2. We are called to put the other above ourselves
 - 3. Never called to punish or parent

III. **The "Big 3" relationship killers: Disrespect, disconnect, & deconstruction**

- A. Disrespect
 - 1. Invalidation
 - 2. No concern of feelings
 - 3. Being shut down
 - 4. Score keeping
 - 5. Seeing the other as the enemy
- B. Disconnect (emotional withdrawal)
 - 1. Rejection
 - 2. Emotionally starved
 - 3. Feeling unwanted
 - 4. No trust
 - 5. Relationship feels "fake"
- C. Deconstruction
 - 1. Bullying

2. See spouse as punisher
3. See spouse as predator
4. Wanting this to be over
5. Looking for a way out

IV. What this does to the mind (brain)

- A. Wounds are registered in the brain
- B. Brain associates your spouse as a source of danger
- C. Hurts your change of connecting
- D. Growing apart seems normal
- E. Your brain keeps score
 1. Cortisol - from adrenal gland releases when there is danger, pressure, or stress
 2. Creates fight or flight
 3. Oxytocin released from pituitary gland promotes bonding, trust, attachment, empathy, intimacy, & care

V. How is the mind renewed? Romans 12:2

- A. Choose Messiah Jesus as Lord
- B. Repair those areas of the brain (mind) that have built up walls around each other
- C. Acknowledge the wounds you have created
 1. Not a blame session
 2. But a time of confession
- D. Eliminate the behavior that causes the cortisol release
- E. Solve problems - together
- F. Express love (4 things needed)

1. Eye contact
2. Touch (hold hands, arm in arm)
3. Have things that are fun in your life
4. Spiritual connection
 - a. Worship
 - b. Pray
 - c. Bible study
 - d. Minister to others

VI. What we all want

- A. All of us want to feel special
- B. All want to feel valued
 1. If you don't value yourself, you won't value others
 2. We either add to others or we subtract from others
- C. All of us want to be encouraged
 1. Encouragers focus on good qualities
- D. All of us want to tell our story (in a safe place)
- E. Help being successful
- F. To have a better tomorrow & hope for Eternity

**This Happens As We Renew Our Mind,
Renew Our Marriage,
& Renew Our Life**