

**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 chance 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**