

Jeffrey T. Gilmore – Parkview Date:

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Series: **Fit for Life**

Title: **Growing Relationally**

Passage: **Luke 2:52**

And Jesus grew in wisdom and stature, and in favor with God and men.
Luke 2:52 (NIV)

Dr. Mark Hyman, Head of Functional Medicine at Cleveland Clinic:

Dr. David Perlmutter, board-certified neurologist, Fellow of the American College of Nutrition, Linus Pauling Award recipient in neurological disorders:

Four keys to Jesus' life that will help us to grow in our relationship with people.

I. JESUS WASN'T AFRAID TO BE ALONE.

¹⁶ But Jesus often withdrew to lonely places and prayed.

Luke 5:16 (NIV)

³⁵ And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed ³⁶ And Simon and those who were with him searched for him, ³⁷ and they found him and said to him, “Everyone is looking for you.” ³⁸ And he said to them, “Let us go on to the next towns that I may preach there also, for that is why I came out.” ³⁹ And he went throughout all Galilee, preaching in their synagogues and casting out demons.

Mark 1:35-38 (ESV)

How does time alone with God affect our relationships?

- It affects our relationships because we become more honest about our faults.
- When I spend time alone with God we become less dependent upon other’s approval.
- You’re more compassionate of others needs when you spend time alone with God because you realize how much He cares.
- You’re less fearful of your needs not being met.
- When I spend time alone with God I become more conscious of my words and how they impact others and less conscious of myself.

II. JESUS PRAYED FOR OTHERS

¹⁴ but Jesus said, “Let the little children come to me and do not hinder them, for to such belongs the kingdom of heaven.”

Matthew 19:14 (ESV)

Be **disciplined**, and **spontaneous** in your prayers for people!

III. JESUS WAS PURPOSEFUL AND YET UNHURRIED IN HIS CONTACTS WITH PEOPLE

8 TIPS for Doing This...

- 1. Jesus didn't see his contacts with people as interruptions.**
- 2. Jesus allowed people the freedom to make the wrong decision.**
- 3. Jesus often took time for those that others ignored.**
- 4. Jesus often ignored those who insisted on his time. Therefore: He frequently took time for people that were often ignored, but He often ignored people who insisted on His time.**
- 5. Jesus didn't allow people to distract him from God's purpose, and He didn't allow His focus on God's purpose to keep Him from meeting people's needs.**

6. He broke through relationship barriers quickly.

7. Jesus confronted hatred with love & honesty.

⁴⁴ But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you; Matthew 5:44 (KJV)

8. Jesus offered a new perspective on arguments.

IV. HE TRUSTED OTHERS WITH THINGS HE COULD HAVE DONE MORE EASILY HIMSELF.

¹ And he called the twelve together and gave them power and authority over all demons and to cure diseases, ² and he sent them out to proclaim the kingdom of God and to heal.

Luke 9:1–2 (ESV)

¹² to equip the saints for the work of ministry, for building up the body of Christ,

Ephesians 4:12 (ESV)

“And Jesus grew in wisdom and stature, and in favor with God and men.”

Luke 2:52