

## Are You Attracted to Unhealthy People?

### Are you struggling in the following areas?

- 1) To be real and honest with others?
- 2) Are you drawn to people you shouldn't associate with?
- 3) Do some people entice you to act out in a negative way?
- 4) Are you drawn to unhealthy people and you're not sure why?

Maybe you're attracted to the wrong kinds of people that lead you down a road you should not be going. What's the attraction? (Maybe it's a certain body type or personality type?) Are they a sibling, or maybe an old friend that likes to party too much? Ask yourself....what's the attraction? Maybe they are exciting and wild fun? What is the hold they have on you? It's important to realize that it can be fun for a season, but unfortunately there are consequences when we make poor choices in picking friends or keeping poor relationships. This is what we'll call having: **"a broken picker or a very poor picker" in your friends and relationships.**

Maybe you're re-married, or in a new relationship with someone new, however there's personality traits that are similar to those in a past relationship or marriage that led you to be less than what God wants you to be: your best self. God gives each person "free reign" to make poor choices in relationships and other areas of our lives; often till we "GET IT!" and realize the harm that we are doing to ourselves. If you find yourself making poor choices, realize you can change and make better decisions. As we learn and mature in this "God stuff", when tempted God will; "ALWAYS GIVE YOU A WAY OUT! And... KNOW GOD WILL NOT GIVE US MORE THAT WE CAN HANDLE." The first step is asking God to help you see when you are making bad decisions in friendships.

*No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.*

1 Corinthians 10:13 (NIV)

**Let's review and see what Galatians 5:19-24 (NIV) has to say:** *The acts of the flesh are obvious: sexual immorality, impurity and debauchery idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.*

*But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the flesh with its passions and desires.*

The listing of the "fruits of the spirit" above has self-control at the end, (Maybe self-control is listed last so that it stands out and doesn't get lost in the verse. This is to help us remember that we're to be intentionally disciplined and controlled in our actions.)

### **Ask yourself these simple key questions when thinking about the friendships you have:**

- 1) Does this person encourage you to grow?
- 2) Does this person speak with love in their heart?
- 3) Does this person encourage you or are they often critical towards you?
- 4) Does this person draw you closer to, or away from God?

## Are You Attracted to Unhealthy People?

**H** **HONE** in to see if God approves of your current or past relationships.

Examples: 1) (Learn to pray for healthy people to be around you.)

2) Focus on the positives in relationships, rather than on the negative.

3) Focus on learning and growing as a healthy person.

4) Learn to just have someone around you is NOT always the answer. Learn that others don't make you healthy and whole, you have to seek out your own healthiness.

**E** **EMPATHIZE** and have a caring heart to others in your life.

Examples: 1) Strive to see things from others there point of view.

2) Learn to *listen with your heart*.

*"Kindness is the language which the deaf can hear and the blind can see!"* Quote: Mark Twain

**A** **AUTHENTICITY** is key to become transparent with other healthy, safe and trusted people.

Examples: 1) Being in a safe men's group with 3-4 men around you can be so helpful, as you learn to be a real honest genuine person, sharing the good, bad and ugly!

**L** **LEARN** to listen to God's voice in your relationships. (Pray something like: *"If this is not the best relationship for me Lord, please take it away, and surround me we other safe healthy men".*)

Examples: 1) Other Godly men      2) Christ-centered counseling      3) Marinating in the Bible

**T** **TRAVEL** in Christ-centered groups can have benefits.

Reasons: 1) You can see how people in the group interact with others.

2) Know if your friend is gossiping about others, they'll soon be gossiping about you!

**H** **HEAL** happens easier in community, with others to help you grow.

Examples: 1) Couples counseling      2) Couples groups      3) Christ-centered men's groups

4) Men's support groups.

**Y** **YEARN** to learn and grow all that you can in this season, with God at the steering wheel of your life! Learn to make the most of this *valuable season of growth in relationships*.

Examples: 1) Become a student of relationships      2) Read books for personal growth

3) Learn to take good notes in church services and seminars to refer to in the future.

**Learn what needs to be learned, grow where you need to grow in your relationships and other areas of your life, pro-active with God, trusting Him in your relationships!**

## Are You Attracted to Unhealthy People?

Let's see what Ephesians 5:1-10 (NIV) has to say:

*Follow God's example, therefore, as dearly loved children and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.*

*But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people. Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving. For of this you can be sure: No immoral, impure or greedy person—such a person is an idolater—has any inheritance in the kingdom of Christ and of God. Let no one deceive you with empty words, for because of such things God's wrath comes on those who are disobedient. Therefore do not be partners with them.*

*For you were once darkness, but now you are light in the Lord. Live as children of light (for the fruit of the light consists in all goodness, righteousness and truth) and find out what pleases the Lord.*

Questions ponder:

- 1) What relationship(s) come to mind that are unhealthy for you and that you might need to look at closer? (Explain) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 2) Is there a body type or personality type that generally speaking might be a problem in your current or past relationships? (Explain) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 3) What issues or situation comes to mind in your current relationships? Maybe a situation where you could have made a better decision or a person you realize might be causing you to stumble and be less than what God wants you to be. (Explain) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_