



MICAH  
COMMUNITY CHURCH

# Healthy People Build Healthy Relationships:

## Six Pillars For Building Healthy, God-honouring Relationships

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# Key Thought

Before choosing the right person, we must **become the right person.**



# This Series Is Not About Perfection

- It's about health.
- Not finding the perfect person, but **becoming a whole person.**



# A Pastoral Reality

Most relationship breakdowns don't begin with bad intentions. They begin with unhealed people bringing unresolved issues into close connection.



# 1. The Myth of “You Complete Me”

*“If I find the right person, they’ll fix what’s missing in me.”*

## 2 Corinthians 5:17 NKJV

If anyone is in Christ, he is a new creation, old things are passed away, all things have become new.



# Core Truth

Our **wholeness** comes from **Christ**.

“

**“Relationships are  
meant to complement,  
not complete.”**





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## 2. Healthy People Build Healthy Relationship

Your **heart** is the **source**, NOT the side issue.

## **Proverbs 4:23 NKJV**

Keep your heart with all diligence, for out of it  
spring the issues of life.



## Proverbs 4:23

- Our heart is the source not the side issue
- Relationships don't create our issues – they reveal them



# When Unhealed Hearts Affect

Unhealed hearts leak into our:

- Communication
- Trust
- Conflict
- Intimacy
- Expectations



### 3. Identity, Worth & Wholeness

- You were **intentionally formed**.
- **Carefully designed**.
- **Known** before you were seen.
- Psalm 139:13-16

## Galatians 5:22-23 NKJV

But the fruit of the Spirit is love, joy, peace, long-suffering, kindness, goodness, faithfulness, <sup>23</sup>gentleness, self-control. Against such there is no law.

- *The fruit of the Spirit is character, not charisma.*



## 4. Attachment Awareness

Why we love the way we do:

Most people lean towards one of these patterns

- Secure
- Anxious
- Avoidant



## 5. Healing From Past Wounds, Trauma & Heartbeat

Many people bring unfinished emotional business into new relationships.

Past betrayal can produce:

- Distrust
- Hyper-vigilance
- Emotional withdrawal
- Fear of vulnerability



## 5. Healing From Past Wounds, Trauma & Heartbeat

Pastoral Truth:

- Wounds are not healed by time itself, but by **honesty, truth and purposeful healing**.
- Jesus doesn't just forgive us -He **restores us**.



## 6. Red Flags vs Unresolved Issues

- A **red flag** is a warning sign of danger.
- An **unresolved issue** is an area needing growth.

**Wisdom** knows the difference.



## 6. Red Flags vs Unresolved Issues

- Don't romanticise dysfunction
- Don't ignore character patterns
- Don't confuse chemistry with calling – Chemistry excites the emotions; Calling aligns the heart with God's will and purpose.



# Practical Outcomes & Reflection

## For Singles:

- Assess readiness, not desperation
- Focus on becoming healthy, not just partnered
- Invite God into your healing journey



# Practical Outcomes & Reflection

## For Couples:

- Identify personal growth areas
- Stop blaming — start reflecting
- Commit to health before harmony



## Reflective Question

**What part of me needs healing before I ask  
God to bless my relationships?**



# Closing Thoughts

- **Healthy love** starts with **healthy hearts**.
- **Whole** people build **strong** relationships.
- **God** is committed to our **healing, growth, and future**.