

Love
Well

WEEK 1

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.”**





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, ²³ 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**.