



healthy relationships

with Chip Judd

COURSE GUIDE

Welcome!

I'm so thankful you've chosen to study the *Healthy Relationships* course. Few things in life can have the kind of impact that relationships do. That's why developing relationship skills is critical to cultivating healthy relationships. And as our relationships flourish, so do our lives.

Throughout this *Course Guide*, you'll find lesson summaries, reflective questions, and additional devotional content designed to equip you with the tools needed to help you break destructive habits, build strong relationships, raise healthier children, and regain control of your life.

Cultivating strong and healthy relationships require work and intentionality. So, let's improve our relationships by first improving ourselves.

Here we go!

Sincerely,
Chip Judd



Introduction

Healthy Relationships

Ignorance to God's Word and ways leads to death and destruction. When there is an absence of truth in a person's life, suffering is inevitable. However, when the light of truth enters their lives, it affects the way people view God, themselves, and others—and ultimately impacts every area of their lives.

In this lesson, we learned:

- The relationship history between John, Lisa, and Chip Judd, and how Chip has greatly impacted their marriage.
- God is a good father and He's building a family.
- Healthy relationships produce healthy families.
- Relational skills are the most important skills to acquire and develop.
- A deficiency of truth is often the root of relational problems.
- The truth of God's Word provides the tools needed to build healthy relationships.
- God is the nicest person you'll ever meet.

Reflect

1. Why is it important to cultivate healthy relationships?
2. When you consider your present relationships, are there areas where you have neglected to apply God's truth? If so, what could that area of your

relationship look like once truth is applied?

3. Relationship skills are the most important skills you can acquire and develop?
4. What relational skills would you like to develop the most? Why?

Building Block

Be kind and helpful to one another, tender-hearted [compassionate, understanding], forgiving one another [readily and freely], just as God in Christ also forgave you.
—Ephesians 4:32 AMP

Iron Sharpens Iron

“Wishing to be friends is quick work, but friendship is a slow ripening fruit.”
—Aristotle

Take Action

Make a list of your closest friends and commit to daily praying for your relationship with them.

Lesson One

Rest for Your Soul

Jesus promised that when we come to Him, we'll find rest for our souls. If you could describe your Christian experience using only one word, would that word be *rest*? Sadly, many believers struggle with unrest—striving for God's acceptance because they haven't entered into the rest available to them. But it doesn't have to be that way.

In this lesson, we learned:

- Grace is not cheap, but costly. Jesus paid a great price for us to freely receive His grace.
- Jesus did it hard so we can do it easy.
- Learning from Jesus is a process, not an event.
- You're at your best when you're in a place of rest.
- Relationships are one of the greatest sources of pain and pleasure.
- Since the fall of man, boundary issues have been at the heart of our challenges.

Reflect

1. What does it mean to find rest for your soul?
2. Why is it important to find rest from Jesus? How can you find rest in Him?
3. How could your life and relationships look different by living in a place of rest?

Building Block

Are you tired? Worn out? Burned out on religion? Come to Me. Get away with Me and you'll recover your life. I'll show you how to take a real rest. Walk with Me and work with Me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with Me and you'll learn to live freely and lightly. —Matthew 11:28–30 MSG

Iron Sharpens Iron

“Humans are very attached to outcomes. We say we trust God but behind the scenes we work our fingers to the bone and our emotions into a tangled fray trying to control our outcomes. We praise God when our normal looks like what we thought it would. We question God when it doesn't. And walk away from Him when we have a sinking suspicion that God is the one who set fire to the hope that was holding us together.”

—Lysa TerKeurst, *It's Not Supposed to Be This Way: Finding Unexpected Strength When Disappointments Leave You Shattered*

Take Action

Identify the areas in your life that are burdening you and causing unrest. Bring those areas to God and begin the process of releasing them to His care.



Lesson Two

Boundaries (Part 1)

Self-control is one of the greatest displays of strength. A person who cannot take responsibility for their behavior is like a city without walls—they're prone to defeat. That's because when a person lacks self-control, they abdicate their power and they become a victim of their environment—often casting blame onto others.¹

In this lesson, we learned:

- Boundaries are designed to protect us, not restrict us.
- There are three levels of control: direct, indirect, and no control.
- Direct control requires responsibility. Indirect control requires influence.
No control requires trust.
- Responsibility produces authority, which creates power.

Reflect

1. What are some areas in your life that need more self-control? These can include your thoughts, emotions, and actions.
2. What often triggers these thoughts, emotions, or actions? How can you be more aware and responsible in these areas?
3. When you consider these areas of growth in your life, do you have direct control, indirect control, or no control over them?

¹ Refer to Appendix Two

Building Block

Better to be patient than powerful; better to have self-control than to conquer a city. —Proverbs 16:32

Iron Sharpens Iron

“Between stimulus and response, there is a space where we choose our response. Every human has four endowments: self-awareness, conscience, independent will and creative imagination. These give us the ultimate human freedom . . . The power to choose, to respond, to change.”

—*Steven Covey*

Take Action

Choose an area of your life where you lack self-control and ask a trusted friend to keep you accountable once a week in regard to that area of growth.



Lesson Three

Boundaries (Part 2)

Boundaries are the invisible property lines of our life. Just like walls and fences mark the boundaries of our homes; our relational boundaries outline the territory for which we are responsible. These boundaries are the basis for our personal identity—defining who we are and what we stand for.

In this lesson, we learned:

- Everything within our circle of influence is our responsibility. These include our thoughts, feelings, and decisions.
- God is with us in our circle of influence.
- When there is a lack of boundaries in our life, we lose objectivity—which is the ability to see situations as they really are. We develop a warped sense of responsibility, which enables irresponsibility in others. And we can also develop control issues in an effort to manipulate the behavior of others.

Reflect

Gleaning off the hula-hoop example, make a list of the responsibilities within your circle of influence. Consider the story of the mother who wants their child to come home for Thanksgiving.

1. Have you been in a similar situation, and what was your response? Why did you respond that way?
2. Have you ever tried to control the behavior of others?

3. If so, how did you attempt to do this? How would you do things differently in the future?

Building Block

Peace I leave with you; My [own] peace I now give and bequeath to you. Not as the world gives do I give to you. Do not let your hearts be troubled, neither let them be afraid. [Stop allowing yourselves to be agitated and disturbed; and do not permit yourselves to be fearful and intimidated and cowardly and unsettled.] —John 14:27 AMPC

Iron Sharpens Iron

“Boundaries define us. They define what is me and what is not me. A boundary shows me where I end and someone else begins, leading me to a sense of ownership. Knowing what I am to own and take responsibility for gives me freedom. Taking responsibility for my life opens up many different options. Boundaries help us keep the good in and the bad out. Setting boundaries inevitably involves taking responsibility for your choices. You are the one who makes them. You are the one who must live with their consequences. And you are the one who may be keeping yourself from making the choices you could be happy with. We must own our own thoughts and clarify distorted thinking.”

—Henry Cloud, *Boundaries: When to Say Yes, How to Say No, to Take Control of Your Life*

Take Action

Make a list of things you've taken responsibility for that you need to relinquish “control” over. The way to identify those areas is where there's a lack of authority and power.



Lesson Four

The Power of Love

Love is the theme of God's heart. In fact, all His commands can be encapsulated in three commands: love God, love others, and love yourself. When we learn to receive God's love for us, we are empowered to both love ourselves and to love others. And as we implement healthy boundaries in our life, we will know ourselves, like ourselves, and be ourselves.

In this lesson, we learned:

- Comparison is the root of inferiority.
- God has created each of us uniquely and has equipped each of us to fulfill our calling.
- The fear of rejection causes us to hide behind externals—status, possessions, success, and relationships.
- The person whose opinion of you matters the most will define you.
- Our identity should be defined by God. When we learn to connect with God, then we'll enjoy being ourselves.

Reflect

1. Make a list of the things you like about yourself. Why do you like these things about yourself?
2. Now make a list of the things you don't like about yourself. As you review

this list, circle the things you have direct control to change about yourself.

3. Whose opinion of you matters most to you? How has their opinion shaped how you view yourself?
4. How does resting in God's love for you affect how you love yourself and others?

Building Block

For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things He planned for us long ago. —Ephesians 2:10

Iron Sharpens Iron

“There are two types of approval: one is from people, and the other is from God. We want people to approve of us, but if we become addicted to their approval, if we have to have it and are ready to do whatever they demand to get it, we lose our freedom. If we trust God for approval, we are freed from the addiction of approval.”
—Joyce Meyer, *Approval Addiction: Overcoming Your Need to Please Everyone*

Take Action

List five things you dislike about yourself and bring them to God in prayer. Ask Him to speak to you about those things and write down what He says or what you sense from Him.



Lesson Five

Healthy Ways to Fulfill Your Needs

The number one relationship mistake people make is attempting to have legitimate needs met in unhealthy ways. It's no surprise that all destructive behavior is driven by our attempts to fulfill a legitimate need apart from God. We were created to look to God *first* and *most* to have our needs met. When we seek to fulfill these needs apart from God, we fall into idolatry and are left disappointed.

In this lesson, we learned:

- God created us to live *from* love not *for* love.
- An idol is any person or thing that we run to or rely on to meet a need only God can fulfill.
- We can only live loved when we learn to receive God's love.
- Anything external that we use to meet our needs will only leave us thirsty.
- There's a big difference between needs and wants.
- We can learn and develop healthy ways to have our needs met.

Reflect

1. Why is it important to look to God first and most to have our needs fulfilled?
2. What is the difference between wanting someone to love you and needing someone to love you?
3. How have you attempted to get a legitimate need met in an unhealthy way?

4. How can you look to God to have that need fulfilled?

Building Block

Little children, keep yourselves from idols (false gods)—[from anything and everything that would occupy the place in your heart due to God, from any sort of substitute for Him that would take first place in your life]. Amen (so let it be).

—1 John 5:21 AMPC

Iron Sharpens Iron

“When people want to hear yes, and you tell them no, they never like it. But those who are truly your friends will give you the freedom to make your own decisions.”

—Joyce Meyer, *Approval Addiction: Overcoming Your Need to Please Everyone*

Take Action

Identify ways you’ve attempted to fulfill legitimate needs apart from God. Then bring that list to God in prayer and begin the process of resting and receiving from Him to meet those needs.

Lesson Six

Making Good Choices

Each of us is responsible for the consequences of our choices. And for most of us, we've learned to make good decisions by making bad ones. That's because the way we learn to control ourselves is by paying for the moments when we don't.

When you practice healthy boundaries, you're able to say no without the need to always please people. You're able to make and keep promises to yourself, you're able to manage your emotional responses, you have realistic expectations within relationships, and you allow others to experience the consequences of their decisions.

In this lesson, we learned:

- Self-care is not selfish.
- An internal no cancels out an external yes. When you cannot say no, your yes is negated as you're doing something against your will.
- Resentment toward others and ourselves compounds when we consistently say yes to things we want to say no to.
- We discredit ourselves when we fail to keep our word.

Reflect

1. What are some lessons you've learned from the mistakes of your past choices? How have those lessons helped shape the person you are today?

2. What are some of the reasons why you've said yes when you really wanted to say no?
3. Those closest to us are the ones who can hurt us the most. This often occurs because of unrealistic expectations. How have unrealistic expectations affected your relationships? How can you avoid this?

Building Block

Obviously, I'm not trying to win the approval of people, but of God. If pleasing people were my goal, I would not be Christ's servant. —Galatians 1:10

Iron Sharpens Iron

“Lose/win is worse than win/lose because it has no standards—no demands, no expectations, no vision. People who think lose/win are usually quick to please or appease. They seek strength from popularity or acceptance. They have little courage to express their own feelings and convictions and are easily intimidated by the ego strength of others . . . but the problem is that lose/win people bury a lot of feelings . . . people who are constantly repressing, not transcending feelings toward a higher meaning find that it affects the quality of their self-esteem and eventually the quality of their relationships with others.”

—Steven Covey, *The 7 Habits of Highly Effective People*

Take Action

Identify any commitments you've made (the external yeses) where you have an internal no. Assess whether you need to renegotiate those commitments or make a shift internally to align your yeses and no's.



Lesson Seven

Uprooting Destructive Behaviors

The most devastating effects of the fall were relational. Our ability to have healthy relationships with God, others, and ourselves were fractured. Cut off from our source of love and acceptance, mankind turned to unreliable sources.

Apart from God, the most influential factor in our personal development is our family upbringing. Conversely, the most challenging factor in our personal growth is also our family upbringing. Early life experiences are instrumental to the development of our relationship skills and patterns. In fact, 80–90% of the issues we deal with stem from our childhood.

In this lesson, we learned:

- We are not responsible for the way we were brought up, but we are responsible for changing the way we are.
- Our childhood is shaped by outward influences—parents, siblings, and environment. But during adulthood, our internal condition shapes our external world.
- An experience connected to an emotion leaves an imprint. These imprints operate subconsciously.
- Sin is the act, but iniquity means to lean toward a destructive behavior.
- Boundaries are learned and developed.

Reflect

1. What are some of the negative behavior patterns you've adopted from your parents that you have or would like to change?
2. How have these negative behavior patterns affected the way you relate with others?
3. What are some ways you displace these negative behaviors with healthier practices?

Building Block

So above all, guard the affections of your heart, for they affect all that you are. Pay attention to the welfare of your innermost being, for from there flows the wellspring of life. —Proverbs 4:23 TPT

Iron Sharpens Iron

“In a respectful relationship, each person understands, ‘I am responsible to know what is going on inside me and communicate it to you. I do not expect you to know it, nor will I allow you to assume that you know it. And I will not make assumptions about what is going on inside you.’”

—Danny Silk, *Keep Your Love On: Connection, Communication and Boundaries*

Take Action

Find a family histogram online and fill it out. Then bring to God the patterns (iniquities) you find and begin breaking the cycles through prayer.



Lesson Eight

Parenting with Boundaries

Parenting can be condensed into three developmental stages: dependence, independence, and interdependence. The first stage, between the ages of 0–12, is where you exercise direct control. The second stage, between the ages of 13–21, is where you exercise indirect control. And the third stage, between the ages of 21 and over, is where you exercise no control. With each of these stages, there must be age-appropriate freedom given to make choices and room allowed to experience the consequences of them, both good and bad².

In this lesson, we learned:

- Children feel safe when structure and boundaries are implemented.
- Discipline is the art of teaching a person self-control by managing their consequences.
- Each of us must develop the ability to form emotional attachments to others without losing a sense of ourselves and the freedom to be different.
- Each of us should be able to hear no from appropriate others and respond accordingly.
- Each of us should develop the ability to say no to others without the fear of rejection or judgment.

² Refer to Appendix Eight

Reflect

1. Why are boundaries important for a child's development?
2. For each of the developmental stages, why is age-appropriate freedom important? For each of the developmental stages, what are some age-appropriate choices they can make?
3. Why is discipline an appropriate consequence when children violate established boundaries?

Building Block

Fathers, do not provoke your children to anger by the way you treat them. Rather, bring them up with the discipline and instruction that comes from the Lord.
—Ephesians 6:4

Iron Sharpens Iron

“Children are not casual guests in our home. They have been loaned to us temporarily for the purpose of loving them and instilling a foundation of values on which their future lives will be built.” –James Dobson

Take Action

Assess the relationships where you fill the role of a parent, mentor, or guide. View them through the lens of the three developmental stages of dependence, independence, and interdependence. How can you foster growth in these relationships?

Developing Healthy Boundaries

Healthy boundaries are established when we take responsibility for ourselves. This begins with our circle of responsibility—those things we have direct control over. Interestingly, more people suffer from trying to change or control others than any other disease. And since you cannot change others, work on changing yourself so that the behavior of others no longer affects you.

In this lesson, we learned:

- Emotions don't happen to us. They are inner signals sending us energy and information that prompt us to act.
- Every emotion is self-generated from within you based on brain chemistry, past experience, and your interpretation of the present moment.
- Emotions react to the present as if it were the past.

Reflect

1. What are the common emotional triggers you experience and why do you think they have that effect on you?
2. When you experience these emotional triggers, what is your common response? Have you ever misinterpreted a situation? Why was your interpretation skewed?
3. How does the practice of healthy boundaries help with your response to these triggers?

Building Block

Let the peace of Christ [the inner calm of one who walks daily with Him] be the controlling factor in your hearts [deciding and settling questions that arise]. To this *peace* indeed you were called as members in one body [of believers]. And be thankful [to God always]. —Colossians 3:15 AMP

Iron Sharpens Iron

“If we have to wait to see how we feel before we know if we can enjoy the day, then we are giving feelings control over us. But thankfully we have free will and can make decisions that are not based on feelings. If we are willing to make right choices regardless of how we feel, God will always be faithful to give us the strength to do so. Living the good life that God has made ready for us is based on our being obedient to His way of being and doing. He gives us the strength to do what is right, but we are the ones who must choose it . . . God won’t do it for us.”

—Joyce Meyer, *Living Beyond Your Feelings: Controlling Emotions So They Don’t Control You*

Take Action

Begin to name the common emotions you struggle with to help you gain a handle on them and be able to process them better.

Lesson Ten

What Are You Thinking?

Transformation occurs by changing the way you think. That's why it's important to think about what you're thinking about, because our thoughts influence our emotions. Most people feel frustrated and powerless in regard to their emotional responses and cycles—but the real problem is rooted in their thoughts.

In this lesson, we learned:

- We can learn to gain control over our emotions by renewing our minds with God's Word.
- External events do not create emotions. It's our interpretation of these events and the meaning we apply to them that creates our emotions—positive or negative.
- You are not your thoughts. You can control your thoughts.
- We use our thoughts to manage our emotions.

Reflect

1. What are some automatic negative thoughts that you commonly struggle with?
2. What has your response been to these thoughts?
3. Drawing from what Chip shared about locating your thoughts, ask yourself:
4. How do I see God?

5. How do I see myself?
6. What do I need to do to please God and have my needs met?

Building Block

Throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy.
—Ephesians 4:22–24

Iron Sharpens Iron

“If you want to identify the hidden strongholds in your life, you need only survey the attitudes in your heart. Every area in your thinking that glistens with hope in God is an area which is being liberated by Christ. But any system of thinking that does not have hope, which feels hopeless, is a stronghold which must be pulled down.”

—Francis Frangipane, *The Three Battlegrounds*

Take Action

Kill the Ants (Automatic Negative Thoughts). What’s a common automatic negative thought that occurs often or frequently toward your spouse, kids, bosses, and friends? Use the BTFA formula to break down those thoughts.

Building a Support System

In order to make effective changes, we need a support system. Surrounding ourselves with emotionally healthy people greatly influences our chances of becoming emotionally healthy ourselves. This does not mean they do the work for us; rather, they'll provide accountability and encouragement along the way³.

In this lesson, we learned:

- The need to find loving people who will speak truth to you.
- The benefit of an outside perspective.
- The importance of cleaning up your language.
- The three-step process of confrontation. First, clearly communicate your love to the person you're confronting. Second, explain your boundaries or acceptable behavior. Third, define the consequences of violating those boundaries.

Reflect

1. When you consider your closest friends, are they influencing you in a positive or negative way?
2. Why is it important to surround yourself with emotionally healthy people?

³ Refer to Appendix Eleven

3. How can this help you to make changes in your life?
4. Is there a person in your life that you need to confront and establish boundaries with?
5. If so, how can you follow Chip's three-step process to implement those boundaries?

Building Block

As iron sharpens iron, so one man sharpens [and influences] another [through discussion]. —Proverbs 27:17 AMP

Iron Sharpens Iron

“Authenticity is a collection of choices that we have to make every day. It’s about the choice to show up and be real. The choice to be honest. The choice to let our true selves be seen.”

—Brené Brown, *The Gifts of Imperfection*

Take Action

Identify the truth tellers in your life and be intentional to deepen those relationships. If you don't have any truth-tellers, actively seek people who will tell you the truth in love and commit to be a truth-teller in your relationships.

APPENDIX

From Lesson Two

What is my circle of influence and responsibility?

What are you concerned about? As you go through a day, what do you stress over, pray about, try to make happen? List some things to the right and left of the circle below.

There are three types of control over our concerns:

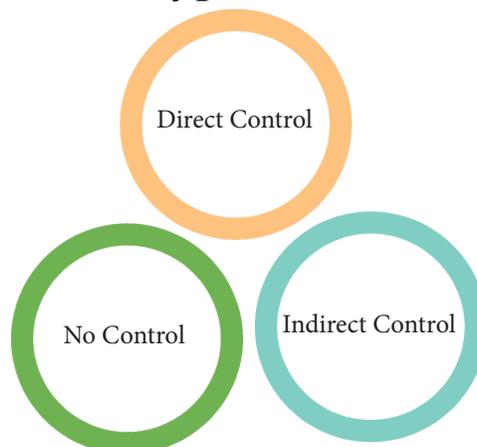
Direct Control	--	RESPONSIBILITY!
Indirect Control	--	INFLUENCE!
No Control	--	TRUST!

Healthy, honoring stewardship follows a specific order:

Responsibility - - Authority - - - Power

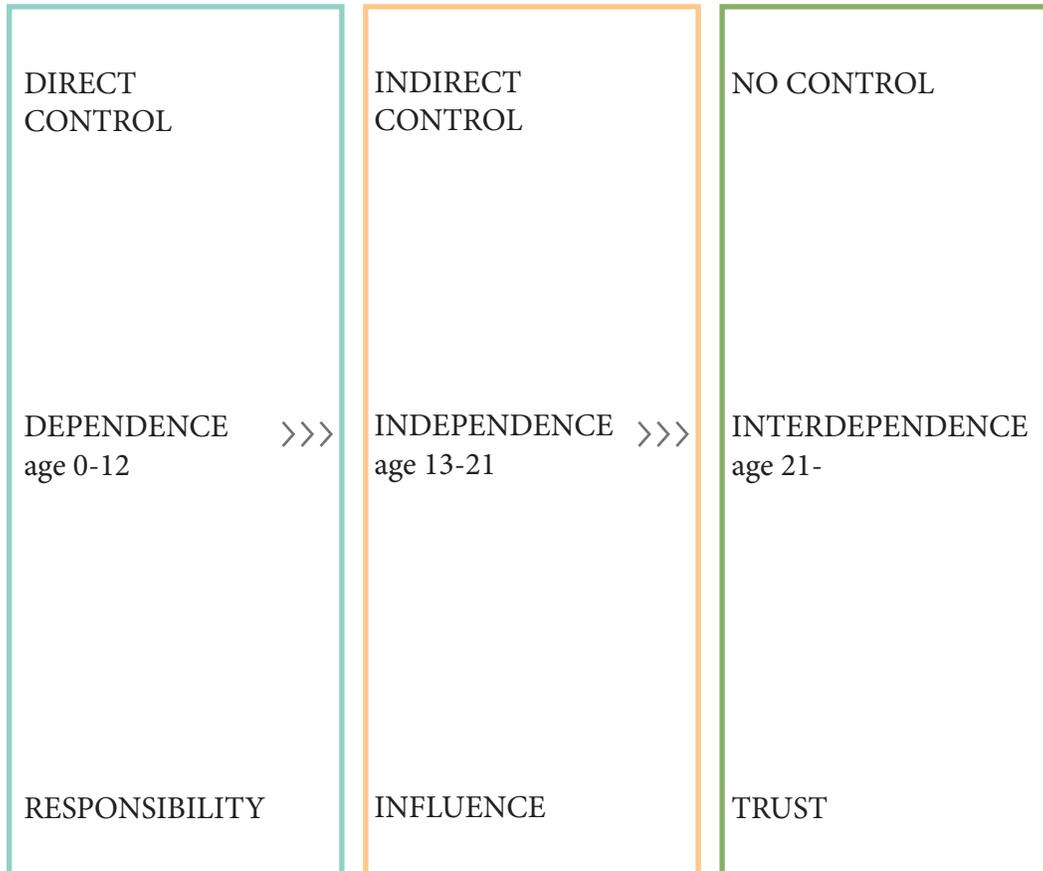
Key Concept: *R before A and R equals A.*

Three Types of Control



From Lesson Eight

Development Stages of Parenting



Clean Up Your Language

Use “I” statements instead of “YOU” statements

Watch key words or phrases: “You make me...” “You should...”

BEFORE BOUNDARIES

“Stop yelling at me, you must be nicer”.

“You’ve just got to stop drinking. It’s ruining our family. Please listen. You’re wrecking our lives.”

“You are a pervert to look at pornography. That’s so degrading. What kind of a sick person are you?”

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AFTER BOUNDARIES

“You can choose to yell, but I will choose to not be in your presence.”

“You may choose to not deal with your drinking, but I will not allow myself and the children to be exposed to this chaos. The next time you are drunk, we will go to the Wilsons’ for the night. Your drinking is your choice. What I will put up with is mine.”

“I choose to not share you sexually with other women. It’s up to you. I will only sleep with someone who is interested in me. Make up your mind and choose.”

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