



## Part 1: Choose Healthy Relationships

We were created for \_\_\_\_\_ We are not wise enough or strong enough or good enough to handle all that life throws at us. We need support, nurture, encouragement, wise counsel, yes and even an honest rebuke.

*At our very core we are relational beings. Without a solid, bonded relationship, the human soul will become mired in psychological and emotional problems. The soul cannot prosper without being connected to others."*

Dr. Henry Cloud

**Proverbs 13:20 - He who walks with the wise grows \_\_\_\_\_, but a companion of \_\_\_\_\_ suffers \_\_\_\_\_.**

According to Proverbs, there are basically two kinds of people:

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1 Timothy 4:12-13 - Don't let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love, in faith and in purity.

Wisdom is the ability to make good use of knowledge, discern right from wrong, and exercise sound \_\_\_\_\_.

A fool is one who \_\_\_\_\_ to lack judgment, sense, or understanding. The foolish person:

- Lives a life without proper \_\_\_\_\_  
Proverbs 1:7 - The fear of the LORD is the beginning of knowledge, but fools despise wisdom and discipline.
- Ignores good \_\_\_\_\_ and wise \_\_\_\_\_

Proverbs 18:2 - A fool finds no pleasure in understanding but delights in airing his own opinions.

- Is an \_\_\_\_\_ person

Proverbs 29:11 - A fool gives full vent to his anger, but a wise man keeps himself under control

- Repeats his own \_\_\_\_\_ again and again  
Proverbs 26:11 - As a dog returns to its vomit, so a fool repeats his folly.

### A fool needs two types of people:

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### What Type Of Harm?

**Negative \_\_\_\_\_**

Proverbs 14:7 - Leave the presence of a fool, or you will not discern words of knowledge.

Proverbs 22:24-25: "Do not make friends with a hot-tempered man, do not associate with one easily angered, or you may learn his ways and get yourself ensnared."

**Negative \_\_\_\_\_**

Proverbs 27:17 - As iron sharpens iron, so one person sharpens another.

### You know that you are in a healthy relationship when:

- You feel \_\_\_\_\_
- The relationship is \_\_\_\_\_
- You are able to \_\_\_\_\_ him/her.  
Proverbs 27:6 - Wounds from a friend can be trusted...

*The glory of friendship is not the outstretched hand, nor the kindly smile, nor the joy of companionship; it is the spiritual inspiration that comes to one when you discover that someone else believes in you and is willing to trust you with a friendship.*