



A 5-WEEK SERMON SERIES

# HEALTHY *Things* GROW

GOD TRANSFORMS US FROM THE INSIDE OUT.

*Keep thy heart with all diligence;  
for out of it are the issues of life.*

PROVERBS 4:23

BEFORE GOD  
CHANGES WHAT  
IS AROUND US,  
HE BEGINS BY  
CHANGING WHAT  
IS WITHIN US.



WEEK 1  
GUARD YOUR  
HEART

PROVERBS 4:20-27



WEEK 2  
HEALTHY  
RELATIONSHIPS

EPHESIANS 4:25-32



WEEK 3  
HEALTHY  
MINDS

ROMANS 12:1-2



WEEK 4  
HEALTHY  
HABITS

JOHN 15:1-11



WEEK 5  
THE FRUIT OF  
A HEALTHY LIFE

GALATIANS 5:22-25

## HEALTHY RELATIONSHIPS

PROVERBS 4:20-27

BELIEVE GOD FOR THE GOOD

Pastor Travis M. Tullis

HEALTHY THINGS GROW | WEEK 2

[www.priestlake.org](http://www.priestlake.org)



## Week 2: Healthy Relationships

HEALTHY HEARTS PRODUCE HEALTHY, FRUITFUL RELATIONSHIPS

### BIG IDEA

Whatever settles in the heart eventually multiplies through our relationships.

### Governing Scripture

“Keep thy heart with all diligence; for out of it are the issues of life.” — Proverbs 4:23 (KJV)

### What Healthy Relationships Look Like

Healthy relationships provide enough love for us to belong, enough truth for us to grow, and enough grace for us to heal. Healthy does not mean perfect. It means conflict does not become cruelty, truth is not weaponized, love is not withdrawn to control, and grace creates room for honest growth.

### RELATIONAL FRUITFULNESS

Love received becomes love reflected, and love reflected becomes love reproduced. Love compounds.

### This Week's Movements

- 1 Healthy relationships bear fruit.
- 2 Hurt has a way of traveling.
- 3 Cynicism is disappointment that has lost hope.
- 4 Forgiveness, reconciliation, and restored trust are different.
- 5 Healing happens in healthy community.
- 6 Pray for the good. Practice the good. Believe God for the good.



**LISTEN FOR WHAT GOD IS REVEALING, HEALING, AND CALLING YOU TO DO**

- Guarding my heart also keeps yesterday's hurt from injuring people who never hurt me.
- Cynicism interprets the future through what people have done; faith interprets it through who God has always been.
- Their obedience belongs to them. My obedience belongs to me.
- Do not put faith in a perfect relational outcome. Put faith in a perfect Savior.



# Monday: Love Compounds

READ: John 13:34-35; John 15:12

## TODAY'S TRUTH

Healthy relationships receive, reflect, and reproduce the love of Christ.

## Reflect

Jesus makes love among believers part of our witness. Love is not only a feeling we receive; it becomes fruit we reproduce. Encouragement received becomes encouragement extended. Grace shown to us can flow through us. God does not pour love into us so that it will stop with us.

## Heart Check

Where have I recently received love, grace, truth, or encouragement?

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Who can receive that same fruit through me this week?

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## Pray

*Lord Jesus, let Your love received in me become Your love reflected through me.*

## My One Faithful Step

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## Tuesday: Hurt Travels

READ: Proverbs 4:23; Hebrews 12:15

### TODAY'S TRUTH

Hurt may begin in one relationship, but what remains unresolved in the heart can enter every relationship.

### Reflect

Offense does not respect relational boundaries. A betrayal in one place can become suspicion everywhere. Yesterday's wound can make us treat innocent people as if they were guilty of what somebody else did. Guarding the heart means acknowledging the hurt and refusing to let it become our permanent lens.

### Heart Check

Who may be paying a relational bill they did not create?

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What old wound most often shapes how I interpret present people?

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### Pray

*Father, show me where old pain is flowing into new relationships. Begin Your healing work in me.*

### My One Faithful Step

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# Wednesday: When Disappointment Loses Hope

READ: Proverbs 4:20-23; Romans 15:13

## TODAY'S TRUTH

Cynicism is disappointment that has lost hope.

## Reflect

Disappointment can become discouragement; discouragement can become constant criticism; criticism can harden into cynicism. Cynicism expects the worst while dismissing the possibility that God can do something new. Faith does not deny brokenness. Faith refuses to believe brokenness is all God has to work with.

## Heart Check

Where have I confused cynicism with wisdom or discernment?

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What possibility have I dismissed because of what happened before?

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## Pray

*God of hope, let Your Word speak louder than disappointment and renew my hope in You.*

## My One Faithful Step

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# Thursday: Three Different Steps

READ: Ephesians 4:31-32; Romans 12:18; Matthew 3:8

## TODAY'S TRUTH

Forgiveness can be offered by one; reconciliation requires two; restored trust requires changed behavior and time.

## Reflect

Forgiveness releases personal vengeance to God. Reconciliation requires truth, humility, repentance, and willing participation from both people. Restored trust grows through consistent fruit, accountability, and time. A guarded heart is neither gullible nor hardened; it is truthful, forgiving, discerning, and open to God's direction.

## Heart Check

Which step is God asking of me now: forgive, pursue peace, wait for fruit, or establish wise distance?

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Am I demanding from myself something that requires another person's willing participation?

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## Pray

*Lord, give me grace to forgive, courage to pursue peace, and wisdom about trust and access.*

## My One Faithful Step

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# Friday: Do Not Heal Alone

READ: Galatians 6:2; James 5:16

## TODAY'S TRUTH

Healthy community gives us enough love to belong, truth to grow, and grace to heal.

## Reflect

A crowd can surround us while our hearts remain hidden. Life Groups and relational discipleship help people become known, supported, encouraged, corrected, and developed. We cannot bear burdens we do not know. Safe Christian community reminds us of truth when hurt speaks loudly.

## Heart Check

Who truly knows what is happening in my heart?

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Am I connected to a Life Group or another safe, truthful, prayerful community?

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## Pray

*God, lead me toward healthy community and make me safe, truthful, and faithful for someone else.*

## My One Faithful Step

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# Saturday: Believe God for the Good

READ: Hebrews 11:1; Matthew 5:44

## TODAY'S TRUTH

Positive thinking trusts a preferred outcome. Faith trusts the unchanging character of God.

## Reflect

Faith does not promise that another person will respond the way we desire. It says, 'I know who God is, and I will trust and obey Him regardless of the outcome.' God is not good because everything feels good or every relationship works out. God is good because goodness is who He is. God is good—period.

## Heart Check

What preferred outcome have I confused with faith?

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How can I pray for the good and practice the good without ignoring truth or wisdom?

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## Pray

*Good and faithful God, I place my confidence in Your character, not in a perfect relational outcome.*

## My One Faithful Step

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# Weekly Relational Heart Inventory

NAME WHAT IS FLOWING, WHAT IS MULTIPLYING, AND WHAT GOD IS INVITING YOU TO HEAL

## 1. What Is Flowing From My Heart?

When corrected: \_\_\_\_\_

When disappointed: \_\_\_\_\_

When ignored or misunderstood: \_\_\_\_\_

## 2. What Has Been Multiplying?

- |                                        |                                          |
|----------------------------------------|------------------------------------------|
| <input type="checkbox"/> Love / Grace  | <input type="checkbox"/> Truth / Courage |
| <input type="checkbox"/> Encouragement | <input type="checkbox"/> Suspicion       |
| <input type="checkbox"/> Distance      | <input type="checkbox"/> Bitterness      |
| <input type="checkbox"/> Hope          | <input type="checkbox"/> Cynicism        |

## 3. Is This the Person in Front of Me—or the Person Behind Me?

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## 4. What Is My Next Faithful Step?

- |                                                 |                                                  |
|-------------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Forgive                | <input type="checkbox"/> Apologize               |
| <input type="checkbox"/> Tell the truth in love | <input type="checkbox"/> Establish a boundary    |
| <input type="checkbox"/> Invite a conversation  | <input type="checkbox"/> Enter healthy community |

## 5. Who Can Help Me Stay Healthy?

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# Let Love Compound

LOVE RECEIVED → LOVE REFLECTED → LOVE REPRODUCED

## RELATIONAL FRUITFULNESS

One healthy relationship can help produce another. One healed person can help another pursue healing.

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### Love I Have Received

Name one way God loved, strengthened, corrected, or encouraged you through another person.

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### Love I Will Reflect

What specific act of truth, grace, service, encouragement, or presence will you offer this week?

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### Love I Hope to Reproduce

Who could become healthier, more hopeful, or more connected because you obeyed God?

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## REMEMBER

Love compounds—but so does hurt. Ask God to make what flows through you life-giving and fruitful.



# My Week 2 Growth Plan

PRAY FOR THE GOOD • PRACTICE THE GOOD • BELIEVE GOD FOR THE GOOD

## THREE QUESTIONS

What is flowing from my heart? What is my next faithful relational step? Am I willing to believe God for the good?

## My Commitment

With God's help, I will guard my heart by:

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## My Person and My Practice

The person or relationship God placed on my heart:

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The faithful step I will take:

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The person who will walk and pray with me:

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## Prayer

*Father, search my heart. Heal what is wounded and remove bitterness, offense, and cynicism. Give me grace to forgive, wisdom about reconciliation and trust, and courage to take my next faithful step. Let love received become love reflected, and love reflected become love reproduced. I believe You for the good because You are good—period. In Jesus' name, amen.*

## MY WEEK 2 DECLARATION

**I will not let an old offense poison every new relationship. I will pray for the good, practice the good, and believe God for the good.**