

Relating to Each Other in a Biblical Way

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Every relationship we have is a two-way experience. Whatever we do or say to others will affect the way they relate to us. We also respond to each other in different ways, with different consequences.

Here are some Biblical guidelines for encouraging healthy relationships.

- **Love each other**

Love each another as I have loved you.
 John 15:12.
 Be devoted to one another in brotherly love. Romans 12:10.

When you would like to show love

You might ask ‘What can I do today to show you how much I love you?’ and then respond to the answer in the best way you can. Offer affection in a way that you know will be appreciated.

When you would like love to be shown to you

You might say, ‘I feel really loved by you when you...Please would you do that for me now?’ or ‘I feel in need of a hug right now. Please would you hold me?’

- **Have a thankful attitude to each other (Appreciation)**

I thank my God every time I remember you. Philippians 1:3.

When you want to show appreciation

You might say, ‘I really appreciate it when you do...’ ‘It means so much to me when you take the time to do...’ Or you might send a note of thanks or appreciation. Be as specific as you can be about what you appreciate.

- **Comfort each other**

Praise be to...the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God. 2 Corinthians 1:3,4.
 Mourn with those who mourn. Romans 12:15

When you would like to show comfort

You might say, ‘I am so sad that you hurt so much. What would you find most comforting right now?’

When you would like comfort to be shown to you

You might say, ‘I feel so sad, but I would really like it if you could...hold me for a little while...stay with me...help me by...etc.’

- **Respect each other**

Honour one another above yourselves. Romans 12:10.

In humility consider others better than yourselves. Philippians 2:3.

Let us not become conceited, provoking and envying each other. Galatians 5:26.

Each of you should look not only to your own interests, but also to the interests of others. Philippians 2:4.

When you would like to show respect

You might say, ‘What would you like to do?’ ‘What do you think about this?’ ‘Your opinion is important to me.’ Avoid doing things that upset or offend the other person. Consider how your words and actions will affect those around you.

When you would like respect shown to you

You might say, ‘Would it be possible for me to tell you what I think about this?’ ‘I have an idea that may help you.’ ‘Please could you consider my perspective?’

- **Encourage each other**

Encourage one another and build each other up, just as in fact you are doing. 1 Thessalonians 5:11.

Each of us should please his neighbour for his good, to build him up. Romans 15:2.

When you would like to show encouragement

You might say, ‘You are doing a great job! Don’t give up! Is there anything I can do to help you towards your goal?’

When you would like encouragement shown to you

You might say, ‘I’m feeling overwhelmed by this project at the moment, and I would really like it if you would be able to...’

- **Accept one another**

Accept one another, then, just as Christ accepted you, in order to bring praise to God. Romans 15:7.

When you would like to show acceptance

You might say, ‘I want you to know that I love you, whatever you do. Even when you feel as if you have made a mistake,

I’m still here for you, and I always will be.’

When you need acceptance

You might say, ‘I know I’m not perfect, but I just need to know that you still love me.’

- **Support each other**

Carry each other’s burdens, and in this way you will fulfill the law of Christ. Galatians 6:2.

When you would like to show support

You might say, ‘What can I do to help you?’ You might offer to do one of their chores to give them extra time to do what they need to do.

When you would like support from others

You might say, ‘Please can you help me?’ or ‘I have a problem I think you can help me with.’

- **Be at peace with each other**

Live in harmony with one another. Romans 12:16

Live at peace with everyone. Romans 12:18.

When you want to live peacefully, learn to listen to each other, respect each other’s differences, and put other’s needs before your own. Take care to protect yourself from harmful conflicts.

- **Forgive each other**

Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. Colossians 3:13.

Confess your sins to each other and pray for each other that you may be healed. James 5:16.

When you would like to show forgiveness

You might say, 'I want to be able to forgive you completely. It may not always be easy for me to do that, and I'm praying that God will help me to forgive you in the way He forgives me.'

When you would like forgiveness shown to you

You might say, 'I'm sorry that my words/my actions hurt you so much. I want to pray that God will help me not to hurt you like that again. I hope that you will feel able to forgive me when you are ready to do so.'

- **Be patient with each other**
Be patient with everyone. 1 Thessalonians 5:14.

When you would like to show patience

You can show patience by giving others plenty of time to do what they have to do and say what they have to say. Try not to rush them or take over what they are doing. You might say, 'It's alright, you just take the time you feel you need to have.'

When you would like patience shown to you

You might say, 'Please don't rush me. I just need a little extra time to understand/do this.'

- **Be kind to each other**
Always try to be kind to each other. 1 Thessalonians 5:15.
Be kind and compassionate to one another. Ephesians 4:32.
Let us do good to all people, especially to those who belong to the family of believers. Galatians 6:10.

When you would like to show kindness

You might ask, 'What one thing could I do today to make your life easier,' and then do it. Find ways to surprise others with your love and thoughtfulness.

When you would like kindness shown to you

You might say, 'I would really appreciate it if you could find the time to do ... for me today.'

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