

RELATIONSHIP **REPAIR KIT**



WELCOME TO THE RELATIONSHIP REPAIR KIT!

Relationships can be difficult, and let's face it, much of the advice that we get from the internet, TV, or social media usually isn't the best. We need better advice when it comes to how to handle things in a Christ-like way.

So, here at NLC, our staff put together some of the most impactful and personally meaningful resources to guide you into healthier relationships. We believe that utilizing these tools can bring healing to each of the areas we're covering in our series "Relationship Watch Party."

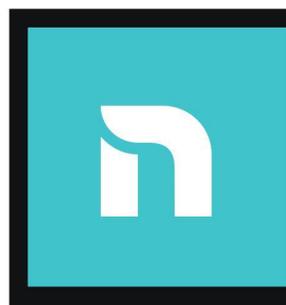
On the following pages you will find video series, books, and YouVersion devotionals that you can access to help you take your relationships to the next level (no pun intended).

In order to access the video resources make sure you [click here](#) to access your free subscription to RightNow Media. There you'll have access to over 10,000 videos that will help grow your faith like never before!

We pray that you are blessed, and enjoy this Relationship Repair Kit.

Sincerely,

The NLC Staff



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WEEK ONE: FRIENDSHIP

“Two are better than one, because they have a good return for their labor. If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up” (Ecclesiastes 4:9-10)

Often, we think of friendship as something too difficult to pursue. Almost as if we have placed it on a pedestal that isn't worth climbing. We even make excuses about how we have nothing in common or don't have the time to invest in a potential friendship. Friendship, however, is important, and it's something that we should all pursue. God designed us to be in relationships; romantic relationships are certainly part of that, but He wants us to have non-romantic, genuine, authentic friendships as well.

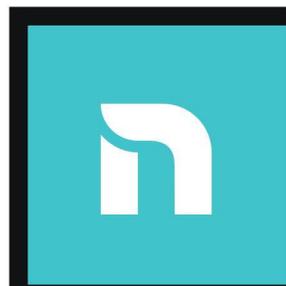
While we are incapable of befriending everyone, we all have potential friends surrounding us in our daily lives. C.S. Lewis tells us that friendship is born once you've discovered you have something in common. If we are honest with ourselves, Lewis gave us a low bar, and we might even find that as we spend time with people, those friendships will be pressed down the priority list. You might also find something different. As you spend more time with your new friend, you might find that friend who will speak into your life, giving you grace, accountability, and love. A friendship worth pursuing.

SUGGESTED RESOURCES:

[Right Now Media – Befriend](#)

[Book – Never Unfriended](#)

[YouVersion – Friend-ish](#)



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WEEK TWO: MARRIAGE

“Enjoy life with your wife, whom you love, all the days of this meaningless life that God has given you under the sun—all your meaningless days. For this is your lot in life and in your toilsome labor under the sun” (Ecclesiastes 9:9)

An author once wrote, “We should measure our time in moments, instead of minutes.” Some of those moments are easily recalled special moments worth celebrating or somber moments worth reflecting on. The moments are easy to remember, but the overwhelming majority of our lives are spent in those forgotten minutes. As the author of Ecclesiastes noted, you spend a lot of those forgotten minutes with your spouse.

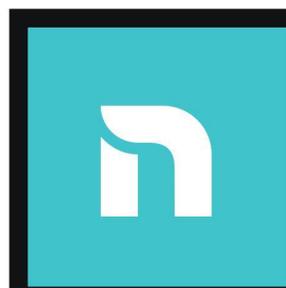
The author also called them meaningless; another translation called them “fleeting.” Our life is relatively short, and if you are married, you should work hard to enjoy these fleeting moments that God has given to you. A relationship designed to last a lifetime isn’t always going to be easy, but it is worth fighting for, and we should work hard to enjoy both the moments and the minutes in-between.

SUGGESTED RESOURCES:

[Right Now Media – The Marriage Course](#)

[Book – The Five Love Languages](#)

[YouVersion – The Marriage Course](#)



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WEEK THREE: SEX

“The husband should fulfill his wife’s sexual needs, and the wife should fulfill her husband’s needs” (1 Corinthians 7:3)

There are few discussions in the church that are more uncomfortable than the topic of sex. I could list different reasons why the topic causes anxiety, and you might feel embarrassed simply taking part in this portion of the resource! While sex can be uncomfortable for us to talk about, the authors of the Bible had no problem discussing it! The Bible gives us plenty to think about on the topic of sex, and it is clear that sexual intimacy is a gift from God that should be celebrated within marriage.

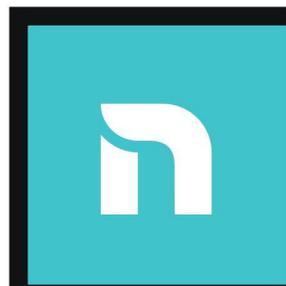
Sex can be bad. It’s okay to admit it! Sex can unlock inadequacies, insecurities, and even traumatic memories for some. Sex can be great! Sex helps build intimacy, trust and opens up lines of communication in your marriage. Talk about sex in your marriage; it might be uncomfortable at first but open up the discussion to help build better sexual intimacy in your marriage. Below are a few resources to help.

SUGGESTED RESOURCES:

[Right Now Media – Mingling of Souls](#)

[Book – Mingling of Souls](#)

[YouVersion – God’s Design for Sex](#)



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WEEK FOUR: SINGLENES

“But I wish everyone were single, just as I am. Yet each person has a special gift from God, of one kind or another. So I say to those who aren’t married and to widows—it’s better to stay unmarried, just as I am. Now to the unmarried and the widows I say: It is good for them to stay unmarried, as I do” (1 Corinthians 7:7-8)

The Bible described singleness as a gift, but often we treat it as a time of preparation. A time when we wait for the next big thing, the romantic relationship that will take away our feelings of loneliness. Loneliness is a real issue for many, and it's understandable to try and find fulfillment through romantic connection. God created us with the desire to be relational, to live in community with God and others.

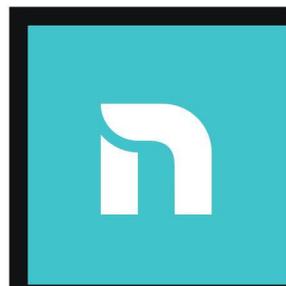
As the Apostle Paul wrote, singleness is not a time of preparation; it’s a gift. For some, the time of singleness is long, and for others, the time is short. Singleness is a time to discover yourself and, more importantly, the plan that God has for you. In those moments of loneliness, lean into your relationship with God. Allow Him to make you whole and give you comfort.

SUGGESTED RESOURCES:

Right Now Media – New Rules for Love, Sex, and Dating

Book – The 5 Love Languages “Singles Edition”

YouVersion – Singleness: A 5 Day Devotional



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WEEK FIVE: PARENTING

“Start children off on the way they should go, and even when they are old they will not turn from it” (Proverbs 22:6)

Being a parent is the hardest job that you’ll ever have. Rewarding, exciting, fulfilling, yes! Challenging, stressful, exhausting, also yes. The famous proverb tells us that if we set children up on a path towards God, they will never turn from it. Those words are wise, and I would encourage every parent to follow them. Now, how exactly do you do that?

We all know that children don’t come with an instruction manual, and despite all the parenting advice you will receive, you will find that there are no one-size-fits-all answers. It might look as if the people around you have parenting figured out, but the truth is, there are no perfect parents. There is good news, though! The Bible provides guidance on how we can be the parent that God called us to be. Interested in checking out biblical teachings on parenting? Take a look at these helpful resources below.

SUGGESTED RESOURCES:

[Right Now Media – The Art of Parenting](#)

[Book – Intentional Parenting](#)

[YouVersion – Imperfect Parenting](#)

[Parenting On Purpose Podcast \[available wherever you listen to your podcast\]](#)

