

Created for Relationship

Close relationships are undeniably linked to health and well-being across the lifespan, but less is known about the mechanisms through which close relationships promote (or hinder) health. Close relationships represent a health risk factor equal to or greater than known health risk factors such as smoking, body mass index, and physical activity (Holt-Lunstad, Smith, & Layton, 2010)

*God is love, and those who abide in love abide in God, and God abides in them. <sup>17</sup> Love has been perfected among us in this: that we may have boldness on the day of judgement, because as he is, so are we in this world. <sup>18</sup> There is no fear in love, but perfect love casts out fear; for fear has to do with punishment, and whoever fears has not reached perfection in love. <sup>19</sup> We love<sup>[b]</sup> because he first loved us.*

神就是愛，住在愛裏面的就是住在 神裏面； 神也住在他裏面。 17 由此，愛在我們裏面得以完滿：我們可以在審判的日子坦然無懼，因為基督如何，我們在這世上也如何。 18 在愛裏沒有懼怕；完滿的愛把懼怕驅逐出去，因為懼怕裏含着懲罰，懼怕的人在愛裏尚未得到完滿。 19 我們愛，因為 神先愛我們。

***1 John 4:16-19 NLT/RCUV (TS) Shen Edition***

*8 They heard the sound of the LORD God walking in the garden at the time of the evening breeze, and the man and his wife hid themselves from the presence of the LORD God among the trees of the garden. 9 But the LORD God called to the man, and said to him, 'Where are you?'*

8 天起了涼風，那人和他妻子聽見耶和華 神在園中來回行走的聲音，就藏在園裏的樹木中，躲避耶和華 神的面。9 耶和華 神呼喚那人，對他說：「你在哪裏？」

***Genesis 3:8-9 NRSV/RCUV (TS) Shen Edition***

## *Five Things*

- 1. Make it a priority as part of your devotional time to tell the Lord what you think of Him. He doesn't need our encouragement, but He's made His heart vulnerable to it*
- 2. Ask the Lord what He thinks of you. Remember He rejoicing over you and He is looking for the opportunity to remind you who you are but.....*
- 3. Be ready to be challenged on what you think about yourself*
- 4. When the Lord speaks something to you about who you are, don't move on too quickly. Mediate on what the Lord has said until it has become truth in your life*
- 5. And because you have been encouraged, become an even greater encourager of others*