

## Decompression Curriculum Lesson 3

Video/CD Title: 7 Pillars of Healthy Relationships (0115)      Author: Danny Silk  
 Disc Start Time: 00:00      Disc End Time: 1:17:47

Complete this top section and then answer the questions below in the space provided. If you need more space, please use a separate sheet of paper. Attach this page to the front of your assignment when you turn it in.

Name: \_\_\_\_\_ Home: \_\_\_\_\_ Date: \_\_\_\_\_

**Introduction:** Healthy relationships don't happen by accident. Life is meant to be lived intentionally and we can rest assured that God's Word will guide us in arriving at His best for our life if we apply His instruction. Typically we find ourselves living someone else's values that we've received and believed through parenting, family relationships, cultural influences and beliefs from experiential perceptions. God has been through all this with us so he knows exactly what we need even when we don't. This is why we need to make room for the Holy Spirit to teach us and remind us of all things pertaining to life. Take a minute to invite Him, the person of the Holy Spirit, to help you hear and see what you need to happen in you so that you can truly enjoy healthy relationships in every area of your life.

**Discussion 1:** As the Seven Pillars of Love, Honor, Self-Control, Responsibility, Truth, Faith and Vision are being presented, write down a brief description of each in the following ways:

**Drill Down 1:**

- How it used to be. (Example: For me, Love used to be...)
- What it looks like today. (Example: Today I see Honor as...)
- Where it needs to be. (Example: Responsibility will look like...)

Pillar	How It Used To Be	What It Looks Like Today	Where It Needs To Be
Love			
Honor			
Self-Control			
Responsibility			
Truth			
Faith			
Vision			

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**Discussion 2:** Proverbs 25:28 says: “Like a city whose walls are broken through is a person who lacks self-control.”

**Drill Down 2:**

- Where have the walls in your life been broken through and the enemy gained control through a lack of self-control?

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**Drill Down 3:**

- What is your personal plumb line (value system, orientation) for internal choices?

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- How is this working in your life?

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- What can you do to improve the results in your life?

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**Post Class Instructions:** Instead of treating this lesson as just another intellectual exercise, seek out ways to apply this material to your pursuit and development of healthy relationships.