



# RELATIONSHIP MANAGEMENT

## LOVE WITHOUT COVENANT



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**RELATIONSHIP  
MANAGEMENT**



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## Last Week Recap

- We Are Speaking Spirits
- You can not just be heard, you must be experienced!
- Building Blocks of Communication
  1. The People
  2. The Message
  3. The Context
  4. Effective Listening



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## What is our Goal?

- To come away with biblically and spiritually influenced practices that are relevant and practical to managing healthy relationship before and after covenant/commitment

## What are our Objectives?

- To define "relationships" and "love"
- To distinguish between what is "healthy" versus what is "hazardous"



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## DEFINING RELATIONSHIPS

According to Britannica dictionary, A "relationship" is defined as the way two or more people, groups, or entities talk to, behave towards, and deal with each other; the connection between two or more entities. |

- **Relations** - The way in which two or more concepts, objects, or people are connected; a thing's effect on or relevance to another.
- **Ship** - state; condition; quality
- **Interpersonal relationships** - Interpersonal is our connection or relating to others
- **Intrapersonal relationship** - Intrapersonal is our connection or relating to ourselves.



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## DEFINING RELATIONSHIPS

- “Relationships” should not be observed from just a dual perspective - platonic or romantic. “Relationships” extend to any entity that one is connected to: church, friends, family, job, career, money.
- According to a 2024 article in psychology today magazine, there are 13 type of relationships one can have:  
<https://www.Psychologytoday.Com/us/blog/talking-sex-and-relationships/202402/the-different-types-of-relationships>



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## TYPES OF RELATIONSHIPS

- i. Romantic
- ii. Sexual
- iii. Family
- iv. Friendship
- v. Online
- vi. Acquaintances
- vii. Work/colleagues
- viii. Location-based
- ix. Teacher/student
- x. Therapist/client
- xi. Professional
- xii. Community/faith-based/cultural group
- xiii. Relationship with pet



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## RELATIONSHIP STATISTICS

2023 data from Pew Research Center finds that 3 in 10 Americans are single, and about half (51%) are open to either a committed relationship or casual dates. Over half of men (56%) are looking for either a committed relationship or casual dates, and less than half of women (44%) say the same thing.

According to a Forbes study, nearly 45% of their 5000 survey respondents reported online dating apps to be the place where they met people to date, making it the most popular spot. This is followed by 33% meeting through a friend, nearly 32% at concerts or festivals and almost 27% on social media.

The average age of people getting married has increased, as people are choosing to take that step later in life. The average age for a first marriage for men is 30, while for women, it's 28 years old<sup>[7]</sup>.



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# NSA

**No Strings Attached:** a type of relationship that expects no emotional or covenant connection. This relationship-type only demands the attributes of a traditional relationship-type but void of the emotional and psychological connection or commitment.



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## Question

Which relationship category do you “identify” with?

- a. Serious - we locked in for life
- b. Casual - we *may* be heading down the aisle
- c. NSA - I can't remember their name at the present
- d. It's just Me and Jesus right now



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# Discussion

How well do you relate? Take a minute to identify a connect point between you and someone in your immediate vicinity. Are you all from the same city? Do you have share the same birthday month? Do you have the same relationship status? Test your relating skills and see how many ways you all may be connected.



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## DEFINING LOVE

According to Encyclopedia Britannica, **love** is an emotion characterized by strong feelings of affection for another arising out of kinship, companionship, admiration, or benevolence. In a related sense, “love” designates a benevolent concern for the good or welfare of others. The term is also used to refer to sexual attraction or erotic desire toward another. Love as an individual emotion has been studied in several scientific disciplines, including psychology, biology and neuroscience, anthropology, and sociology.

In Psychology, some psychologists such as Robert Sternberg determined there are 3 emotional components to love:

1. Intimacy
2. Passion
3. Decision/commitment



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## DEFINING LOVE (CONT'D)

- Some biochemists consider love to be a biological process. Positive socializing triggers cognitive and physiological processes that create desirable or beneficial emotional and neurological states. A relationship provides constant triggering of sensory and cognitive systems that prompt the body to seek love and to respond positively to interaction with loved ones and negatively to their absence. Recent biological theories of love, pioneered in evolutionary research by the American anthropologist Helen Fisher, break down love into three biological processes:
  1. Lust
  2. Attraction
  3. Attachment



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## GREEK WORDS FOR "LOVE"

- Eros - *Physical love or sexual desire*
- Philia - *Affectionate love. Love between friends*
- Storge - *Familia love. Typically the natural love that family members share*
- Mania - *Obsessive love.*
- Ludus - *Latin forward that means "play", courtship, casual*
- Pragma - *Practical love based on duty, obligation, or logic*
- Philautia - *Self-love. How a person views or loves themselves*
- Agape - *Unconditional or sacrificial love*



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## **"LOVE" STATISTICS**

- A poll from Forbes Health/OnePoll showed 29.4% respondents said the feeling and expression of "love" should be expressed within the first four to six months of dating. This is followed by 21% pointing to one to three months and 14% saying seven to nine months.
- Of those in the age range of 18 and 26, they felt slightly stronger about expressing love within the one to three-month mark.



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# Are Your Actions "Healthy" or are they "Hazardous"?

Listening to these scenarios, can you identify if the mindset and practice is "healthy" or "hazardous"?



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## DEFINING COVENANT

- According Webster, Britannica and Cambridge definitions, a covenant is the agreement between two or more entities that is both formal and at times sacred
- The Hebrew word "BERIT" is translated into the word covenant
- The relationship implied by the term "berit" is the relationship between a lord and his servants, for in Hebrew, a "berit" is a promise that is made unilaterally by a lord to his servants that he will protect and provide for those servants. The promise is not required by law nor forced on the lord by his servants—it is entirely voluntary. The word "covenant" means "business deal," or "contract," and implies a promise to deliver one end of the contract if the other end is met. A covenant is a bilateral agreement; it takes the participation of both parties and they are bound only by the terms of the covenant or agreement.

### Covenant IS:

- Commitment
- Long-Lasting
- Promise

### Covenant IS NOT:

- Compromise
- Conditional
- Competition



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## **GOD'S RELATIONAL COVENANT LOVE**

- Sacrificial - John 3:16
- Unwavering - Isaiah 54:10
- Everlasting - Jeremiah 31:2-3
- Unconditional - Roman 5:7-8
- Unbreakable - Romans 8: 35-39



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