

# Relational Health, Wellness, Wholeness

## LIFESTYLE IMPACTS RELATIONAL HEALTH

**SCRIPTURES OF THE DAY** Monday, July 26, 2021

[Psalm 39:5-7](#); [Ecclesiastes 1:1-7](#);  
[Ecclesiastes 1:14](#); [Psalm 90:12](#)

### STUDY & REFLECTION

As we delve deeper into the study of the power and importance of Relational health, we must face some basic issues and ask ourselves why Relational health is not more common. What is it that keeps us from and prevents us from enjoying enriching, edifying, nurturing relationships, if that is what God intended and intends for us to have? Why is it that even among Christians, such relationships are often rare and uncommon? The answers of course are found in the Word of God. All of life's issues can be explained and remedied if we have the courage and will to place our lives under the microscope of God's Word and with open eyes see the Why and What of our lives.

As we study our devotional readings, they began to unfold for us and presents to us, one of the primary reasons for Relational unhealthiness.....even among the people of God. **OUR CHAOTIC LIFESTYLE!!**

Psa 39:5-7 in The Living Bible translation says, "all of our busy rushing ends in nothing!" The wisdom of Solomon declares in Eccl chapter 1 "Vanity of vanity, all is vanity (with no purpose, lacking value or significance) all things men do are meaningless!"

***How depressing.....How sad..... Too often How True!***

How would you describe our Lifestyle? Describe how we live in this culture? What words describe the nature and quality of our lifestyle? Busy...Hectic...Chaotic... Hurried... Rat Race!

A pastoral colleague of mine, Randy Frazee wrote a book dealing with the Toxicity of our Lifestyle called [MAKING ROOM FOR LIFE: TRADING CHAOTIC LIFESTYLES FOR CONNECTING RELATIONSHIPS.](#)

Let's face it. It is unreasonable for us to think we can create and maintain Healthy Relationships without the indispensable resource that God has given us...**TIME.**

### ACTION ITEMS

What is your lifestyle...how you spend your time, has a direct relationship regarding the existence and quality of your relationships. **Your assignment: write in your journal or on a piece of paper the three things that are Most Important in your life. Be honest.**

Next, describe with hourly time elements attached, how you spend a typical day.

### INVOLVING OTHERS

Don't fudge and don't modify. Share what you have written with your small group. Share together what you discover and how it relates to Relational Health Wellness and Wholeness.

