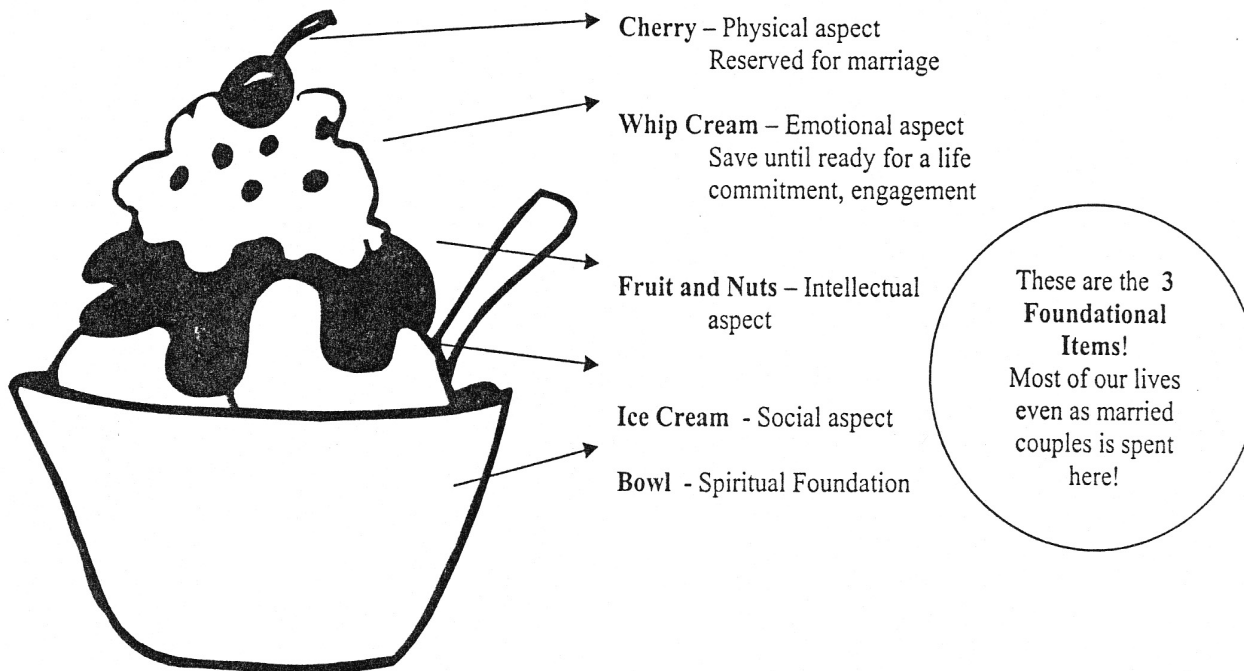


# Relationships

*Study the Illustration and Rank Your Relationship*

## Ice Cream Sundae Relationship



**Spiritual Foundation** - Where do you begin when you build an ice cream sundae? To do it properly and with less mess you begin with the bowl. To begin at the top you end up with a real mess. The same principle is true if we emphasize other aspects of a relationship before the spiritual. Is this person growing in his/her faith? (2Cor 6:14) Do we build each other up in our Christian walks (Eph 4)? This is the foundation of all good relationships. The spiritual, then, governs every other sphere of our relationships!

**Social Aspect** - Can we interact with each other socially? Activities in groups will help us learn to do so. Do we have any similar interests? Do we enjoy each other's company? Are we enough alike to understand each other way of relating (active social vs. quiet reserved)? Does the spiritual govern who we are with and what we do with them socially?

**Intellectual Aspect** - Can and does this person think clearly and logically? Does he/she challenge others to think Biblically? Can we hold interesting and stimulating conversations together and with others? Is the spirit controlling what goes into our minds and what comes out of our mouth? Can we communicate through differences?



**Emotional Aspect** - Whip cream must be constantly shaken to come out of the can properly. It is more air than substance! When left alone it melts down leaves a mess. Similar things could be said of emotions! Don't cheapen the words "I LOVE YOU" by using them carelessly or pre-maturely. Save the emotional connection until you are ready to have a lifelong committed relationship. Then keep the can shaken with regular spiritual, social, and intellectual stimulations that keep the emotions alive and well as you move toward marriage and as you continue to grow in your marriage.

**Physical Aspect** - God designed the physical relationship to be very special in a covenant relationship reserved for one husband and one wife for life. It is like the beautiful ripe cherry on top of a beautiful and delicious sundae. Putting emphasis on the physical prematurely and ignoring the foundation of friendship in the spiritual, intellectual, and social spheres damages prospects for future marital satisfaction in all spheres, but especially in the sexual. Why give up fifty years of pleasure for immediate gratifications and lusts?

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These first three spheres of life are about friendship. All good friendship exhibit these elements.  
The next two are about committed and covenant relationships designed to last a lifetime!

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### *Rank Your Relationship*

1 = non-existent 10 = mutually satisfying

#### Spiritual

1 2 3 4 5 6 7 8 9 10

#### Social

1 2 3 4 5 6 7 8 9 10

#### Intellectual

1 2 3 4 5 6 7 8 9 10

#### Emotional

1 2 3 4 5 6 7 8 9 10

#### Physical

1 2 3 4 5 6 7 8 9 10