

«Place me like a seal over your heart, like a seal on your arm; for love is as strong as death, its jealousy unyielding as the grave. It burns like blazing fire, like a mighty flame. » Many waters cannot quench love; rivers cannot wash it away. If one were to give all the wealth of his house for love, it would be utterly scorned. Solomon 8:6-7 (NIV)

Promise: A declaration I make now that will be needed for the future.

A promise has nothing to do with emotions or feelings.

The promise, made when I am in love and because I am in love, to be true to the beloved as long as I live commits me to being true even if I cease to be in love.

C.S. Lewis, Mere Christianity

A promise must be about things that I can do, about actions: no one can promise to go on feeling in a certain way.

C.S. Lewis, Mere Christianity

**The first promise to healthy relationships:**

- I promise to love myself.

37 Jesus replied, “You must love the Lord your God with all your heart, all your soul, and all your mind.”  
38 This is the first and greatest commandment. 39 A second is equally important: ‘Love your neighbor as yourself.’ Matthew 22:37-39 (NLT)

- We treat others the way we treat ourselves.

Loving myself is not:

- Putting myself first.

3 Don't be jealous or proud, but be humble and consider others more important than yourselves. 4 Care about them as much as you care about yourselves. Philippians 2:3-4 (CEV)

- Focusing on my interests.

24 None of you should be looking out for your own interests, but for the interests of others. 1 Corinthians 10:24 (GNT)

- Choosing to accept my faults.

10 If we claim we have not sinned, we make him out to be a liar and his word is not in us. 1 John 1:10 (NIV)

26 If we decide to go on sinning after we have learned the truth, there is no longer any sacrifice for sins. Hebrews 10:26 (NCV)

“If you try to build intimacy with another person before you have first gotten whole yourself, all your relationships become an attempt to complete yourself.”

Les Parrott

No one was designed to complete you.

I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong. And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is. May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God. Ephesians 3:16-19 (NLT)

**The promise we make in loving ourselves is:**

- I promise to pursue my profound significance.

..may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is. May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God. Ephesians 3:17-19 (NLT)

- I promise to accept God's purpose for my life.

I want you to get out there and walk—better yet, run!—on the road God called you to travel. I don't want any of you sitting around on your hands. I don't want anyone strolling off, down some path that goes nowhere. Ephesians 4:1 (MSG)

- I promise to live from God's love, not for the love of others.

And mark that you do this with humility and discipline—not in fits and starts, but steadily, pouring yourselves out for each other in acts of love, alert at noticing differences and quick at mending fences. Ephesians 4:2-3 (MSG)

28 In the same way, husbands ought to love their wives as they love their own bodies. For a man who loves his wife actually shows love for himself. 29 No one hates his own body but feeds and cares for it, just as Christ cares for the church. Ephesians 5:28-29 (NLT)



**TO CREATIVELY LOVE AND LEAD PEOPLE  
IN A GROWING RELATIONSHIP WITH JESUS.**

**Questions for Connection Groups:**

*These questions also work well for personal time with God.*

- What scripture and/or point spoke most to you from the Talk on Sunday? Explain why?
- What are some significant promises we make? Why are promises so important?
- Do you find that people typically make promises based on emotions or feelings? Explain.
- Do you find it challenging to love yourself? In your own words, how does the “world’s” definition of loving yourself differ from what we are talking about?
- Talk about the quote given by Les Parrott. Why do you think that many believe someone else can complete us?
- Read Ephesians 3:16-19. What is our profound significance? Why is this so important to being able to love ourselves?
- How does pursuing God’s purpose free us to not try to please others? How does pleasing others prevent us from loving ourselves?
- How do we live from God’s love, rather than for the love of people?
- How does loving ourselves free us to love others?

**For more Talks, visit us at:  
fresnoquest.com**

OTHER NOTES:

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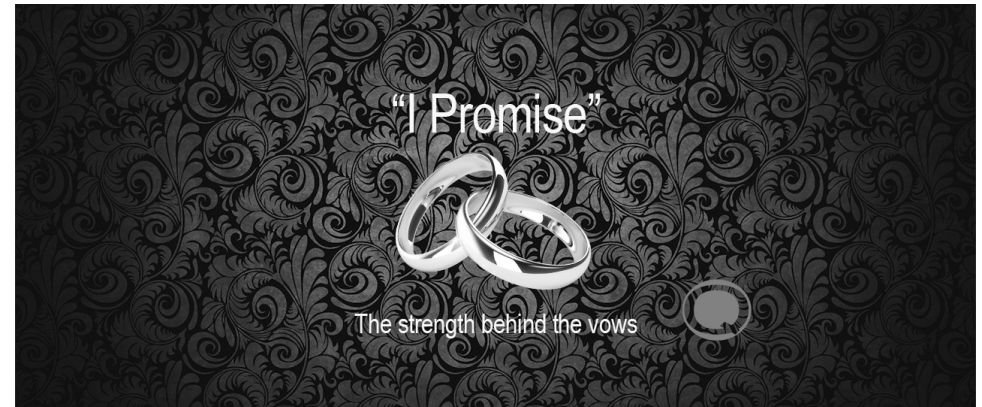
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# WELCOME

**Our Series:**



**Today's Talk..**

The first promise for healthy relationships.

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Get connected! Try out a Connection Group.

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Information available in the courtyard.



**The Quest Church**  
Doing life together

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