

RELATIONSHIP RESCUE

DEEP WATERS

Psalm 144:7; Genesis 2:18; 3:1 – 24 (ESV)

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MESSAGE NOTES

Reach down from heaven and rescue me; rescue me from deep waters ... – Psalm 144:7 (NLT)

*Then the Lord God said, "It is not good that the man should be alone; I will make him a helper fit for him."
– Genesis 2:18 (ESV)*

- **Expect relationship challenges and trust God's strength to help you through them**

Reach down from heaven and rescue me; rescue me from deep waters ... – Psalm 144:7 (NLT)

Now the serpent was more crafty than any other beast of the field that the Lord God had made. He said to the woman, "Did God actually say, 'You shall not eat of any tree in the garden'?" And the woman said to the serpent, "We may eat of the fruit of the trees in the garden, but God said, 'You shall not eat of the fruit of the tree that is in the midst of the garden, neither shall you touch it, lest you die.'" But the serpent said to the woman, "You will not surely die. For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." – Genesis 3:1 – 5 (ESV)

"The root of all sin is the suspicion that God is not good." – Oswald Chambers

So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate, and she also gave some to her husband who was with her, and he ate. – Genesis 3:6 (ESV)

And they heard the sound of the Lord God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the Lord God among the trees of the garden. But the Lord God called to the man and said to him, "Where are you?" – Genesis 3:8 – 9 (ESV)

- **Live on the solution side of relationships by inviting God to work in and through us**

Reach down from heaven and rescue me; rescue me from deep waters ... – Psalm 144:7 (NLT)

The man said, "The woman whom You gave to be with me, she gave me fruit of the tree, and I ate." Then the Lord God said to the woman, "What is this that you have done?" The woman said, "The serpent deceived me, and I ate." – Genesis 3:12 – 13 (ESV)

Husbands, love your wives, as Christ loved the church and gave Himself up for her, that He might sanctify her, having cleansed her by the washing of water with the word, ... – Ephesians 5:25 – 26 (ESV)

RELATIONSHIP RESCUE

- Remember the waters may be deep but Christ's love is deeper

Reach down from heaven and rescue me; rescue me from deep waters ... – Psalm 144:7 (NLT)

*Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.
– Ecclesiastes 4:12 (NIV)*

RELATIONSHIP RESCUE

DISCUSSION QUESTIONS

- Discussion Starter: What are some of the challenging and encouraging parts of being in relationship with others (whether it's family or friends)?
- Psalm 144:7 says, "*Reach down from heaven and rescue me; deliver me from deep waters...*" What are some of the ways God reaches and rescues us?
- Why are relationship challenges a part of life no matter how good our relationships may be? What does it look like for you to trust God in one of your current relationship challenges?
- When there is tension in a relationship, how do we avoid blame and, with God's help, live on the solution side of the challenge?
- How does God often use our more difficult relationship challenges as part of our spiritual growth journey? How is He doing that now in your life?
- What is a possible action point that God may be leading you to from the message this week?
- Pastor Jon mentioned the potential myths of thinking that our relationships should be perfect, blaming others and being too self-reliant at times. Which one of these myths is sometimes easy for you to fall into and why?
- Why is knowing God's love is deeper than all of our relationship challenges so important to navigating the challenges we face with people?
- Read Ecclesiastes 4:12. What does God teach us in this verse? Why is keeping Christ central the most important part of having growing and healthy relationships?