

# **BUILDING A HEALTHY SUPPORT SYSTEM**

Sunday, March 22<sup>nd</sup> 2020 10am

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## **Introductory Questions & Statements**

- A. We were not designed by God to live life alone.
- B. Healthy Homes vs. Support System (Some believers do not have the experience of being raised in a healthy home or environment and they don't have the relationships or examples to demonstrate God's will in this area.)
- C. Did you know that when you come into the Kingdom of God He molds you into His image regardless of where you came from?

Scriptures:

- ☐ 1 Corinthians 13:6; "Love does not delight in evil but rejoices with the truth."
- ☐ 2 Corinthians 5:18; "All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation."

## **FOUNDATION SCRIPTURE:**

### **Judges 10, Judges 11, 2 SAMUEL 21:15**

- A. Judges 10:6-13
  - ☐ The Israelites served seven gods of foreign nations and did not serve the Lord.
  - ☐ There were nine areas that demonstrated their participation in sin:
    1. They did evil
    2. They forsook the Lord
    3. They no longer served Him and he was angry
    4. They were sold
    5. They were crushed
    6. They were shattered
    7. They were oppressed
    8. They were in distress

9. They were crying

B. Judges 10:13-18

1. What does it mean to be rescued? What does the term “support” mean?

**Support: To promote the interests or cause of something or someone, to uphold or defend as valid or right, to advocate, it meant to keep from fainting, yielding, or losing courage, to keep something going.**

- ☐ The city of “Mizpah” means “Watchtower”

Supporting scriptures: Psalm 18:6, Psalm 94:18, Psalm 46:1

C. Judges 11:1-3

**POINT #1 ACKNOWLEDGE YOUR STORY**

- ☐ Jephthah’s half-brothers rejected him due to his father Gilead’s relationship with his unnamed mother.
- ☐ His half-brothers waited until they were adults to inform him of their rejection of him.

Questions of reflections:

- ✓ What do you do when you do NOT get the support from the people who should love you the most?
- ✓ What do you do when everyone knows your story and what is happening in your life?

**POINT # 2 IDENTIFY THE FAMILY PROBLEM**

- ☐ Families are designed by God to be supportive, but families do have fights.
- ☐ A large problem in families stem from the lack of a healthy support system that are supposed to be present by definition of birth and being blood related, but sometimes the support is not present due to a lack of relationship.

Questions of reflection:

- ✓ Does your family have a problem with your identity?
- ✓ Have you ever had a family conversation that was negative and from that moment forward the relationship changed for the worse in the future?

### **POINT # 3 CHOOSE YOUR BATTLES WISELY**

- ☐ Every conversation does not have to be a battle and it is not worth the time to fight with others. Learn to walk away from some battles.
- ☐ Learn how to stop chasing after family members who do not want the best for you.
- ☐ “Jephthah” means “to open or release”.
- ☐ The land of “Tob” means “good, pleasant, to be sustainable, to keep forever, stable”.

### **POINT # 4 ACCEPT YOUR BREAKTHROUGH**

- ☐ There are some fights that you face and you must flee away and the breakthrough is in the fleeing.
- ☐ The breakthrough is about realizing who supports you and who does not. Their treatment towards you does not indicate how YOU choose to move forward.
- ☐ When you are in a good, sustainable and stable place you do not need the negativity of family members because the Lord is your support.
- ☐ Your negative experiences are the breakthrough for someone else.

Supporting scriptures: Ecclesiastes 3:7, Proverbs 19:11, Psalm 27:10

D. Judges 11:6-11

The elders were asking for Jephthah’s help *after* the incident of rejection with his brothers earlier in his life.

When you have unstable relationships, you have the right to ask questions about how the relationship with be conducted in the future.

Questions or reflections:

- ✓ Did you know that you cannot build a stable life around unstable people who do not like you and do not include you in their plans?
- ✓ Did you know that that your experience can be someone else’s breakthrough?

### **POINT # 5 LET THE LORD BE A WITNESS**

- ☐ Jephthah repeated his words at Mizpah. There are times when you have to allow the Lord to be a witness on how people treat you.
- ☐ Beggars cannot be choosers.

### **E. Judges 11:29-32**

Supporting Scriptures: Proverbs 18:19

Questions of reflection:

- ✓ Do you have any family members who make requests of you and your resources but they did not help you when you needed it?

### **POINT # 6 BE MINDFUL OF THE VOWS YOU HAVE MADE TO THE LORD**

#### **Judges 11:34-40**

- ☐ Jephthah assumed that his vow was unto the Lord without seeking the Lord's approval.
- ☐ Jephthah blamed his daughter and spoke harshly to her about a vow he had made to the Lord but he did not consider the outcome of his daughter's life.
- ☐ The Lord did not want the sacrifice of his daughter, He wanted them to have a legacy. He wanted them to have a real relationship.

Questions or reflections:

- ✓ Are you a parent who has made vows to the Lord but your children are suffering as a result? Are they included in your choices?
- ✓ Do you have more religion than a relationship in your house? Do your children want to spend time with you or have they left home and spend more time with their peers?
- ✓ Jephthah's daughter goes to the mountains to discuss marriage and virginity for two months with her friends. Are there any topics that need to be discussed within your home as a parent?
- ✓ How did your parents treat you?

### **F. 2 Samuel 21:15**

- ☐ David was a king, an experienced and trained warrior and a man after God's own heart yet he had a troubled family life that included adultery, murder, attacks and usurpation.
- ☐ David was an older man and became exhausted in battle. His nephew Abishai which means "Gift from the Father" came to his rescue. Abishai was less experienced, quicker and saved him.

### **POINT # 7 DO NOT FIGHT ALONE**

- ☐ Everyone needs support at one point or another.
- ☐ You may think you are strong enough to fight in life as you once did, but you are not who you were in the past.

G. 2 Samuel 23:8-9

□ David had a support system of 37 fighting men and 3 of them accompanied him always.

Supportive Scriptures: Proverbs 27:9-10

**POINT # 8 IS YOUR HOUSEHOLD RIGHT WITH GOD?**

2 Samuel 23:5

Is not my household right with God? Has he not made with me an everlasting covenant, arranged and secured in every part? Will he not bring to fruition my salvation and grant my every desire? But evil men are all to be cast aside like thorns, which are not gathered with the hand. Whoever touches thorns used a tool of iron or the shaft of spear: they are burned up where they lie.