

THE DEFINITION OF HEALTHY RELATIONSHIPS

Proverbs 27:17

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Have you ever been in a toxic relationship? Have you ever been in an abusive relationship? Have you ever been in a useless relationship? If the answer is yes to any of these questions you understand the importance of having a **HEALTHY** relationship.

A healthy relationship is established when two people can improve one another for the purpose of **EMPOWERMENT** and **BETTERMENT**. Healthy relationships strengthen weaknesses, cultivates strengths, provides support, lends correction and adds constructive criticism.

If your relationship is not recycling these attributes you are not in a healthy relationship. A lot of people believe that

healthy relationships are sustained with emotional characteristics such as love, kindness, mercy etc.

These attributes are highly important but unfortunately, they are not the sustaining factors that build a healthy relationship. Emotional characteristics sustain the **CORE** of the relationship but they **DO NOT** build the relationship.

GROWING APART

A loving, merciful and heartfelt relationship can easily end because one party out grew the other. It happens all the time. One person becomes mature the other person remains immature. One person evolves in their career and the other person remains stagnant.

When people out grow each other it does not mean they have lost affection for one another. It means they can no longer improve one another. Healthy relationships are

BUILT on **IMPROVEMENT**, making each other better, brighter and sharper.

YOU CANNOT STRENGTHEN WHAT IS NOT CONSTANTLY IMPROVED!

Proverbs 27:17 says, "*Iron sharpeneth iron; so a man sharpeneth the countenance of his friend.*" It is a Kingdom law that people who **IMPROVE** one another qualifies as a healthy relationship.

Whatever type of relationship you have, ask yourself these questions. Am I better today than I was yesterday? Is this relationship adding value to me or is it making me less significant? Am I learning more from being with them or staying the same? Am I growing from this relationship or remaining complacent?

If you are **NOT** improving, you are dying! King Jesus cursed a fig tree because it wasn't growing. Refer to Mark 11:12-14. What does not grow has no value. Healthy

relationships will not allow you to continue in mediocrity. Healthy relationships will not encourage you to stay complacent.

Healthy relationships will push you to be your best self. There is nothing more rewarding than to be in a relationship with a person who wants to see you do well **WITHOUT** strings attached. If you can find a healthy relationship to help fertilize your potential and growth the sky is the limit.

NO ONE SUCCEEDS ALONE!

You need a healthy relationship to help you get to your next level. Ecclesiastes: 4:9 says, "*two are better than one; because they have a good reward for their labour.*"

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