

KEYS TO HAPPY LIVING

VOLUME 9



The Miracle of Good Relationship (HOW TO KNOW A HEALTHY RELATIONSHIP)

1. It helps you to be at your best:

Healthy or good relationship brings out the best in you; be it marriage, courtship, dating or friendship. Relationship should enhance and not mar you. If you are in a relationship and you no longer function well fearful, that should tell you that you are out of place. The bible says "There is no fear in love; but perfect love cast out fear. He that fear is not made perfect in love".

Healthy relationship should be fun and make you feel good about yourself. Relationship or dating is an exciting part of life, though it takes time, energy, and care to make it healthy. Good relationship should bring you more happiness than it brings stress into your life.

You should feel secured and relaxed; any relationship that makes you feel unsecured should be watched. Anxiety and insecurity is a sign you are in the wrong place. The reason most ladies or even some men in this part of the world stays in a bad relationship longer than necessary is because they are not busy doing a productive thing; they feel

relationship is what should complete them; sorry no person can complete you! If your relationship with yourself is not working; don't expect other relationships to be different. Nobody in the world can make you happy; it is something you must do on your own.

Do not stay in an unhealthy relationship because it will end up anyway. You do not need to fight for a spot or space in somebody's life, if they know your worth; they will naturally create a space for you. A good relationship should make you a better person at work, in church, at home and

"You do not need to fight for a spot or space in somebody's life"

in all you do, anyone that makes you act contrary is not the right man or woman. Men love to use this word "You make me out of my mind". Sorry that is not normal, any person that makes you out of your mind is causing you insanity and that is not good for you; it is sickness.

2. It heals you: While considering marriage, good relationship is what to



look out for. More than fifty years ago, there was a doctor called Williams Farr in Britain. He carried out a research on birth, death and marriage rate across Britain. He discovered that married people live longer than the unmarried people. A good relationship is like a health insurance.

A current German study shows men living alone had 50% risk of death from any cause of death than married ones, and women living alone it increased by 60%. This explains why God created relationship between a man and woman. We were not created to function alone, there are functions and roles created for a man and woman, by the time they start playing both roles it weakens them quickly.

A Japanese study got a similar result, they follow about 94,062 Adults for nearly ten years and the married people just seem to stay healthier and live longer.

Marriage itself does not make you live longer but the quality of the relationship shared by both parties involved is what determines it. When

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Our Vision - Is to bring God's original intent of marriage and relationship to mankind.



The Miracle of Good Relationship

(HOW TO KNOW A HEALTHY RELATIONSHIP)

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choosing a partner, look out for qualities that will complete you, don't just look at physical beauty and material comfort, these are subject to change; look out for Godly character.

Another research from San Diego took a closer look and discovered that married women with healthier relationship has a lower risk of heart trouble than the unmarried ones or the ones that have had bad relationships. This shows that good relationship makes you sleep better and sleep is one key factor to good health and also it makes you have clearer arteries.

Do not just pick anything that comes to you and make a husband or wife just because you think partners are hard to come by; that will be paying for your death ticket. Women are always at the receiving end especially in Africa, and women are emotional beings, trouble shows more on their health than men; you need to be careful who you say "I do" to.

A good relationship heals you and makes you live longer. Any relationship that makes your heart skip and beep is a wrong one. One of the major key to know if you are in a good relationship is inner peace, in the absence of that, please watch it.

A study shows a section of the brain that produces the effect of pleasure; happiness and well being are activated when people are experiencing a feeling of love. Relationship should help you cope with stress not to stress you.

Another studies shows divorce can damage physical health drastically that the person never recovers from it. Divorced people have 20% more chronic health conditions like heart disease, diabetes, cancer etc than the

married ones. So divorce is not an option, you cannot say let me just get married first, if it does not work I go out if it.

The benefit of good relationship to your health

- (a) It maintains your normal blood pressure.
- (b) It lowers your stress level.
- (c) It leaves you with less change of feeling blue (feeling blue means a feeling that you lived a wasteful life).
- (d) It gives you a general satisfaction of life.
- (e) It helps fight aging and make you look younger for a long time.
- (f) It heals your wound faster.

When thinking of a relationship, look out for people that will help you live longer not the ones that will drive life off you. Physical affection between two loving partner can help the brain, heart and other body system. That is the reason you see adult men in marriage relationship who are deprived of 'touch' become aggressive while many women become depressed and withdrawn. The more couple have intimate time together, the less they fight or have misunderstanding. Anything that can block your health does not worth it.

The bible says "A merry heart doeth good like medicine but a broken spirit drieth up the bones." A good relationship makes your heart merry (which is equal to good health) but a bad relationship dries you up.

3. It leaves you with a cheerful countenance: A good relationship leaves you with a cheerful countenance. If you want to know a man or a woman with good relationship, check his/her countenance. A merry heart equals to a

bright countenance, while a sad heart equals sad countenance.

I know of a young lady who was always laughing at a time, we were concerned if she was normal but later knew she was being told wonderful things by the opposite sex, so she could not but help bring it out in her countenance. If you are in a relationship and people are asking you lately why you are always withdrawn, know you are in a wrong place. A merry heart doeth good like medicine; your countenance have a lot to do with your answered prayers.

“When thinking of a relationship, look out for people that will help you live longer not the ones that will drive life off you.”

There is a story of a woman called Hannah in the bible who was barren and was looking up to God for a child, as long as her countenance was sad she remained in the same state, her break came when it was stated "her countenance was no longer sad..."

A bad relationship makes a sad countenance and that hinders prayers. A good relationship gives you a bright countenance and that quickens prayers. Also the story of Ruth, she was not brightened as a result of the lost of her husband, when it was time to attract another spouse, her mother in law Naomi advice her "...wash your face..." meaning put on a bright countenance; As long as she carried that countenance she could not access a glorious destiny with Boaz.

To be continued in the next edition



1. **Nagging:** is to constantly ask someone to do something that they are unwilling or reluctant to do. It is being persistent on a particular issue even when it's not convenient for the other person. No nagging person can win a partner's love. The Bible says "...it is better to live at the roof top than to live with a nagging woman in the house". Nagging is an attitude that can be changed. You can choose to nag or to be quiet; it is a choice.

Nagging wears out a relationship. I had heard somebody say to me "My wife drilled off the love I had for her through constant nagging". Nagging is an enemy to every relationship. I know of a guy with two ladies in his life and suddenly decided to marry the loud one and when asked why he did not choose the quiet one; he responded "You do not know her; she will quietly nag life off you". No man or woman likes a nagging person. Nagging is like murmuring there is nothing that displeases God like murmuring and complaining, so also there is nothing that sniffs life off love like nagging. The Bible says; "they that murmur in the wilderness died there".

If you do not want to remain single or idle, you have to deliberately stop every trace of nagging and complaining in your life; God hates complaining so are humans. Also most people that nag knows how to argue; and you know argument is another thing that wears out a relationship. These two things are like a ship that hit an iceberg, it will surely sink.

Ways to come out of a nagging attitude:

- a. Ask God for help
- b. Deliberately learn to ignore things
- c. Learn patience
- d. Understand the people around you

2. **Anger:** Anger is an emotion like any other emotion. Anger is a secondary emotion usually caused by failed expectation like fear, doubt and hurts. Anger is a dangerous substance to a relationship, anger is a choice, you can choose to respond to it or not. Anger should never be welcomed as a heart guest because it has the ability to destroy love, the carrier, and others. Anger is a strong feeling of extreme displeasure, fury and vexation. It is the inability to control your emotions.

I met a lady that's says "I am not married because of anger; when I get hurt I

lose the ability to control my mouth even when I apologize later, the men will still leave". There is a story of a woman that killed her husband recently on papers because he refused to buy baby food and diapers.

Anger only destroys but never builds. Everybody has anger tank, some have theirs full, some half-full and some empty. God knows how harmful anger can be, so He instructed us never to let the sun go down on our anger. Uncontrolled anger is the leading cause of divorce rate all over the world.

I watched a true life investigation story on how a man killed his wife. He was hurt by his wife's unfaithfulness which filled up his anger tank that eventually led him to murder his wife.

3. **Distrust:** There is nothing that turns off the light of any relationship like distrust. People can only have a cordial relationship with you when they are able to trust you to an extent. If you want a good relationship with people, you must be trustable. When you are not trustable, people do not feel comfortable around you.

People distrust you when they can no longer rely on you. Why do we call on God? It is because we can trust Him. Trust is the foundation of any relationship and it is also the ladder that love climbs to the top. Distrust is the reason why most relationships hit the iceberg. If you want your relationship to get to its destination, you must be open and trustable.

Double-dating is not smartness, it is foolishness. The Bible says, "You cannot serve two masters, you either love one, or hate the other".

4. **Sex:** Sex before marriage is a delay tactic and it can end relationship before it begins; it is the strategy of the enemy to keep a lot of people single for a long time or forever. Satan knows God hates fornication so he tricks us into it, in order to hinder our progress in life. God killed thirty one thousand people in the Old Testament because of fornication.

You can meet a young man or woman today and the love light is beaming for each other as though the emotional feeling is out of this world, the moment you introduce sex into that relationship, the excitement will gradually die down. It is safe you keep the excitement till marriage day. Sex before marriage also blindfolds you, it makes you not to know the person you are dating well

enough, and you will only know them in flesh. Sex before marriage takes away your God's protection and blessing.

Sex before marriage voids your marriage of honour. "Marriage is honourable to all and the bed undefiled" This means the moment you defy your bed, the honors accrued to marriage is removed from you. You can say I will ask God for forgiveness. Anytime you do something wrong, something in you dies, and anytime you do something right, something springs up in you. Grace has not removed

“Nagging has the ability to wear out a relationship”

other laws of God, In life there is cause and effect.

When you ask for forgiveness, God will forgive you but that does not mean you will not reap the seed you sowed. For example, a Christian lady makes the mistake of sleeping with guy and get pregnant, she runs to God for forgiveness, God will forgive her but that will not make the baby in the womb to disappear, she will surely deliver the baby.

Anytime you are out of God's plan, you go down, but when you are in His plan, you go up.

How To Avoid Sex Before Marriage

- a. Let the Word of God be in you.
- b. Avoid staying in a close place with opposite sex. When God gives you a relationship, do not say, you are studying Bible together in a room. That is self-deception, you will soon see yourself wearing back your under wears after the act.
- c. Never discuss things that will arouse you sexually.
- d. Keep right company.
- e. Fear God and have respect for your glorious future.
- f. Know that one with God is the majority. if he or she want to leave because you refused to give in to sex, let go, he or she is not meant for you.



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deal with issues prudently may be robbing you of a spouse or peace in your home.

4. **Don't be over religious:** Being over religious will make people perceive you wrongly and drive people away from you. God is not constrained to a particular individual's way of life. So, do not let doctrines stop you from relating to people.

5. **Be friendly:** He that wants a friend must first be friendly. You must develop a conscious friendly attitude, if you must win people's friendship. Proverbs says "He that despises his neighbour sinned but he that hath mercy on the poor, happy is he" A friendly attitude can win over unfriendly people.



HOW TO BECOME ATTRACTIVE TO PEOPLE AROUND YOU

1. **Be flexible:** Flexibility is the mother of friendship and friendship is the foundation for relationship. Flexibility means the ability to adjust quickly to situation, not holding too firm to a particular position. When you are too rigid, you make enemies too quickly. Flexibility does not mean you give up your integrity or violate your righteous stand. I mean denying yourself of some comfort in order to please or win over somebody.

It is very difficult for a rigid person to have a fruitful relationship even in choosing or making a choice for a partner, don't be too rigid. That thought of yours that is fixed on a 'tall, dark skinned man' or 'light-skinned woman' for as long as ever is rigidity. Look for other quality(s) that could cover up for those attributes you initially liked. Instead of allowing choices to hold up your marital destiny; learn to be flexible in your choices.

As a husband do not just make decision and say that is final, seat down with your spouse to talk over it, see how that your decision affects your spouse, consider her own view then adjust.

Two things happen to a man that does not regard his wife and her opinion; he either dies early or die poor.

Some ladies are not married today because of some doctrines they had held onto too rigidly. Flexibility makes you a friend of all.

2. **Be slow to anger:** The book of Proverbs says, "He that is soon angry deals foolishly but He that is slow to wrath is of great understanding". Nobody loves to hang around a foolish person; one of the ways not to be easily angered is not to easily think of the worst of situations.

3. **Build a good character:** Character is a person's personality which could be influenced by his/her environment. Character is personality plus all external influences; this means character can be built. For you to be a friend of all, you need to develop a warm attitude, because for any relationship to succeed, attitude plays a major role. Your personality is discovered by your character, so character is a primary qualification for you to attract and relate to people around you. The bible says "The poor is hated even in his own neighbourhood" The poor in character, personality, poor in kindness, in smiles, in heart, and in material substance is hated of his neighbours but the rich in those things has many friends. Your inability to communicate softly or

It is very difficult for a rigid person to have a fruitful relationship

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