

12 PRINCIPLES OF MANAGING RELATIONSHIP PROBLEMS

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Many times when we are faced with relationship problems, we don't respond and attack the problems the way we should, as a result things go out of hand and the problems take a heavy toll on us. When problems are not properly, sincerely analyzed and faced with the commitment that is required to solving it, it remains and destroys us mentally, emotionally, spiritually and physically as we become drained of energy and battered by it.

We are well equipped in Christ to solve all problems that confront us. In this study we will be looking at twelve principles of managing relationship problems, that if diligently followed will make you a winner any day any time.

The following scriptures prove God's commitment and provision for our victory over the challenges of life including relationship challenges. A careful study and meditation on these passages will strengthen your faith to overcome all problems.

Isa 41:15-16

15 "See, I will make you into a threshing sledge, new and sharp, with many teeth. You will thresh the mountains and crush them, and reduce the hills to chaff. 16 You will winnow them, the wind will pick them up, and a gale will blow them away. But you will rejoice in the LORD and glory in the Holy One of Israel.

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Rom 8:31-39

31 What, then, shall we say in response to this? If God is for us, who can be against us? 32 He who did not spare his own Son, but gave him up for us all-how will he not also, along with him, graciously give us all things? 33 Who will bring any charge against those whom God has chosen? It is God who justifies. 34 Who is he that condemns? Christ Jesus, who died-more than that, who was raised to life-is at the right hand of God and is also interceding for us. 35 Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? 36 As it is written:

*"For your sake we face death all day long;
we are considered as sheep to be slaughtered."*

37 No, in all these things we are more than conquerors through him who loved us. 38 For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, 39 neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

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1 John 5:4-5

4 for everyone born of God overcomes the world. This is the victory that has overcome the world, even our faith. 5 Who is it that overcomes the world? Only he who believes that Jesus is the Son of God.

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1. **Don't underestimate your problem or your potential power to cope with it creatively.**
2. **Don't exaggerate your problem:** Pray it down and pray it up to God.
3. **Don't wait for the problem to solve itself:** Understand that you alone are personally responsible for managing your problem.
4. **Don't aggravate the problem:** You have the power to make any problem better or worse depending on your reaction. Threatened people become angry people. Fearful people reflect hatred. Hatred and anger aggravate the problem. Manage your thoughts and emotions so you can manage your relationship challenge.
5. **Illuminate your mind on your problem:** Ask yourself some questions about the unique problem you are having:
 - "Has any other person faced my problem and overcome it?"
 - "What really is my problem anyway?"
 - "Is my problem a character problem or bad luck?"
 - "Is it lack of tact in communication or compatibility problem?"
 - "Is it my associates who are confusing me or carelessness on my part?"
 - "If you think your problem is a competitor, think again, for it could be that you don't care enough or you are taking the relationship for granted?"
 - Is my problem demonic or the result of my evil character and mistakes?
 - Could it be that I opened the door for the devil to come in through immoral activity with my partner in our relationship?

Answer all the questions the Holy Spirit will bring into your mind as you think through to find out the cause of the problem.
6. **Motivate yourself to positive action.**
Note: In some cases, you don't have a problem to solve but a decision to make.
7. **Put out a bait:** If there is a communication gap, bridge the gap by fixing an appointment to talk and sort things out.
8. **Keep trying:** Don't give up. If your problem is your tongue, discover the many different ways you can communicate effectively without causing an offence. If the problem is such that you cannot solve and you must part ways, take it easy and trust God for a new relationship. Check new suitors or potential brides over in prayer and seeking God. Don't let age be a factor. A change of relationship may be just what you need. Keep trying until you come to a place of satisfaction and rest.
9. **Believe that every adversity holds within it the seeds of an undeveloped possibility.**

- 10. Dedicate yourself to enthusiasm:** Anyone can succeed if he can get enthusiastic about life even when life seems empty. Doors will open to the enthusiastic person first. Don't let frustration and failures of your relationships kill your enthusiasm. Remain joyful. New people will always be attracted to your enthusiasm to life. Everyone wants to associate with a joyful person.

Phil 4:4

4 Rejoice in the Lord always. I will say it again: Rejoice!

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- 11. Communicate:** Manage your problem by remembering that often times the solution lies in help from some other source. Do you need help? Then ask for it. Don't be too proud to ask for help for what is lacking in you is in another. But don't share your problem with anyone who cannot contribute to its solution for not everyone has the ability to solve your particular problem.
- 12. Shield yourself:** Don't shield yourself from help, but do shield yourself from negative forces and negative responsibilities. Shield yourself from negative thoughts and suggestions.