



HEALTHY LOVE STARTS HERE

May 23 & 24, 2026

Culture Teaches Romantic Relationships Come When:

- I _____ my heart.
- I _____ my feelings.
- There is special _____.

Our goal is to build a love that lasts a _____.

- Not _____
- Not _____
- But deeply _____ in God

I Can Build Healthy Romantic Relationships When I:



Put God at the _____ of my relationships.

Ruth 1:16 (NLT)

But Ruth replied, "Don't ask me to leave you and turn back. Wherever you go, I will go; wherever you live, I will live. Your people will be my people, and your God will be my God."

Jeremiah 29:13 (NLT)

If you look for me wholeheartedly, you will find me.

Psalm 119:36 (GNT)

Give me the desire to obey your laws rather than to get rich.

Fact: If God is not at the center of my life, _____
or _____ else will be.

Three Practical Steps to Having a Healthy Relationship:

- _____ my relationship with God first.
- Never look for someone to _____ what only God can fill.
- _____ about my relationships.

2

Pursue _____ – not just chemistry, fun, and stability.

Ruth 2:11-12 (NLT)

“Yes, I know,” Boaz replied. “But I also know about everything you have done for your mother-in-law since the death of your husband. I have heard how you left your father and mother and your own land to live here among complete strangers. May the Lord, the God of Israel, under whose wings you have come to take refuge, reward you fully for what you have done.”

1 Corinthians 13:7 (NLT)

Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.

Culture says: _____ first

God says: _____ first

“Fireworks are exciting – but they don’t last.

A steady _____ keeps the fire going.”

Three Musts Every Christian Should Look For:

- _____, not just attraction.
- **Make sure the person is _____, faithful, and trustworthy.**
- **Never ignore _____ just because there’s chemistry.**

3

_____ boundaries that protect the relationship.

Ruth 3:8-11 (NLT)

Around midnight Boaz suddenly woke up and turned over. He was surprised to find a woman lying at his feet! “Who are you?” he asked.

“I am your servant Ruth,” she replied. “Spread the corner of your covering over me, for you are my family redeemer.”

“The LORD bless you, my daughter!” Boaz exclaimed. “You are showing even more family loyalty now than you did before, for you have not run after a younger man, whether rich or poor. Now don’t worry about a thing, my daughter. I will do what is necessary, for everyone in town knows you are a virtuous woman.”

1 Thessalonians 4:3-4 (NLT)

God’s will is for you to be holy, so stay away from all sexual sin. Then each of you will control his own body and live in holiness and honor.

Follow the Ruth and Boaz plan:

- **They didn’t _____ .**
- **They didn’t _____ .**
- **They chose _____ .**

“Boundaries don’t restrict love – they _____.”

Three Guardrails:

- _____ physical and emotional boundaries.
- _____ compromising situations.
- _____ holiness over temporary pleasure.



_____ out godly counsel, not just my own personal feelings.

Ruth 3:1-5 (NLT)

One day Naomi said to Ruth, “My daughter, it’s time that I found a permanent home for you, so that you will be provided for. Boaz is a close relative of ours, and he’s been very kind by letting you gather grain with his young women. Tonight he will be winnowing barley at the threshing floor. Now do as I tell you—take a bath and put on perfume and dress in your nicest clothes. Then go to the threshing floor, but don’t let Boaz see you until he has finished eating and drinking. Be sure to notice where he lies down; then go and uncover his feet and lie down there. He will tell you what to do.” “I will do everything you say,” Ruth replied.

Proverbs 11:14 (NLT)

Without wise leadership, a nation falls; there is safety in having many advisers.

Proverbs 19:20 (NLT)

Get all the advice and instruction you can, so you will be wise the rest of your life.

Proverbs 12:15 (NLT)

Fools think their own way is right, but the wise listen to others.

Three Ways to Do This:

- _____ wise voices into my relationship.
- _____ isolation from everyone.
- _____ to people who love God and love me.



_____ God beyond what you can control.

Ruth 4:13, 22 (NLT)

So Boaz took Ruth into his home, and she became his wife. When he slept with her, the LORD enabled her to become pregnant, and she gave birth to a son ... Obed was the father of Jesse. Jesse was the father of David.

Psalm 37:4-5 (NLT)

Take delight in the LORD, and he will give you your heart’s desires. Commit everything you do to the LORD. Trust him, and he will help you.

Three Ways to Trust God for My Mate:

- Stop _____ what God hasn't confirmed.
- Trust God's _____.
- _____ to whatever the outcome is, because it is perfect.

**“Become the type of person
the person you are looking for
is looking for.”**

Romans 5:8 (NLT)

But God showed his great love for us by sending Christ to die for us while we were still sinners.



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Culture Teaches Romantic Relationships Come When:

- I follow my heart.
- I trust my feelings.
- There is special chemistry.

Our goal is to build a love that lasts a lifetime.

- Not perfect
- Not easy
- But deeply rooted in God

I Can Build Healthy Romantic Relationships When I:



Put God at the center of my relationships.

Ruth 1:16 (NLT)

But Ruth replied, "Don't ask me to leave you and turn back. Wherever you go, I will go; wherever you live, I will live. Your people will be my people, and your God will be my God."

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Psalm 119:36 (GNT)

Give me the desire to obey your laws rather than to get rich.

Fact: If God is not at the center of my life, something or someone else will be.

Three Practical Steps to Having a Healthy Relationship:

- Prioritize my relationship with God first.
- Never look for someone to complete what only God can fill.
- Pray about my relationships.

2

Pursue commitment – not just chemistry, fun, and stability.

Ruth 2:11-12 (NLT)

“Yes, I know,” Boaz replied. “But I also know about everything you have done for your mother-in-law since the death of your husband. I have heard how you left your father and mother and your own land to live here among complete strangers. May the Lord, the God of Israel, under whose wings you have come to take refuge, reward you fully for what you have done.”

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Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.

Culture says: Chemistry first

God says: Character first

“Fireworks are exciting – but they don’t last.

A steady flame keeps the fire going.”

Three Musts Every Christian Should Look For:

- Character, not just attraction.
- Make sure the person is consistent, faithful, and trustworthy.
- Never ignore red flags just because there’s chemistry.

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Honor boundaries that protect the relationship.

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Around midnight Boaz suddenly woke up and turned over. He was surprised to find a woman lying at his feet! “Who are you?” he asked.

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God’s will is for you to be holy, so stay away from all sexual sin. Then each of you will control his own body and live in holiness and honor.

Follow the Ruth and Boaz plan:

- They didn’t rush in.
- They didn’t compromise.
- They chose integrity.

“Boundaries don’t restrict love – they protect it.”

Three Guardrails:

- Set physical and emotional boundaries.
- Avoid compromising situations.
- Choose holiness over temporary pleasure.



Search out godly counsel, not just my own personal feelings.

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One day Naomi said to Ruth, “My daughter, it’s time that I found a permanent home for you, so that you will be provided for. Boaz is a close relative of ours, and he’s been very kind by letting you gather grain with his young women. Tonight he will be winnowing barley at the threshing floor. Now do as I tell you—take a bath and put on perfume and dress in your nicest clothes. Then go to the threshing floor, but don’t let Boaz see you until he has finished eating and drinking. Be sure to notice where he lies down; then go and uncover his feet and lie down there. He will tell you what to do.” “I will do everything you say,” Ruth replied.

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- Invite wise voices into my relationship.
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Trust God beyond what you can control.

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- Surrender to whatever the outcome is, because it is perfect.

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