



Freedom Project

So, if the Son makes you free, you will be free indeed (John 8:36)

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Dear Family and Friends,

All of us want healthy relationships in our life. In fact, outside of knowing Christ and having eternal life, healthy relationships is probably top of the list for what we want most out of life. Yet, for many Christians, healthy relationships are the hardest thing to maintain. Their lives are characterized by disagreements, offenses, misunderstandings and much more. The good news is Jesus Christ is in the business of healing our relationships. First and foremost, He restored us to God through His sacrificial death on the cross. Through Jesus, all our sins are forgiven, and we are “right” with God. Secondly, Jesus gives us His Word and His Spirit to help us love one another and heal the brokenness and hurt we experience in our relationships with others.

Helping others establish healthy relationships was the focus of two events we held this spring. The first was a talk Anna gave to a group of women on “Letting Go.” She challenged the women to let go of whatever is holding them back from living rightly with others. Things like hurts that lead to conflict and unforgiveness; anger that leads to bitterness and resentment; unmet expectations that lead to disappointment and criticalness; desire for control that leads to intolerance; and pride that hinders humility and kindness.



The second event was a one-day marriage seminar entitled “Two Shall Become One: Building Intimacy in Marriage.” Though the emphasis was on marriage, many of the biblical principles we presented applied to all relationships. We discussed how to cultivate oneness in marriage, common hindrances to intimacy such as the culture, busyness, selfishness and unmet expectations. Then, we presented several ways to build intimacy including demonstrating agape love, meaningful communication and resolving conflict. From

there we moved to rekindling romance and a healthy sex life. We ended with practical ways to grow spiritually together and leave a godly legacy. Our challenge to each of the couples was to be intentional and committed to applying the principles to their relationship in order to grow in oneness and become one flesh as God intended for marriages.



Building relationships, investing in them, and keeping them healthy is one of the most difficult tasks we face in life. Yet, it is extremely important. First, because Jesus said the two greatest commandments are to love the Lord your God with all your heart, soul and mind, and love others as yourself. Second, we were created to be relational just as God is relational, therefore we need one another. And lastly, our loving relationships are a powerful witness to the love of Jesus. If we had to sum up one of the most important verses from the Bible that help us maintain healthy relationships it would be Philippians 2:3—*Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves; do not merely look out for your own personal interests, but also for the interest of others.*

Thank you for making it possible for us to serve as fulltime missionaries. We are truly grateful for your love, support and prayers.

John & Anna