



LIFE IN THE WORD SERIES:

**Who's Sharing Your
Yoke?**

**(Navigating
Godly
Relationships)**

**“Seek not only to
be equally yoked,
but also well
yoked.”**





Amos 3:3

“Can two walk together, unless they are agreed?”



"Shall two walk together at all, if they do not know one another?"



**"Will a couple
walk in unity
without having
met?"**



Lesson One: Identifying Your Amos 3 Moments

**5 Ways to
Recognize and
Capitalize on your
Amos 3:3 Moments:**



1. Paying Attention to Your Emotions.



“Feelings are much like waves, we can’t stop them from coming but we can choose which ones to surf.”



Proverbs 12:25, Anxiety in a man's heart weighs him down, but a good word makes him glad.



**Colossians 3:8, But now you
must put them all away:
anger, wrath, malice,
slander, and obscene talk
from your mouth.**



James 1:19-20, Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God.



2. Paying Attention to Your Conversation.



**“Good communication is the
bridge between confusion
and clarity.”**



Ephesians 4:15, Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ.”



**Proverbs 18:21, The tongue has
the power of life and death,
and those who love it will eat
its fruit.**



James 1:19, My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry.



“Be brave enough to start a conversation that matters.”



3. Accept Responsibility for Your Actions.



A Biblical Example of Refusing to Take Responsibility:



The more you are willing to accept responsibility for your actions, the more credibility you will have.



(Exodus 32:1-6)



**The more you are
willing to accept
responsibility for your
actions, the more
credibility you will
have.**



**Galatians 6:5, For we
are each responsible
for our own conduct.**



**“Take responsibility for
your actions or stop
acting altogether.”**



4. Be Open to Feedback.



**Proverbs 12:15, The way of
fools seems right to them,
but the wise listen to
advice.**



**Ephesians 4:29, Do not let
any unwholesome talk
come out of your mouths,
but only what is helpful for
building others up
according to their needs,
that it may benefit those
who listen.**



5. Setting Boundaries



Romans 8:5-6, Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.



**“The only people who get upset
about you setting boundaries
are the ones who were
benefiting from you having
none.”**



A BOUNDARY is defined as a definite place where your responsibility ends and another person's begins. It stops you from doing things for others that they should do for themselves.





Eight Signs of Healthy Boundaries:

1. Saying “No” Without Guilt.



“A god test of a relationship is how a person responds to the word “no.” Love respects no, control does not.”



2. Taking Care of Yourself.



“It is only when you have mastered the art of loving yourself that you can truly love others.”



“When you say “YES” to others, make sure you are not saying “NO” to yourself.”



**3. Saying “Yes” Because
You Want To, Not Out of
Obligation or to Please
Others.**



4. Behaving According to Your Own Values and Beliefs.



“Honesty is a sacred bond with oneself. It is a commitment to living a life of integrity where your inner values align with your outward actions.”



5. Feeling Safe to Express Difficult Emotions and Have Disagreements.



When we agree to disagree, we honor the relationship above trying to change a person.



**“If they don’t support you,
they don’t deserve to share
in your success.”**



6. Feeling Supported To Pursue Your Own Goals.



7. Being Treated as Equal.



“Until you treat everyone as an equal, you have no right to complain about the treatment you receive from anyone.”



8. Taking Responsibility For Your Own Happiness.



Follow Up Chat Questions:

1. Can we agree to disagree and still walk together? Explain.
2. In what way(s) can negative emotions ruin a relationship?
3. "Good communication is the bridge between confusion and clarity." How so?
4. Why is it important to set boundaries in your relationships?
5. What is your definition of reconciliation?
6. Which of the eight boundaries resonate most with you?
7. What is your greatest takeaway from today's lesson?

