

RELATIONSHIP

RESET

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Service Times

Salinas Main St. Saturday 5:00^{pm} & Sunday 8:30 | 10:00 | 11:30^{am}
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Salinas Padre Dr. Sunday 10:00^{am}
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Office: 831-422-7811

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Resetting Your Relational Patterns

Ephesians 4:17-24
Series: "Relationship Reset"
Pastor T.K. Anderson
May 16 & 17, 2026

"Be renewed in the spirit of your minds, and...
put on the new self, created after the likeness of God
in true righteousness and holiness."
Ephesians 4:23-24

1. Old _____ Keep Producing Old Pain

"Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do." Ephesians 4:17, 22, Proverbs 14:12, James 1:19-20

2. New Life in Christ Creates New _____ Possibilities

But that is not the way you learned Christ!" Ephesians 4:20, 21, 2 Corinthians 5:17, Romans 6:4, Colossians 3:9-10

3. Lasting Change Starts with a _____ Mind

"Be renewed in the spirit of your minds, and... put on the new self, created after the likeness of God in true righteousness and holiness." Ephesians 4:23-24, Romans 12:2, 2 Corinthians 10:5, Proverbs 15:1



Give



LifeGroup lessons



Weekly Enews

.....
**We think we are reacting to the moment,
but often we are repeating a pattern**
.....

1

.....
**You cannot build healthy relationships
while carrying unhealthy patterns**
.....

2

"Be renewed in the spirit of your minds, and... put on the new self,
created after the likeness of God in true righteousness and holiness."
Ephesians 4:23-24 (ESV)

3

.....
**The reset your relationships need begins with the renewal
of your mind and the transformation of your heart**
.....

4

1 Old **PATTERNS** Keep Producing Old Pain

"Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do."

5

- We overact
- We shut down
- We assume the worst
- We get defensive
- We use sarcasm as a weapon

6

"Throw off your old sinful nature and your former way of life, which is corrupted by lust and deception."
Ephesians 4:22 (NLT)

7

**The dangerous part about old patterns...
They often feel normal**

8

"There is a way that seems right to a man, but its end is the way to death."
Proverbs 14:12 (ESV)

9

"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."
James 1:19-20 (ESV)

10

2 New Life in Christ Creates New
RELATIONAL Possibilities

"But that is not the way you learned Christ!"
Ephesians 4:20 (ESV)

11

"Assuming that you have heard about Him and were taught in Him,
as the truth is in Jesus."
Ephesians 4:21 (ESV)

12

"Therefore, if anyone is in Christ, he is a new creation.
The old has passed away; behold, the new has come."
2 Corinthians 5:17 (ESV)

13

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**New life in Christ means
change is now possible**
.....

14

.....
**Jesus introduces new possibilities
into old places**
.....

15

"Just as Christ was raised from the dead by the glory of the Father,
we too might walk in newness of life."
Romans 6:4 (ESV)

16

"You have put off the old self with its practices and have put on the new self, which is being renewed in knowledge after the image of its creator."

Colossians 3:9-10 (ESV)

17



Lasting Change Starts with a RENEWED Mind

"Be renewed in the spirit of your minds, and... put on the new self, created after the likeness of God in true righteousness and holiness."

Ephesians 4:23-24 (ESV)

18

**Relationships are not only shaped by what happened
They're also shaped by what we thought happened**

19

"Do not be conformed to this world, but be transformed by the renewal of your mind."

Romans 12:2 (ESV)

20

.....
**If your mind keeps rehearsing old lies,
your life will keep repeating old patterns**
.....

21

.....
What story am I telling myself right now?
.....

22

"We take every thought captive to obey Christ."
2 Corinthians 10:5 (ESV)

23

.....
**Once the mind is renewed,
the response can be different**
.....

24

"A soft answer turns away wrath, but a harsh word stirs up anger."
Proverbs 15:1 (ESV)

25

- You take off defensiveness, and you put on humility
- You take off criticism, and you put on encouragement
- You take off avoidance, and you put on honest conversation

26

- You take off control, and you put on trust
- You take off anger, and you put on gentleness
- You take off bitterness, and you put on forgiveness

27

.....
 Don't ask, "What do they need to change?"
 Ask, "Lord, what are You trying to renew in me?"

28