

THEME: BUILDING A GOD CENTERED HOME
TOPIC: RESPECT, HONOUR & COMMUNICATION— *“The Language of Healthy Relationships”*
TEXT: EPHESIANS 4:29, 5:33, PROVERBS 18:21, JAMES 1:19, ROMANS 12:10

INTRODUCTION

Every healthy relationship is built on two critical pillars: **honour and communication**.
You can have love—but without honour, it feels disrespectful.
You can have presence—but without communication, it feels distant.
The quality of any relationship—marriage, family, or friendship—is determined by:

- **How we treat one another (honour)**
- **How we speak to one another (communication)**

Scripture reminds us:

Ephesians 5:33 (NKJV) — *“Let each one of you in particular so love his own wife as himself, and let the wife see that she respects her husband.”*

Proverbs 18:21 — *“Death and life are in the power of the tongue...”*

This means: Words don’t just express relationships—they **shape them**.

This study explores how honour and communication can **build, strengthen, or destroy** relationships.

Honour is the lens through which we see and treat others—not based on how they behave, but based on the value God has placed on them.

A. RESPECT & HONOUR

The Foundation of Healthy Relationships

Key Understanding

Honour is the ability to treat people according to their value—not their behaviour.
It means choosing respect even when emotions fluctuate.

KEY LESSONS

- Honour builds trust and connection
- Dishonour damages relationships over time
- Respect must be intentional, not automatic
- People flourish where they feel valued.

Biblical Structure of Honour

- a. Husbands → Honour wives — *1 Peter 3:7 “Husbands... giving honour unto the wife...”*
- b. Wives → Respect husbands — *Ephesians 5:33*
- c. Children → Honour parents — *Exodus 20:12*
- d. Families → Honour one another — *Romans 12:10* — *“Be devoted to one another in love. Honour one another above yourselves.”*

What Dishonour Produces

Dishonour may not be visible immediately, but it produces:

- Emotional wounds
- Distance and disconnection
- Bitterness & Strife
- Loss of trust

Insight: Respect lost is difficult to restore—but easy to protect.

Practical Ways to Show Honour

- Respect opinions—even when you disagree
- Avoid public criticism or embarrassment
- Speak politely and thoughtfully (tone matters)
- Appreciate small efforts
- Celebrate each other's strengths

Scripture Anchor: Romans 12:10 — *“Honour one another above yourselves.”*

Key Principle: You cannot build a strong relationship if honour is missing.

DISCUSSION QUESTIONS

1. Why is respect often easier to lose than to build?
2. How do people unintentionally dishonour one another?
3. What practical habits can help rebuild honour in relationships?
4. How can you show honour even during disagreement?

KEY TAKEAWAYS

- Honour builds respect and trust
- Words shape the emotional atmosphere
- Honour builds—dishonour erodes.

CONCLUSION

Honour is not just about how we act—it reflects the condition of our heart.

When honour is present:

- People feel valued
- Relationships grow
- Trust deepens
- Unity strengthens

If you want stronger relationships, start with honour.