



# RELATIONSHIP MATTERS

## PARTICIPANT WORKBOOK

Five Pillars for Christians: Relationship Foundations for a Flourishing Life

Every relationship needs a solid foundation to flourish. When we live these 5 principals out, we build a healthy foundation that will easily carry the weight of our relationships.

- Trust
- Communication
- Authenticity
- Honesty
- **Honour**

**Watch the video lesson on Honour in the online course and then complete the daily exercises. Plan to spend about 15 minutes each day. You may wish to print this workbook in order to easily refer to the key points and best practices and to complete the exercises.**

The following exercises will give you what you need to break through your honour barriers and start building flourishing relationships!

## LESSON 5: HONOUR

All healthy relationships have one thing in common: Honour

### What is Honour?

- ❖ It is treating people with respect and encouraging others to do the same
- ❖ It is a condition of the heart and an internal choice
- ❖ It is a choice based on your values not on the merits of another person

Honour has Three Elements:

**Preferring Others**

**Elevating Others**

**Celebrating Others**

### Preferring Others: when you prefer someone...

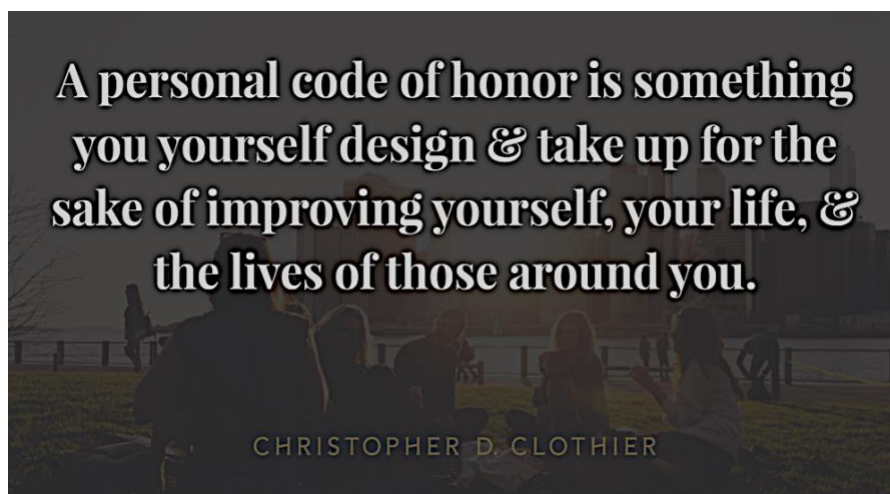
- ❖ You put their interest ahead of your own
- ❖ You show respect in words and actions
- ❖ You will value their opinions even if you disagree

### Elevating Others: when you elevate someone...

- ❖ You speak highly of them
- ❖ You point out their good points
- ❖ You build them up with your words and actions

### Celebrating Others: when you celebrate someone...

- ❖ You celebrate their accomplishments
- ❖ You make them feel like a champion
- ❖ You reward effort as well as victories



## RELATIONSHIP CHALLENGE: HONOUR

For the next week, set aside 15-30 minutes each day to complete the daily activities. You may prefer to do this first thing in the morning to help you become more aware and intentional about your communication throughout the day. Or, try it in the evening as a way to reflect upon your day and set your intentions for how you can make more trust deposits the following day.

### Day 1 – Look inside your heart

Search your heart – reflect on your life, have your words been honouring? Have your actions reflected honour to those you love? If not choose today to make honour a value in your life. Make a list of ways you have dishonored people and take responsibility by writing beside each item what you could do to move in the opposite spirit. You may want to reach out to those closest to you and ask forgiveness.

Common ways we dishonour people may include name-calling, cussing in front of them when you know it upsets them, gossiping about them, ignoring/gaslighting them, treating them with disrespect.

Person	How I dishonoured them	How I can honour them now

*He renews my strength. He guides me along right paths, bringing honor to his name.  
Psalms 23:3*

Add to your Declarations any word that comes to mind, as well as these I AM Statements:

**I AM a Person of Honour. I Am Honorable. I AM Honoured by others**

## Day 2 – Code of Honour

Write a code of honour. Now that you have chosen to be a person of honour, write out a code of honour that you want to live by. It is a simple sentence or short paragraph of declaration. For example, "I am a person of honour who will speak highly of others allowing my actions to display honour to all people" Come up with your own and display it somewhere prominent to remind yourself daily of your new commitment. Consider this your declaration of how you want other people to see you, and how you will treat them. Typically, this is 1-2 sentences or a short paragraph

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*Honor the Lord, you heavenly beings; honor the Lord for his glory and strength. Psalms 29:1*

*If we live, it's to honor the Lord. And if we die, it's to honor the Lord. So, whether we live or die, we belong to the Lord. Romans 14:8*

*So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor. 1 Peter 5:6*

Add to your Declarations any word that comes to mind, as well as these I AM Statements:

**I AM Humble. I Am Principled. I AM Honouring of Others**

### **Day 3 – Honour Someone**

Choose someone in your family and honour them publicly - tell the world why you honour them and invite others to share what they honour them for. Use social media or an in-person public setting to do it

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*Honor your father and your mother. Love your neighbor as yourself. Matthew 19:19*

Add to your Declarations any word that comes to mind, as well as these I AM statements.

**I AM Honourable. I AM Honouring of Others. I AM Celebrating Others**

### **Day 4 – Create an Honour Celebration**

Plan an honour dinner: Invite your family or friends to dinner and after you have eaten, go around the table and speak a blessing over each person at the table. As you finish with each person invite the rest of the table to honour them too. This is a very powerful exercise.

A blessing could simply be something like “I honour you for your hard work in providing for our family” or “I honour you for always being there to help me when I am struggling”.

Reflection:

Click or tap here to enter text.

*Love each other with genuine affection and take delight in honoring each other. Romans 12:10*

Add to your Declarations any word that comes to mind, as well as these I AM statements.

**I AM Honouring. I AM a Blessing. I AM Generous**

### **Day 5 – Acts of Honouring**

Choose someone outside your family who you admire, it could be a boss or leader. It could be a local first responder, a sports coach, teacher or community leader. Have a plaque, certificate or handmade gift made for them, recognizing their accomplishments in the community and present it to them.

Reflection: How was this experience for you? For the other person?

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*Love each other with genuine affection and take delight in honoring each other. Romans 12:10*

Add to your Declarations any word that comes to mind, as well as these I AM Statements:

**I AM Grateful for Leaders in My Life. I Am Giving. I AM an Encourager**

## **Day 6 – Honour Thyself**

Honour yourself by treating yourself to an activity that you really enjoy, could be a spa day or going to an event. Reward yourself for all the hard work you have done over this course!

Reflection:

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*The man answered, "You must love the Lord your God with all your heart, all your soul, all your strength, and all your mind. And Love your neighbor **as yourself**." "Right!" Jesus told him. "Do this and you will live!" Luke 10:27-28*

Add to your Declarations any word that comes to mind, as well as these I AM Statements:

**I Am Joyful. I Am Diligent. I AM Relationally Healthy**



## **Day 7 – Day of Rest. Enjoy Your Relationships!**

Take time to acknowledge the work you have done this week to improve your communication. You have done important work this week and regardless of any specific outcomes, feel proud of the effort and progress you are making.

Thank you for joining me on this journey. My hope is that it has been transformational for you!

If you would like to connect my email is [rmarkgordon@gmail.com](mailto:rmarkgordon@gmail.com) and to learn about other workshops and opportunities or to buy my book “Relationship Matters” just go to [www.markgordon.ca](http://www.markgordon.ca)