

Get Fit, part 5 of 5: Relational Fitness

01.29.12;
Small Groups Pastor Sam Kim

"Turn away from evil and do good. Work hard at living in peace with others." 1 Peter 3:11

Our relationships can bring us the most fulfillment and the most joy, but they can also bring us the most hurt and the most pain.

Three Important Connections

1. _____

Who is important to me?

Our most important relationships are almost always the easiest for us to damage and the most difficult for us to repair.

Three relational habits:

1. _____

"It is better to be patient than powerful. It is better to have self-control than to conquer." Proverbs 16:32

"But the fruit that the Spirit produces in a person's life is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control." Galatians 5:22-23

2. _____


"For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins." Matthew 6:14-15

3. _____

"Watch the way you talk. Let nothing foul or dirty come out of your mouth. Say only what helps, each word a gift." Ephesians 4:29

2. _____

#1 social disease is _____



"Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved."
Acts 2:46-47

3. _____

"But my life means nothing to me. I only want to finish the race. I want to complete the work the Lord Jesus has given me. He wants me to give witness to others about the good news of God's grace." Acts 20:24