

May 20, 2018



Emptying the Rocks in Your Backpack

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Navigating Emotionally Healthy Relationships (part 6)
Ephesians 4:31-32

Review

A New Commandment	John 13:34	Love as Jesus loves
What Does Emotional Health Look Like?	Luke 18:9-14	Humble people have big hearts, not big heads
A Successful Failure	1 Samuel 15:10-35	Be sure your inside matches your outside
How <u>NOT</u> to Deal with Conflict (part a)	Ephesians 4:1-6	When it comes to conflict, be a 1 st responder
How to Deal with Conflict (part b)	Ephesians 4:1-3	Go for the Win-Win

<i>I lose</i>	<i>I win</i>
<i>You win</i>	<i>You win</i>
<i>I lose</i>	<i>I win</i>
<i>You lose</i>	<i>You lose</i>

∞ Is it OK to compromise vs. Win/Win?

What is forgiveness?

(continued on back)

Ephesians 4:31-32

Why should we forgive others?

✠ We forgive others because we ourselves have been _____ by _____

✠ Forgiveness releases us from the _____ of _____

Conclusion