



Do you not know that in a race the runners all compete, but only one receives the prize? Run in such a way that you may win it. Athletes exercise self-control in all things; they do it to receive a perishable wreath, but we an imperishable one. So I do not run aimlessly, nor do I box as though beating the air; but I punish my body and enslave it, so that after proclaiming to others I myself should not be disqualified.

1 Corinthians 9: 24-27



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“Endurance Training”  
Relationship Bootcamp Sermon Series  
February 26, 2017

*“There are two perfect people: one dead and the other yet unborn.”  
--Chinese Proverb*

Introduction: There is no such thing as a p\_\_\_\_\_ relationship.  
The odds that an American couple will celebrate their 20<sup>th</sup> wedding anniversary are roughly \_\_\_\_\_% (National Health Stats).  
Relationships are about t\_\_\_\_\_.  
Paul is afraid the early church was divided by petty jealousies.  
His answer is found in Philippians 2:4, “Lend a h\_\_\_\_\_ hand.”

I. Stop, L\_\_\_\_\_, and L\_\_\_\_\_ and Get R\_\_\_\_\_

**Facebook:** *5 Years ago I married my best f\_\_\_\_\_, soulmate, love!*

**Real Life:** *“Eat the leftovers again and I will \_\_\_\_\_ you!”*

II. Wisdom from our Community: Emmett and Linda Carter

How you tell your origin story is a key marker in longevity.

The two share the tale with a sense of f\_\_\_\_\_ & s\_\_\_\_\_.

What do you do to get through the hard seasons? \_\_\_\_\_

What is the best thing you do for your marriage? \_\_\_\_\_

How does your faith influence your relationship? \_\_\_\_\_

What are you looking forward to next? \_\_\_\_\_

III. Secrets to Long-Term Attraction

It is critical to maintain your \_\_\_\_\_.

Dopamine and oxytocin serve as relationship g\_\_\_\_\_.

The single most important communication strategy among happy couples is saying, “\_\_\_\_\_.” – David Frederick



*Saying ‘thank you’ and other regular affirmations predict a couple is almost twice as likely to stay together.*

You have a ratio of \_\_\_\_\_ positive feelings to every negative.

Action Steps: 1. Let your spouse in on \_\_\_\_\_% of your day.

2. Accept that e\_\_\_\_\_ needs some alone time.

3. Align f\_\_\_\_\_ goals.