



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 20th 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.