



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



ACTS2UMC.ORG

“Assessment”  
 Relationship Bootcamp Sermon Series  
 February 5, 2017

[VIDEO: “Engage, Bob!”]

Why a series on relationships every February?

In 2015, Oklahoma was #2 in the U.S. for highest \_\_\_\_\_ rate.



All of us long for evidence that those closest to us understand and care about what we’re feeling.

I. What is the goal? What is the basic problem? (Assessment)

Failure to master the “E \_\_\_\_\_ B \_\_\_\_\_.” – John Gottman Ph.D.  
 Husbands headed for divorce disregard their wives’ bids for connection \_\_\_\_\_ % of the time vs. \_\_\_\_\_ % of stable relationships.  
 Wives headed for divorce act preoccupied with other activities \_\_\_\_\_ % of the time when their husbands bid for their attention versus \_\_\_\_\_ % of happily married wives.

“We instinctively try to n \_\_\_\_\_ our upbringing.” – Andy Nelms

[VIDEO: Lucius’ Super Suit; Great Good]

II. What to do? During a “typical dinner-hour:”

Happily married people engaged one another \_\_\_\_\_ times in 10 minutes. Those headed for divorce only \_\_\_\_\_ times.

Every loving or respectful r \_\_\_\_\_ to another forms a pot of emotional “money in the bank.”

You have three choices:

1. Turn T \_\_\_\_\_, humor, affection, interest.
2. Turn A \_\_\_\_\_, sarcasm, ridicule, hostility.
3. Turn A \_\_\_\_\_, ignoring, acting preoccupied.

In **stable** marriages, spouses re- \_\_\_\_\_ just 20 percent of the time.

When all bids cease, the game is \_\_\_\_\_.

The most important turn of all is toward \_\_\_\_\_. (Rev. 3:20)

It is about interactive engagement, a r \_\_\_\_\_. (Rev. 3:15-16)

III. How do we win at this? (1 Corinthians 9:24)

The key is to s \_\_\_\_\_ long before the conflict. (25-27)

We need a p \_\_\_\_\_. (Arrivals & Departures, Face time, Holidays)

It is going to take \_\_\_\_\_. Don’t be afraid to ask for \_\_\_\_\_!

[VIDEO: Bob’s Training Montage]

Action Steps: Take a r \_\_\_\_\_. Make a b \_\_\_\_\_.

If you are fortunate enough to receive a bid, r \_\_\_\_\_!