



Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection; outdo one another in showing honor. Do not lag in zeal, be ardent in spirit, serve the Lord. Rejoice in hope, be patient in suffering, persevere in prayer.

Romans 12:9-12
NRSV

“Becoming the Right Person”

February 8, 2019

“Beloved, since God loved us so much, we also ought to love one another.”

1 John 4:11

- We don't understand why _____ don't understand _____.
- The only person you can change is _____.

“Four Horsemen of the Apocalypse” by Dr. John Gottman

- Criticism: Using words like “You always” to attack partner's _____.
- Defensiveness: Using victimization, etc., to _____ responsibility.
- Contempt: Using name-calling, eye rolling, to treat partner as _____.
- Stonewalling: Withdrawing from a conversation or even the _____.

Challenge

- Married: If you weren't _____, be the person your spouse would still fall in love with.
- Dating: Be the person you're _____ for is _____ for.
- Single: Be the person who develops deep and meaningful _____.

How?

- _____ your partner first.

“Practice playing second fiddle.”
Romans 12:9-10 (The Message)
- _____ forgiving each other.

“Forgive each other; just as the Lord has forgiven you.”
Colossians 3:12-13 (NRSV)
- _____ money in their “love bank.”

“We make _____ when we do something that blesses... We make _____ when we take emotional energy from them.”
Love to Stay by Rev. Adam Hamilton
- Pay for _____ counseling, it does wonders for a relationship.

“*Fix your pet, not your partner.*”

-Andy Stanley

Action Steps

- _____ someone other than yourself this Thursday.
- _____ money in their “love bank.”