FROM

ME TO WE

KEYS FOR BUILDING **STRONG FAMILIES AND RELATIONSHIPS**

#5 Making Marriage Work - Part 4

To make marriage work you must focus on yourself!

4 action steps that help you to focus on you:

1. Take personal responsibility for your words, thoughts, attitudes and actions.

- **Galatians 6:7-9**
- **Proverbs 15:4**
- **Ephesians 4:29**
- **Psalm 51:1-4**
- **Psalm 19:14**
- **Proverbs 4:23**
- **Philippians 4:8**

What are the characteristics of a good apology?

- It expresses genuine sorrow and regret.
- It is specific.
- It communicates an awareness of the negative impact of the wrong actions.
- It is void of "if's" and "but's."
- It provides context and explanation, without excuses.
- It is presented humbly.
- It seeks reconciliation and repair.
- It doesn't demand forgiveness, only requests it.

2. Replace reactions with responses.

- **Romans 12:17-21**
- **Romans 14:13**

To conquer reactivity and become more responsive: BREATHE!

B = Become more self-aware.

R = Recognize reactive patterns in your relationships.

E = Enter the world of others.

A = Aim to show Jesus.

T = Throttle down your emotions.

H = Hush your mouth.

E = Extend grace.

3. Develop a personal growth plan.

- **2 Peter 3:18**

4. Make time for personal refreshment and renewal.

- **Mark 1:35**
- **Luke 4:16**

IF YOU PRAYED TO RECEIVE JESUS OR YOU'D LIKE TO RENEW YOUR RELATIONSHIP WITH GOD, SPEAK WITH ONE OF OUR "A NEW YOU" VOLUNTEERS AT THE FRONT OF THE WORSHIP CENTER. ANY HOST CAN HELP YOU FIND THEM!