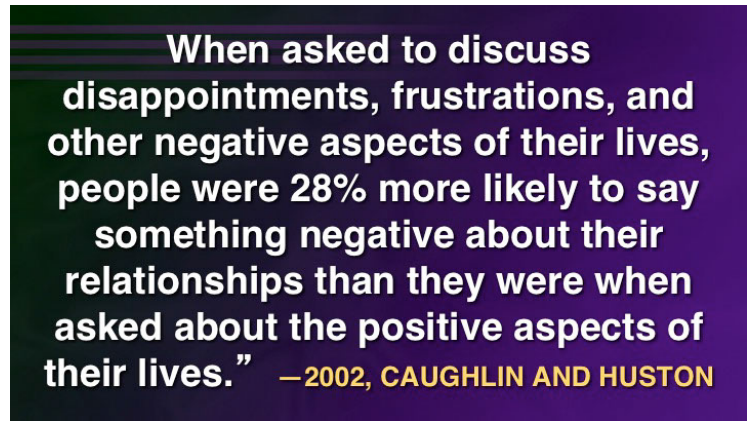
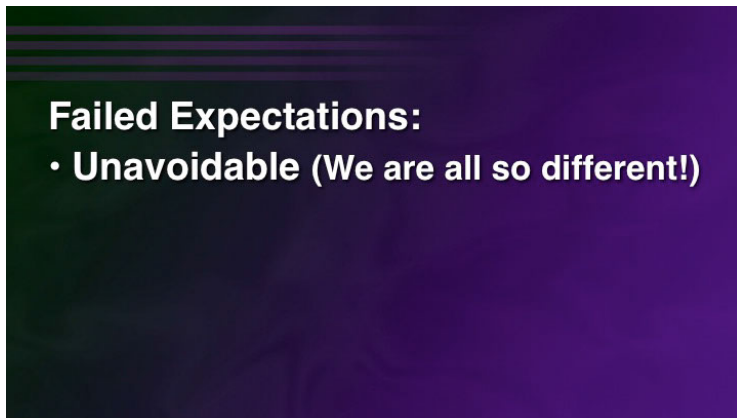




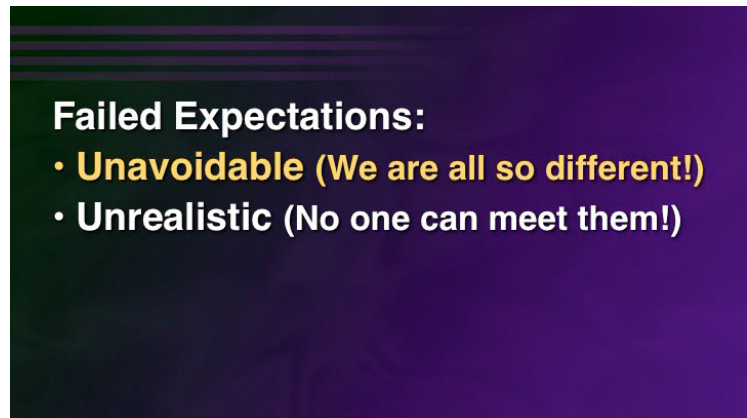
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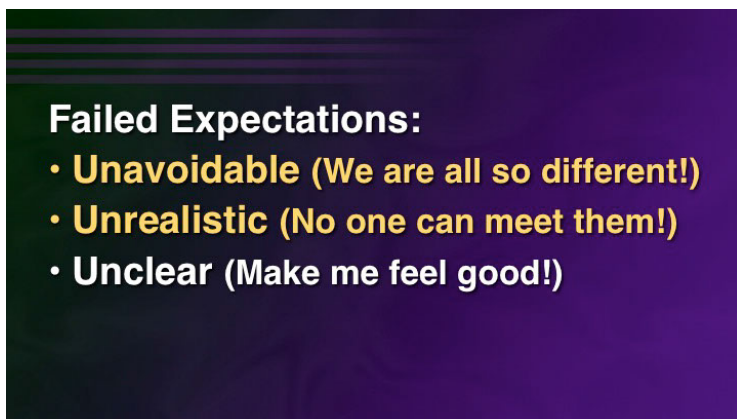
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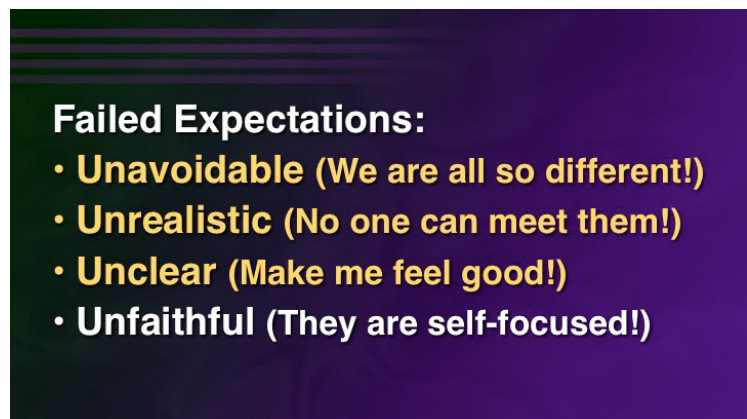
Slide07.jpg



Slide08.jpg



Slide09.jpg



Slide10.jpg

Essential #1:

“I must accept and share the RESPONSIBILITY for the health and well being of all my relationships.”

Slide11.jpg

Essential #2:

“I must expect more from myself (in effort) than I expect from others (in response).”

Slide12.jpg

Relate is a verb.

Slide13.jpg

**Love is patient,
love is kind. It does
not envy, it does not
boast, it is not proud.**

I CORINTHIANS 13:4 (NIV)

Slide14.jpg

**Practice the
Positive Power
of Patience**

Slide15.jpg

**“People who get angry quickly
experience more arguments in
their relationships, and their arguments
continue 81% longer
than people who are prone
to remain calm.”**

—2001, BERRY AND WORTHINGTON

Slide16.jpg

The end of a matter is better than the beginning; the patient in spirit is better than the proud in spirit. Do not hasten in your spirit to be angry, for anger rests in the bosom of fools.”
ECCLESIASTES 7:8-9

Slide17.jpg

I need patience because people . . .

- don't cooperate with my plans
- don't fulfill my expectations
- don't share my concerns
- don't understand my schedule
- don't respond the way I desire

Slide18.jpg

I need patience because people . . .

- interrupt my plans
- cost me money
- expect me to meet their needs
- cause me a lot of problems

Slide19.jpg

“If the only tool you have in your toolbox is a hammer, you tend to see every problem as a nail.”
—A. MASLOW

Slide20.jpg

5 Positive Expressions of Patience:

1. Patience is “keeping your head” when you feel like “flying off the handle.”

Slide21.jpg



“We’ve been on one of those ‘fly-drive’ holidays. He kept flying off the handle and the kids drove me up the wall.”

Slide22.jpg

5 Positive Expressions of Patience:

2. Patience is listening even when I know the answers and can complete the sentences.

Slide23.jpg

5 Positive Expressions of Patience:

3. Patience is allowing others the opportunity to learn by experience rather than coercing them to learn everything from mine.

Slide24.jpg

5 Positive Expressions of Patience:

4. Patience is giving people room to make mistakes and finding ways to forgive them when they do.

Slide25.jpg

5 Positive Expressions of Patience:

5. Patience is being sensitive to the needs of others and the struggles they face may be greater than mine on any given day.

Slide26.jpg

**Consider the
Constructive
Character of
Kindness**

Slide27.jpg

**“Love looks for ways of
being constructive.”
—J.B. PHILLIPS**

Slide28.jpg

**“Kindness is a language
the dumb can speak
and the deaf can hear
and understand.”
—CHRISTIAN BOVEE**

Slide29.jpg

How Do You Express Kindness?
• **Positive Communication**

Slide30.jpg

**“I can live for
2 months on one
good compliment.”
—MARK TWAIN**

Slide31.jpg

How Do You Express Kindness?
• **Positive Communication**
• **Sensitive Support**

Slide32.jpg

How Do You Express Kindness?
• **Positive Communication**
• **Sensitive Support**
• **Responsive Action**

Slide33.jpg

How Do You Express Kindness?
• **Positive Communication**
• **Sensitive Support**
• **Responsive Action**
• **Protective Care**

Slide34.jpg

How Do You Express Kindness?

- **Positive Communication**
- **Sensitive Support**
- **Responsive Action**
- **Protective Care**
- **Forgive Mistakes**

Slide35.jpg

Able to suffer without complaining;
To be misunderstood without explaining;
Able to view without receiving;
To be ignored without grieving;
Able to ask without commanding;
To love despite misunderstanding;
Able to turn to the Lord guarding;
To wait for His own rewarding.

Slide36.jpg

Three Spheres of Life



Slide37.jpg

Now the **deeds of the flesh** are evident, which are: immorality, impurity, sensuality, idolatry, sorcery, enmities, strife, jealousy, outbursts of anger, disputes, dissensions, factions, envying, drunkenness, carousing, and the things like these, of which I forewarned you just as I have forewarned you that those who practice such things shall not inherit the kingdom of God.

Slide38.jpg

But the **fruit of the Spirit** is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self control.

GALATIANS 5:19-23

Slide39.jpg