

Essential #1:
"I must accept and share the <u>RESPONSIBILITY</u> for the health and well being of all my relationships."

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Essential #2:

"I must <u>EXPECT</u> more from myself (in effort) than I expect from others (in response)."

Relate is a verb.

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Love is patient, love is kind . . . I CORINTHIANS 13:4 (NIV)

Practice the Positive Power of Patience

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"For the friendship of two, the patience of one is necessary."

Consider the Constructive Character of Kindness

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"Love looks for ways of being constructive."

-1 CORINTHIANS 13:4 (J.B. PHILLIPS)

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

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How Do You Express Kindness?
• Positive Communication

"I can live for two months on one good compliment."

-MARK TWAIN

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There is one who speaks like the piercings of a sword, but the tongue of the wise promotes health.

—PROVERBS 10:18

The tongue of the wise uses knowledge rightly, but the mouth of fools pours forth foolishness.

—PROVERBS 15:2

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A wholesome tongue is a tree of life, but perverseness in it breaks the spirit.

—PROVERBS 15:4

Death and life are in the power of the tongue, and those who love it will eat its fruit.

—PROVERBS 18:21

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"To speak kindly does not hurt the tongue."

-UNKNOWN

How Do You Express Kindness?

- Positive Communication
- Responsive Action

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"Relationships are like cars.
They run out of gas if not refueled."

Which are you? ...

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There are two kinds of people on earth today;
Just two kinds of people, no more, I say.
Not the sinner and saint, for it's well understood,
That the good are half-bad and the bad half-good.

Not the rich and the poor, for to rate a man's wealth, You must first know the state of his conscience and health. Not the humble and proud, for in life's little span, Who puts on vain airs, is not counted a man.

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Not the happy and sad, for the swift flying years
Bring each man his laughter and each man his tears.
No; the two kinds of people on earth I mean,
Are the people who lift, and the people who lean.

How Do You Express Kindness?

- Positive Communication
- Responsive Action
- Sensitive Support

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"The best way to keep from stepping on other people's toes is to put yourself in their shoes."

—JOHN MAXWELL

How Do You Express Kindness?

- Positive Communication
- Responsive Action
- Sensitive Support
- Protective Care

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How Do You Express Kindness?

- Positive Communication
- Responsive Action
- Sensitive Support
- Protective Care
- Forgive Wrongs

People do stupid things.

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I've done a few too.

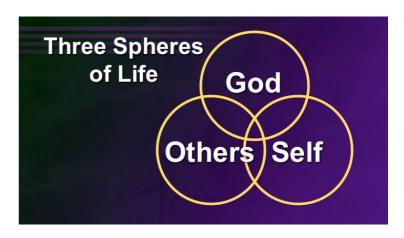
"He who cannot forgive others breaks the bridge over which he must pass himself."

—GEORGE HERBERT

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"Kindness consists in loving people more than they deserve."

—JOSEPH JOUBERT



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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.

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

GALATIANS 5:19-23

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