

CROSSFIT

Becoming “Fit” in Your Relational Style

1. Open in Prayer.
2. Becoming relationally fit starts with seeing people as valuable and treating them as equals.
 - Read Matthew 22:36-39. What are the first and second commandments? How does this relate to the statement above?
 - Read Galatians 2:20 & Philippians 2:3-4
 - What is Selfish Ambition & Vain Conceit?
 - Discuss how these scriptures relate to the statement above.
3. Strengthening your relational style requires intentionality, endurance, and a willingness to change.
 - Read Colossians 3:1-2, 8-14 ESV
 - Discuss these daily practices that Dr. McCarthy encouraged us to do:
 - Submit to the Lord and ask Him to bring to *mind* any unloving thoughts and actions that need to change.
 - Refocus your mind on *values* that you want to live by.
 - The fruits of the Spirit: Galatians 5:22
 - Values to stay focused on: *Improve, Appreciate, Connect, Protect*
4. Within our families, we must love with great compassion and affection.
 - Compassion: “To suffer with”; Showing empathy, care, and kindness between two equals.
 - Affection: Creates an atmosphere of love, acceptance, and belonging. It’s an emotional “energy” shared between two people or within a family.
 - Read 1 Corinthians 13:4-7 and share what it looks like for you to love with great compassion and affection.

Soul-tattoo: Go to each family member and ask them what their relationship is like with you. Be humble, hear them, learn from them.