

CROSSFIT

Becoming “Fit” in Your Relational Style
Dr. Chris McCarthy—February 18, 2018

How you treat people *matters*! How you do relationships is one of the best measures of your spiritual and mental health.

1. Becoming relationally fit starts with seeing people as valuable and treating them as equals.
(Galatians 2:20 ESV, Philippians 2:3-4 ESV)
2. Strengthening your relational style requires intentionality, endurance, and a willingness to change.
(Colossians 3:1-2, 8-14 ESV)
3. Within our families, we must love with great compassion and affection.
(I Corinthians 13: 4-7 ESV)

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