



**A Relational Check - Up**

**1 John 4:7-8**

<sup>7</sup> Beloved, let us love one another, for love is from God; and everyone who loves is born of God and knows God. <sup>8</sup> The one who does not love does not know God, for God is love.

**John 13:35**

"By this all men will know that you are My disciples, if you have love for one another."

**1 Corinthians 13:4-7**

<sup>4</sup> Love is patient, love is kind and is not jealous; love does not brag and is not arrogant, <sup>5</sup> does not act unbecomingly; it does not seek its own, is not provoked, does not take into account a wrong suffered, <sup>6</sup> does not rejoice in unrighteousness, but rejoices with the truth; <sup>7</sup> bears all things, believes all things, hopes all things, endures all things.



**Not Jealous:** "to have strong desire; to want what others possess"

*Ex. Solomon and the two mothers, Joseph's brothers, Cain and Abel.*

I am genuinely happy for this person and what he has to enjoy.

**Not Brag:** "to talk conceitedly"

I do not brag about myself or my accomplishments to this person.

**Not Arrogant:** "pride; the root of bragging"

I do not think of myself as more important or better than this person.

**Does Not Act Unbecomingly:** "rude, insensitive to others"

I am sensitive to their needs and treat them accordingly.

**Does Not Seek It's Own:** "others thoughtful and considerate"

I do not use this person for my own agenda.

**Not Provoked:** "aroused to angry outbursts" (*tornadoes vs. hurricanes*)

I do not lash out at the person or express my anger to them sinfully.

**Does Not Take Into Account a Wrong Suffered:** "keep track of wrongs"

I am not holding a grudge or any root of bitterness toward this individual.

**Does Not Rejoice In Unrighteousness:** "celebrating wrong living"

I am not supportive of their sinful behaviors, attitudes or relationships.



## A Relational Check - Up

  

**Patient:** “long-tempered”

I do not exhibit a short fuse with this person.

  

**Kind:** “to be helpful; serving with grace”

I look for ways to help this person without expecting anything in return.

  

**Rejoices With the Truth:** “celebrate right living”

I intentionally encourage them when I see them pleasing God with their lives.

  

**Bears All Things:** “to cover or support”

I carry their sorrows and concerns with them.

  

**Believes All Things:** “trusting”

I trust them and seek to give them the benefit of the doubt.

  

**Hopes All Things:** “divinely optimistic”

I encourage them to trust God to be working for good in their lives.

  

**Endures All Things:** “keeps on keeping on”

I do not give up on this person or quit on our relationship

## Personal Evaluation:

a) What did you learn about yourself?



b) What are three changes you would commit to make in the coming week?

1.

2.

3.