

How To Live Through Bad Days

*(Hebrews 12:2 MSG) "Keep your eyes on Jesus, who both began and finished this race we're in. **Study how he did it.** Because he never lost sight of where he was headed—that exhilarating finish in and with God—he could put up with anything along the way: cross, shame, whatever. And now he's there, in the place of honor, right alongside God."*

Principle #3

(John 19:25-27 NIV) "Near the cross of Jesus stood his mother, his mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother there, and the disciple whom he loved standing nearby, he said to his mother, "Dear woman, here is your son," and to the disciple, "Here is your mother." From that time on, this disciple took her into his home."

Be sure to _____ of those closest to you.

Stages of Conflict

(James 4:1 NIV) "What causes fights and quarrels among you? Don't they come from your desires that battle within you?"

- ✓ _____.
- ✓ _____.
- ✓ _____.
- ✓ _____.

Be Aware

(Romans 15:5 NIV) "May the God who gives endurance and encouragement give you a spirit of unity among yourselves as you follow Christ Jesus."

1. Be aware of _____ of them.

(John 3:16 NIV) "For God so loved the world that he gave his one and only Son...."

2. Be aware of the power of _____.

(Proverbs 18:21 NIV) "The tongue has the power of life and death, and those how love it will eat its fruit."

3. Be aware of what _____.

(Matthew 7:3-4 NIV) "Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye? How can you say to your brother, 'Let me take the speck out of your eye,' when all the time there is plank in your own eye?"

4. Be aware of what you _____.

(1 Peter 3:8-9 NIV) "Finally, all of you, live in harmony with one another; be sympathetic, love as brothers, be compassionate and humble. Do not repay evil with evil or insult with insult, but with blessing because to this you were called so that you may inherit a blessing."

5. Be aware of what _____.

(1 Peter 5:5-6 NIV) "God opposes the proud but gives grace to the humble. Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time."

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Be sure to **TAKE CARE** of those closest to you.

Stages of Conflict

(James 4:1 NIV) "What causes fights and quarrels among you? Don't they come from your desires that battle within you?"

- ✓ **WITHDRAWAL.**
- ✓ **ESCALATION.**
- ✓ **BELITTLING.**
- ✓ **FALSE BELIEF.**

Be Aware

(Romans 15:5 NIV) "May the God who gives endurance and encouragement give you a spirit of unity among yourselves as you follow Christ Jesus."

1. Be aware of **GOD'S VIEW** of them.

(John 3:16 NIV) "For God so loved the world that he gave his one and only Son...."

2. Be aware of the power of **YOUR WORDS.**

(Proverbs 18:21 NIV) "The tongue has the power of life and death, and those how love it will eat its fruit."

3. Be aware of what **YOU DID.**

(Matthew 7:3-4 NIV) "Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye? How can you say to your brother, 'Let me take the speck out of your eye,' when all the time there is plank in your own eye?"

4. Be aware of what **YOU SHOULD DO.**

(1 Peter 3:8-9 NIV) "Finally, all of you, live in harmony with one another; be sympathetic, love as brothers, be compassionate and humble. Do not repay evil with evil or insult with insult, but with blessing because to this you were called so that you may inherit a blessing."

5. Be aware of what **GOD WILL DO.**

(1 Peter 5:5-6 NIV) "God opposes the proud but gives grace to the humble. Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time."