

Building Great Relationships
Habits of Love That Lasts

I. Introduction

- A. I Corinthians 13:7-8a (NAS)
- B. In long lasting relationships, you have to learn how to refuel your love on a regular basis or you'll wear out.

II. Habits to Refuel Yourself So Your Love Will Last

- A. Develop habits that refresh me physically
 - 1. Your physical condition has a big impact on your relationships and your ability to love.
 - 2. Warning signs:
 - a. Always feel fatigued
 - b. Too tired to care
 - c. Depend on stimulants (caffeinated drinks, etc.)
 - 3. It takes physical energy to really listen to people and put their needs before your own.
 - 4. Habits that physically refresh you:
 - a. Proper rest
 - (1) Psalm 127:2 (NAS)
 - (2) If you're not taking a day off, you're sinning.
 - b. Balanced diet
 - c. Regular exercise
 - (1) I Corinthians 6:20b (NAS)
- B. Develop habits that recharge me emotionally
 - 1. Warning signs of running low emotionally:
 - a. Sense of being overwhelmed
 - b. Outbursts of impatience
 - c. Desire to avoid people
 - d. Dreaming of "getting away"
 - 2. Habits that recharge me emotionally:
 - a. Time alone
 - (1) Mark 6:31a (NAS)
 - b. Recreation
 - (1) Do some things in your life just for fun!
 - c. Laughter
 - (1) Proverbs 17:22a (NAS)
 - (2) Laughter is a load lightener!
 - (3) You have to learn to enjoy life in the midst of your problems!

C. Develop habits that renew me spiritually

1. I Timothy 4:7b (NAS)
2. Warning signs of spiritual emptiness:
 - a. Nothing seems worth the effort.
 - b. Life seems futile and has no purpose.
 - c. You begin blaming God for your problems.
 - d. Increased worry
3. Habits that renew me spiritually:
 - a. A daily quiet time
 - (1) II Corinthians 4:16 (NAS)
 - b. Join a Small Group
 - (1) Hebrews 10:24-25 (NAS)
 - (2) Acts 5:42 (NAS)
 - c. Worship
 - (1) Psalm 59:16 (NAS)
 - d. Begin servicing others in some way
 - (1) I Peter 4:10 (NAS)
 - (2) Fulfillment in life comes from giving your life away to other people!
 - (3) Ephesians 2:10 (NAS)
 - (4) S.H.A.P.E. Class

III. Conclusion