Saturday & Sunday — October 20 & 21, 2018

TRANSFORMED

How God Changes Us

Facing Our Relationship Fears

Transformed Week 5-Relational Health

Genesis 3:6-19 (NLT)

How our fears RUIN RELATIONSHIPS ...

1) The FEAR of EXPOSURE makes me DISTANT. (Vs. 9-10)

There are three phases that show what fear does to a relationship:

- SHAME
- COVER UP
- DISTANCE from God. (Vs. 8)
- MyFEAR of DISAPPROVAL makes me DEFENSIVE. (Vs. 12)
- My FEAR of losing CONTROL makes me DEMANDING.

Learning to live in God's Love...

There is only one ANTIDOTE to fear. It is LOVE.

So, how do I learn to live in God's love? Three daily choices that will transform your relationships...

- Every day I <u>SURRENDER</u> my <u>HEART</u> to God.
- Every day I REMEMBER.
- Every day IOFFER.

scriptures that relate

Monday: John 18:5 Wednesday: Matthew 8:9 Friday: I Peter 4:8
Tuesday: Matthew 8:7 Thiursday: Luke 6:35 Saturday: Psalm 147:3

small groups—talk it over

- We all need spiritual encourage is in our lives. Who is a spiritual encourager to you? What are some ways they encourage you?
- 2. Three qualities of a close friend are: people who challenge you mentally, support you emotionally and strengthen you spiritually. Which of these characteristics do you need to develop in your own life?

pastor david's prayer requests

Monday: Praise God for another day that He has given us. Each day is a gift that only He can give.

Tuesday: Heavenly Father, please raise up prayer warriors for the Upward Basketball program.

Wednesday: Pray for how The Crossing Church can impact the homeless in our community.

Thursday: Please lift up our seniors in prayer. Pray for their health and financial well being.

Friday: Pray for the leaders of this country that God would give them wisdom as they lead.

 $\textbf{Saturday}. \ \textbf{Pray} for wisdom \ \textbf{and} \ \textbf{compassion} \ \textbf{for the pastoral staff} \ \textbf{as} \ \textbf{we minister to our church}.$