

Fitness Resort

Pt. 4 - Fit Friendships

- Fit friendships must not be a last resort.

Why We Must Prioritize Relational Health

1. Our relational health is proof of our spiritual health.

John 13:35, "By this all men will know that you are my disciples, if you love one another."

2. Unhealthy relationships effect our prayer and our worship.

Matthew 5:23-24, "Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, 24 leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift."

1 Peter 3:7, Husbands, in the same way be considerate as you live with your wives, and treat them with respect as the weaker partner and as heirs with you of the gracious gift of life, so that nothing will hinder your prayers.

3. God says we need friends.

Genesis 2:18, Then the LORD God said, "It is not good that the man should be alone..."

Ecclesiastes 4:9-12, Two are better than one, because they have a good return for their labor: 10 If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. 11 Also, if two lie down together, they will keep warm. But how can one keep warm alone? 12 Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.

- God's Word provides a friendship fitness exam.

John 15:12, "My command is this: Love each other as I have loved you."

1 Corinthians 13:4-7, Love is patient, love is kind. It does not envy, it does not boast, it is not proud. 5 It is not rude, it is not self-seeking, it is not easily angered, it keeps no

record of wrongs. 6 Love does not delight in evil but rejoices with the truth. 7 It always protects, always trusts, always hopes, always perseveres.

In a Healthy Relationship

1. We are patient with one another.
2. We are kind to each other.
3. We protect one another.
4. We trust one another.
5. We have hope for the future of our relationship.
6. We persevere through trying times.

In an Unhealthy Relationship

1. We are boastful.
2. We are prideful.
3. We are rude to each other.
4. We are selfish.
5. We are quick tempered.
6. We keep records.
7. We are spiteful.

- **Fit friendships lead to fit faith.**

1 Samuel 23:16, And Saul's son Jonathan went to David at Horesh and helped him find strength in God.