



tipsuelves

BIRTHDAY  
BOY

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## Genesis 4:8

*“Now Cain talked with Abel his brother; and it came to pass, when they were in the field, that Cain rose up against Abel his brother and killed him.”*

One generation from the fall and murder has entered the human experience.

# Numbers 12:1

*“Then Miriam and Aaron **spoke** **against** Moses because of the Ethiopian woman whom he had married; for he had married an Ethiopian woman.”*

## Genesis 37:28

*“Then Midianite traders passed by; so the brothers pulled Joseph up and lifted him out of the pit, and **sold him** to the Ishmaelites for twenty shekels of silver. And they took Joseph to Egypt.”*

## 1 Kings 1:6 (NLT)

*“Now his father, King David, had **never disciplined** him at any time, even by asking, ‘Why are you doing that?’”*

David was a man after God’s own heart but he was a miserable father.

## Luke 2:8-11

*“Now there were in the same country shepherds living out in the fields,... Then the angel said to them, ‘...I bring you good tidings of great joy which will be to all people. For there is born to you this day in the city of David a Savior, who is Christ the Lord.’”*

**The Thomas Family**

**Awkward Christmas Dinners**



27 11:00



“Psychiatrist Smiley Blanton says that roughly 80% of all of the counselling he does is the direct result of parents not having taught their children manners. He emphasizes that he is talking about more than table manners; he's talking about the whole spectrum of deportment and civility.” **Zig Ziglar**

**Dr Dean Ornish —**

## **Ornish Lifestyle Medicine**

**“Love and intimacy — our ability to connect with ourselves and others, is at the root of what makes us sick and what makes us well, what causes sadness and what brings happiness, what makes us suffer and what leads to healing. If a new drug had the same impact,...**

.... virtually every doctor in the country would be recommending it for his or her patients. It would be malpractice not to prescribe it — yet, with few exceptions, we doctors do not learn much about the healing power of love, intimacy, and transformation in our medical training.

There is a deep spiritual hunger in this country. The real epidemic in our culture is not only physical heart disease, but also what I call emotional and spiritual heart disease. The profound sense of loneliness, isolation, alienation, and depression that are so prevalent in our culture...

... with the breakdown of the social structures that used to provide us with a sense of connection and community. It is, to me, a root of the illness, cynicism, and violence in our society.

Healthy relationships are more important than physical exercise, diet and even your genes.

People who feel lonely and isolated have a 300-500 percent greater risk of premature death due to physical illness.”

“If you try to build intimacy with another person before you have done the work of getting whole on your own, all your relationships become an attempt to complete yourself.” **Dr. Les Parrot**

**Your relationships are only as strong as you are.**

## **1 John 4:11**

*“Beloved, if God so loved us, we also ought to love one another.”*

## **1 Peter 1:22**

*“...love one another fervently with a pure heart,”*



## **Ephesians 3:14 - 4:3** (Message)

*“... you’ll be able to take in with all followers of Jesus the extravagant dimensions of **Christ’s love** ... run!—on the road God **called** you to travel ... steadily, pouring yourselves out for **each other** in acts of love,....”*

### 3 Relationship Essentials:

#### 1. **Profound Significance**

This can only be found in God.

*“... extravagant dimensions of Christ’s love...”*

“If you then I will...” **conditional love**

**God’s love never ever fails.**

**Philippians 4:19** *“And my God shall supply all your need...”*

## 2. Unswerving Authenticity

*“...road God called you to travel...”*

You are unique. There is no one like you. Be your self.

**Psalm 139:14**

*“I will praise you, for I am fearfully and wonderfully made;”*

“Transformation is my favorite game and in my experience, anger and frustration are the result of you not being **authentic** somewhere in your life or with someone in your life. Being fake about anything creates a block inside of you. Life can't work for you if you don't show up as you.”

**Jason Mraz**

### 3. Self-giving Love

*“...steadily, pouring yourselves out for each other in acts of love...”*

You walk into a room and everyone else is of great value to you.

#### Philippians 2:3

*“Don’t be selfish; don’t try to impress others. Be humble, thinking of others as better than yourselves.”*

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