

I. ONE THING—The One Thing that I'd like to take away from today's class and believe God to accomplish in my life is:

II. APPLICATION AIDS

A. Lesson Review: Take some time to go over your class notes from Tuesday. Write out the main ideas and your personal applications for each section of the message. Look up the scriptures referenced on the outline and write out the ones that are particularly meaningful to you. Ask God to make your One Thing a reality in your life this week.

B. Continue to examine your life for goals that get in the way of having victory in your relationships. Look at other relationships this week to help you practice:

- For people to see it my way
 - For people to do it my way
 - For them to like me
 - For them to understand me
 - To be right
 - To be in control of the situation
 - To feel their approval
 - For them to give me more
 - For them to leave me alone
 - To fix the situation
 - To change the people involved
 - To avoid feeling alone, misunderstood, or rejected
 - To alleviate stress, pain, or exposure
 - For there to be peace at any price
 - OTHER
- Visualize yourself eliminating each of these goals in the places they crop up in your life. Once that picture is in mind for your situation, try to imagine what the relationship would look like if this were so. Journal about your insights:

- Ask God to make this vision a reality in your closest relationships. Write a prayer telling God you are counting on Him to give you growth and victory:

C. Exercise your faith, using the Tools & Techniques handouts that you received in class this week. Apply the techniques to your people issues. Ask God to help you recognize the times when you need to adjust your thoughts and feelings so that you can practice these principles and promises. Record your struggles and your victories in the space provided:

➤ Articulation

➤ Spiritual Blessings

D. Meditate on this passage, seeking direction for specific and practical ways of relating to the people in your life: 1 Thes 5:14-24 -- Now we exhort you, brethren, warn those who are unruly, comfort the fainthearted, uphold the weak, be patient with all. ¹⁵See that no one renders evil for evil to anyone, but always pursue what is good both for yourselves and for all. ¹⁶Rejoice always, ¹⁷pray without ceasing, ¹⁸in everything give thanks; for this is the will of God in Christ Jesus for you. ¹⁹Do not quench the Spirit. ²⁰Do not despise prophecies. ²¹Test all things; hold fast what is good. ²²Abstain from every form of evil. ²³ Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ. ²⁴He who calls you is faithful, who also will do it.

➤ Identify strategies in the passage above for loving appropriately in your key relationships:

➤ Practice these principles by appropriating them in prayer and obeying them with God's strength. Persevere until He has given you victory in each situation. Keep a record of your experience: