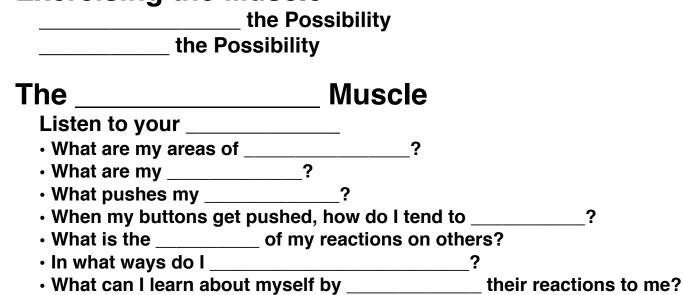
TODAY: DEALING WITH PERSONAL WRONGNESS Our _____ Muscles The _____ Muscle

Phil 2:3-8 Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. 4 Don't look out only for your own interests, but take an interest in others, too. 5 You must have the same attitude that Christ Jesus had. 6 Though he was God, he did not think of equality with God as something to cling to. 7 Instead, he gave up his divine privileges; he took the humble position of a slave and was born as a human being. When he appeared in human form, 8 he humbled himself in obedience to God and died a criminal's death on a cross.

Exercising the Muscle



Galatians 5:16 So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves.

Look in the _____

Proverbs 27:19 As a face is reflected in water.so the heart reflects the real person.

errors.

Request

The	Muscle	
	esire to	
Seek to understand • Ask • Pause before		
• Avoid		
Listen with		
Provide validating _		
The	Muscle	
(a.k.a. The		
James 1:22-24 But don't just lis fooling yourselves. 23 For if	ten to God's word. You must do what i you listen to the word and don't obey, if, walk away, and forget what you look	it is like glancing at your face in
Target the		
	don't rehash	
When we use the Co • Rises	orrective Muscle	
 Problems are 		
• Grows		
Some Questions to as • How important is " problem-solving in your	" to you? How	has this hindered
	loiddononpol	
	ou become aware of a "	" and its
effects on others? What	: do you do?	
ullet Who usually pushes you	ur buttons? Whose buttons do	you push?
\cdot Who tells you the	?	
 Are you involved in a dia responsibility for your fa 	sagreement where you have fa ailure?	iled to take
 Are there specific steps 	you need to take to	a current failure?