



**Get Relationally Fit**  
1 Timothy 4: 7-8

GET  FELT

---

---

---

---

---

---

---

---



**Three Intelligence Truths**

- **God is a God of Reason**  
(Isaiah 1: 18)

GET  FELT

---

---

---

---

---

---

---

---



**Three Intelligence Truths**

- **God created the human mind**  
(Genesis 1: 26-31)

GET  FELT

---

---

---

---

---

---

---

---

✓ Spiritually  
✓ Physically  
✓ Intellectually  
✓ Financially  
✓ Relationally



---

---

---

---

---

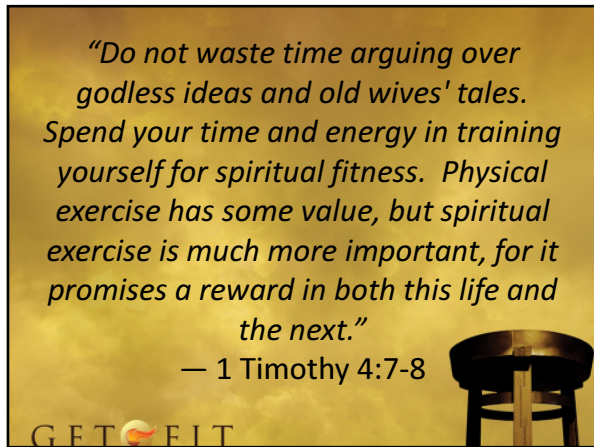
---

---

---

*“Do not waste time arguing over godless ideas and old wives' tales. Spend your time and energy in training yourself for spiritual fitness. Physical exercise has some value, but spiritual exercise is much more important, for it promises a reward in both this life and the next.”*

— 1 Timothy 4:7-8



---

---

---

---

---

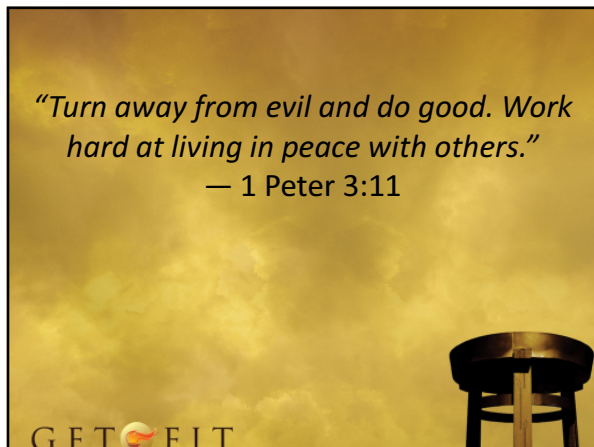
---

---

---

*“Turn away from evil and do good. Work hard at living in peace with others.”*

— 1 Peter 3:11



---

---

---

---

---

---

---

---

**3 Connections To Get Relationally Fit**

Connect **WITH THOSE MOST IMPORTANT TO ME**



---

---

---

---

---

---

---

---

*“Be humble and gentle. Be patient with each other, making allowance for each other’s faults because of your love.”*  
— Ephesians 4:2



---

---

---

---

---

---

---

---

**3 Relational Habits To Practice:**

**1. PATIENCE**



---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---

**3 Relational Habits To Practice:**

- 1. PATIENCE**
- 2. FORGIVENESS**
- 3. POSITIVITY**



---

---

---

---

---

---

---

---

*“Don’t use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.”*

— Ephesians 4:29



---

---

---

---

---

---

---

---

**3 Connections To Get Relationally Fit**

Connect **WITH OTHERS IN CHURCH**



---

---

---

---

---

---

---

---

*“They worshiped together at the Temple each day, met in homes for the Lord’s Supper, and shared their meals with great joy and generosity – all the while praising God and enjoying the goodwill of all the people. And each day the Lord added to their group those who were being saved.”*  
 — Acts 2:46-47



GET  FIT

---

---

---

---


---


---

---

---

*“Two people can accomplish more than twice as much as one; they get a better return for their labor. If one person falls, the other can reach out and help. But people who are alone when they fall are in real trouble.”*  
 — Ecclesiastes 4:9-10



GET  FIT

---

---

---

---

---

---

---

---

**3 Connections To Get Relationally Fit**

Connect **OTHERS TO GOD**



GET  FIT

---

---

---

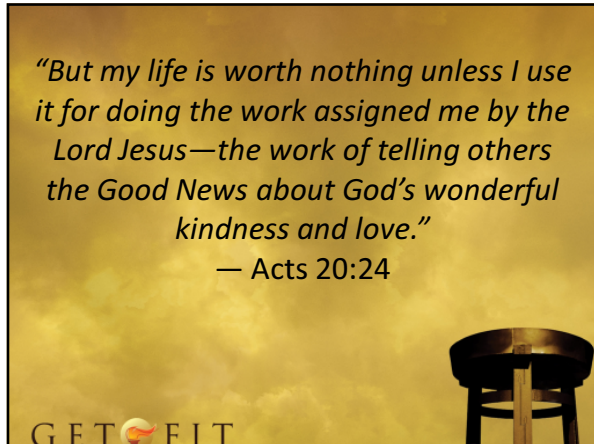
---

---

---

---

---



---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---