

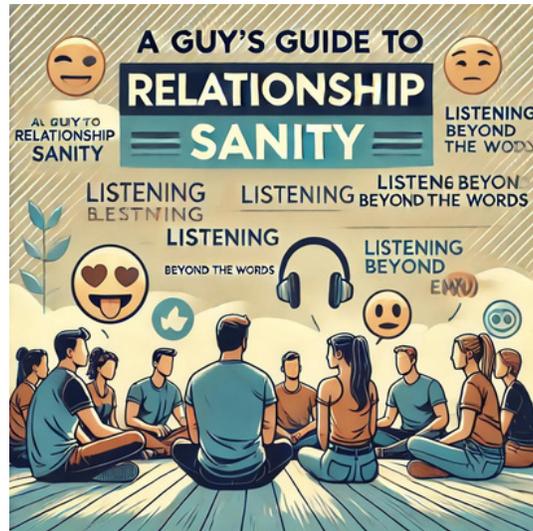


A Guy's Checklist to Relationship Sanity

Free Training Overview

Listening Beyond the Words

Scripture: James 1:19-27



Key Points:

- Quick to Listen, Slow to Speak: Focus on truly hearing others before responding.
- Active Listening: Show that you're engaged by nodding, maintaining eye contact, and using verbal affirmations.
- Reflective Listening: Repeat back what you've heard to confirm understanding and show empathy.

Practical Tips:

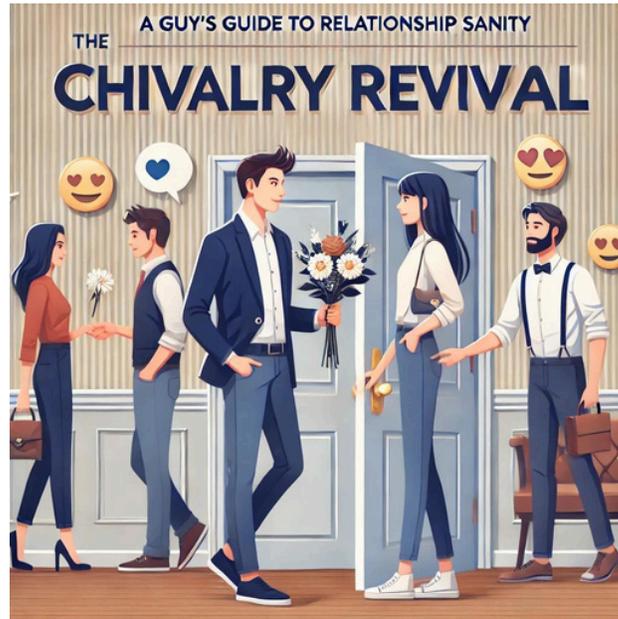
- Put away distractions (phones, TV) when someone is speaking.
- Practice patience and give the speaker your full attention.
- Avoid interrupting or planning your response while the other person is talking.

Reflection Questions:

1. How can I improve my listening skills?
2. What are the barriers I face in truly hearing others?

Page 2: The Chivalry Revival

Scripture: Philippians 2:3-4



Key Points:

- Humility and Respect: Value others above yourself, showing genuine respect and consideration.
- Acts of Kindness: Simple gestures like opening doors or offering compliments can have a big impact.
- Selflessness: Look out for the interests of others, not just your own.

Practical Tips:

- Practice good manners consistently.
- Be attentive and thoughtful in your interactions.
- Offer help and support without expecting anything in return.

Reflection Questions:

1. What are ways I can demonstrate respect and kindness daily?
2. How can I be more selfless in my relationships?

Getting Past Toxic Masculinity

Scripture: Colossians 3:12-17



Key Points:

- Compassion and Kindness: Embrace qualities that build up rather than tear down.
- Healthy Masculinity: Redefine strength to include emotional vulnerability and support.
- Unity and Love: Strive for unity and let love be the driving force in all actions.

Practical Tips:

- Challenge harmful stereotypes and behaviors.
- Foster open, honest communication about feelings.
- Encourage and support others in their journey towards healthier relationships.

Reflection Questions:

1. What aspects of traditional masculinity do I need to re-evaluate?
2. How can I contribute to a culture of respect and understanding?

Join Us for the Full Series!

We invite you to dive deeper into these topics with our
three-part training series:

A Guy's Guide to Relationship Sanity.

Each week, we'll explore practical ways to stop mucking up your
relationships. Your Special Friend will be grateful!

Series Schedule:

Week 1: Listening Beyond the Words

Week 2: The Chivalry Revival

Week 3: Getting Past Toxic Masculinity

Details:

Location: First Church

Time: Sundays at 10:30 AM

Don't miss out on this opportunity to grow and transform your relationships!

Bring a Friend!

OurChurchURL.com