

Sermon Title: “Dealing with People”
Part 4, “The Stress-less Life” Series
Ephesians 4:25-32
May 14, 2023
By Dr. Bob Lee

Sermon Notes

Key Verses:

- “A new command I give you: Love one another. As I have loved you, so you must love one another. ³⁵ By this everyone will know that you are my disciples, if you love one another.” (John 13:34-35, NIV)
- “Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” (Ephesians 4:32, NIV)
- “And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in them.” (1 John 4:16, NIV)

Big Idea: Relationships can be a major source of stress in our lives, but they don't have to be. With God's help, we can remove as many stressors as possible from our relationships and handle the ones that remain.

Application:

How can we experience God's unshakable peace in our Relationships? (Adapted from Steven Covey's *The Seven Habits of Highly Effective Families*.)

1. Acknowledge that we can't fix them.
2. Think “win-win” – the *root*.
3. Seek first to understand . . . then to be understood – the *route*.
4. Synergize – the *fruit*.