



# deeplove



## SERMON OUTLINE

Sunday May 14th, 2017

PASTOR DAVID COOKE: ADAPTABILITY

- **The Neglected Secret to Relationships**

- What makes happy people happy?

- **A Story**

- Cultivating \_\_\_\_\_ beyond \_\_\_\_\_  
is the key to peace and happiness.

*“Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me.” (Philippians 4:11-13, ESV)*



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- **Pitfalls to Adaptability**

A) **Self-Pity**

Self-pity blinds us to other people's \_\_\_\_\_.

B) **Blame**

Genesis 3:12-13

Unhappiness in relationships can be traced to our habitual tendency to blame the other person.

Matthew 7:3-5

C) **Resentment**

Resentment is the \_\_\_\_\_ of relationships.

Ephesians 4:31-32

- **The Hope of the Gospel For You**

*"I can do all things through him who strengthens me."*  
(Philippians 4:13)



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- **How to Become More Adaptable**

1. **Raise Awareness**

*"Examine yourselves, to see whether you are in the faith. Test yourselves. Or do you not realize this about yourselves, that Jesus Christ is in you?—unless indeed you fail to meet the test!"*  
(2 Corinthians 13:5, ESV)

2. **Cultivate Gratitude**

Gratitude keeps \_\_\_\_\_ and \_\_\_\_\_ at bay.

1 Thessalonians 5:18



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### 3. Practice Forgiveness

\_\_\_\_\_ is the only way to guard yourself against resentment.

a) Forgiveness means \_\_\_\_\_.

b) Forgiveness means not \_\_\_\_\_ against another.

c) Forgiveness means \_\_\_\_\_ upon the person.

Answers: contentment, circumstances, needs, cancer, self-pity, blame, paying the price, holding an offense, wishing God's best.

