

Eight steps to more contentment in relationships.

Are you seeking more contentment with the relationships in your life?

Here are some of the relationships you might like to reflect on.

- Family members, your parents, your siblings, your spouse, your children, your cousins.
- Your friends and neighbours.
- Your church family members.
- Your work colleagues or your boss.

[You will find the teaching on this on the Sunday Service from 17th May 2020 on the Holy Trinity West Bromwich YouTube channel.]

4 Signs of a lack of contentment in relationships.

Sign	Who?	Why?
Disappointment		
Resentment		
Anger, bitterness		
Gossip, attack		

8 steps to more contentment on relationships

Step	Who?	What should I think about them or myself?
All are broken and cracked (Genesis 3 - fallen)		
Battle against Satan's lies (Genesis 3:4-5)		
Humility (Romans 12:3)	My own heart	
Forgiveness (1 Peter 4:8)		
Rejoice in the Lord (Phil 4:4)	My own heart	
Be gentle (Phil 4:5)	My own heart	
Give thanks (Phil 4:6)		
Think about the good in others (Phil 4:8)		