

## A Healthy Life: Week 1

### Growing Healthy Relationships

1. More face-to-face time and less side-by-side time
2. Good questions and long answers (with lots of listening)
3. Laugh together and make space for play
4. Relentless Jesus-like forgiveness
5. Pray together
6. Consistent service and mission together
7. Accountability for growth

**Key Passages:** 1 Corinthians 12, Romans 12, Ephesians 4