

# ALL IN.

ALL IN : Week 1 of 5 : MANUP.co

***“God CREATED relationships  
for His GLORY and our GOOD.”***

## **Genesis**

1:26 Then God said, “Let us make man in our image, to be like us.” 2:7 Then the LORD God formed the man from the dust of the ground. He breathed the breath of life into the man’s nostrils, and the man became a living being.

2:18,24 Then the LORD God said, “It’s not good for man to be alone. I will make a helper who is just right for him . . . And the two shall become ONE.”

## **Life is ALL about Relationships.**

- It all **STARTED** with Relationship.
- It all **ENDS** with Relationship.
- It’s everything **IN BETWEEN**.

***“Relationships have  
ALWAYS been hard.”***

## **Q: How are YOU doing at Relating?**

*(God - Family - Friends - CoWorkers - Boss - EX)*

**Q: How do you RESPOND when Relationships get HARD?**

- Do you **SHUT UP?**
- Do you **BLOW UP?**
- Do you **GIVE UP?**

**Q: Would you DO things different if you knew HOW?**

***“God gave us RULES to help us RELATE.”***

**Exodus 20**

<sup>1</sup> Then God gave the people these instructions:

*I am the LORD your God . . . (10 Commandments)*

*God’s Law starts with the 10 commandments in Exodus 20 and continues through the entire book of Leviticus. God gave Moses 1,552 verses to show us how to relate to God and each other.*

***“God sent JESUS to show us HOW to Relate.”***

**John 13**

<sup>15</sup> Jesus said, *“I have given you an example to follow. Do as I have done to you.”*

# The Greatest Command Ever.

## Mark 12

<sup>28</sup> One of the teachers of religious law was standing there listening to the debate and asked Jesus, “*Of all the commandments, which is the most important?*”

<sup>29</sup> Jesus replied,

*The most important commandment is this:*

*“Listen, O Israel! The LORD our God is the one and only LORD. <sup>30</sup> And you must love the LORD your God with all your heart, all your soul, all your mind, and all your strength.”*

<sup>31</sup> *The second is equally important:*

*“Love your neighbor as yourself.*

*No other commandment is greater than these.”*

## Relationships have an ORDER.

### 1. Love GOD.

*“Whatever you put at the CENTER is your GOD.”*

### 2. Love your SELF.

*“You can’t GIVE what you don’t HAVE.”*

### 3. Love your NEIGHBOR.

*“Your NEIGHBOR is the person who NEEDS you most.”*

**4 Circles of Relationship:** God - Me - We - You

***“You’ll never get your Life in ORDER until God is at the CENTER.”***

***Know - Follow - Ask - Thank***

## Relationships have a PRICE.

- All your HEART.

*“Kardia - your Body.”*

- All your SOUL.

*“Psyche - your Emotions.”*

- All your MIND.

*“Dianoia - your Thoughts.”*

- All your STRENGTH.

*“Ischys - your Actions.”*

***“Relationships require it ALL -  
so you better take care of it ALL.”***

## Relationships have a REWARD.

### Mark 12

<sup>34</sup> Jesus said to the teacher of the law,

*“You’re not far from the Kingdom of God.”*

**Q: Are you ready to go ALL IN?**

***“If you’re not ALL IN  
you’re missing OUT.”***

There are 40 **“One Another”** scriptures in the Bible.

We’ll look at these 4: **Love - Serve - Forgive - Encourage**

## **When my relationships are OUT of order . . .**

- I expect YOU to fill me in ways that only GOD can, and then I'm ANGRY at you when you can't.
- I start BLAMING you and EXCUSING me.
- I find myself TAKING instead of GIVING.
- I OVER commit and UNDER deliver.
- I'm always EMPTY because I don't stop to REFILL.
- I JUDGE anyone who has their Life in Order because it doesn't look like MINE.
- I assume this is NORMAL and do MY BEST to hold it all together.

## **When my relationships are IN order . . .**

- I stop BLAMING and start OWNING.
- I get my ENERGY and IDENTITY from God instead of others.
- I KNOW when to say NO.
- I'm OK with being misunderstood.
- I'm excited about my FUTURE because I've dealt with my PAST.
- I set BOUNDARIES and RHYTHMS that keep my Life in Order.
- God is the ONLY voice that matters at the end of the day.



**YOU**

**WE**

**ME**

**GOD**

# Love.

ALL IN : Week 2 of 5 : MANUP.co

***“You’ll never get your Life in ORDER until God is at the CENTER.”***

**Q:** Who or what are you most tempted to put at the CENTER other than God? Why?

## **Mark 12**

<sup>30</sup> “The most important commandment is this: **Love** the Lord your God with all your heart, all your soul, all your mind, and all your strength. <sup>31</sup> The second is equally important: **Love** your neighbor as yourself. No other commandment is greater than these.”

***“The most important WORD in the most important commandment is LOVE.”***

## **4 Types of Love:**

- **Eros** - to be sexually aroused or physically attracted to (erotic)
- **Philia** - to love like a brother, friend, or equal
- **Storge** - love between parents and children
- **Agape** - to want the best for, to be content with, to give to or sacrifice for

## Love IS.

- **Love is from GOD.**

Love comes from God. Anyone who loves is a child of God and knows God. But anyone who does not love does not know God, for God is Love. - 1 John 4:7-8

- **Love is a COMMAND.**

Jesus said, "*This is my command:  
Love each other.*" - John 15:17

- **Love is an ACTION.**

Jesus said, "*Do to others whatever you would like them to do to you. This is the essence of all that is taught in the law and the prophets.*" - Matthew 7:12

Let's not merely say that we love each other; let us show the truth by our actions. Our actions will show that we belong to the truth. - 1 John 3:18-19

- **Love is a RESPONSE.**

We love each other because God loved us first. - 1 John 4:19

God showed how much he loved us by sending his one and only Son into the world so that we might have eternal life through him. Dear friends, since God loves us that much, we surely ought to love each other.  
- 1 John 4:9-11

- **Love is a SIGN.**

Jesus said, "*Love each other: just as I have loved you, you should love each other. Your love for one another will prove to the world that you are my disciples.*"  
- John 13:34-35



***“Love is DOING what Jesus DID.”***

## **Love DOES.**

- **Love SEES, FEELS, and DOES.**

Then a despised Samaritan came along. But when he saw the Jewish man laying there, he felt compassion for him. Going over to him, the Samaritan soothed his wounds . . . bandaged them . . . put the man on his donkey . . . and took him to an inn, where they took care of him. - Luke 10:30-37

***“Love doesn’t IGNORE.”***

Jesus saw the huge crowd as he stepped from the boat, and he was moved with compassion for them because they were like sheep without a shepherd. So he began teaching them many things. - Mark 6:34

- **Love GIVES.**

For God loved the world so much that he gave his one and only Son. - John 3:16

- **Love SPEAKS the Truth.**

Speak the truth in love, growing in every way more and more like Christ. - Ephesians 4:15

Love each other with genuine affection, and take delight in honoring each other. - Romans 12:10

***“It’s IMPOSSIBLE to love without TRUTH.”***

Perfect love casts out all FEAR. - 1 John 4:18

- **Love AGREES.**

Make me truly happy by agreeing wholeheartedly with each other, loving one another, and working together with one mind and purpose. - Philippians 2:2

**Q: What do you do when you don't agree?**

Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love. Make every effort to keep yourselves united in the Spirit. - Ephesians 4:2-3

- **Love DEFERS.**

Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable.  
- 1 Corinthians 13:4-5

- **Love FORGIVES.**

Love keeps no record of being wronged.  
- 1 Corinthians 13:5

Most important of all, continue to show deep love for each other, for love covers a multitude of sins.  
- 1 Peter 4:8

- **Love ENDURES.**

Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.  
- 1 Corinthians 13:7

**Q: HOW can you love better this week? (1 ACTION)**

**Q: WHO can you love better this week? (1 PERSON)**

# Serve.

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***“Jesus came to SERVE.”***

## **Matthew 20**

<sup>28</sup> Jesus said, “For even the Son of Man came not to be served but **to serve** others and **to give** his life as a ransom for many.”

**SERVE:** *diakoneo* - “to minister, to wait on, to give attention to, to take care of”

***“Serving is doing WHATEVER you do for God’s GLORY and the GOOD of others.”***

## **Serving Isn’t . . .**

- **A PROJECT we do - it’s EVERYTHING we do.**

**Excuse:** *I don’t know **what** to do.*

**Truth:** *Do what **you do** and see what God does.*

There are different kinds of spiritual gifts, but the same Spirit is the source of them all. There are different kinds of service, but we serve the same Lord. God works in different ways, but it’s the same God who does the work in all of us. - 1 Corinthians 12:4-6

Never be lazy, but work hard and serve the Lord enthusiastically. - Romans 12:11

- **A PEOPLE in need - it's EVERYONE in need.**

*Excuse: I don't know **who** to serve.*

*Truth: Serve the one you're **near**.*

A spiritual gift is given to each of us  
so we can help each other. - 1 Corinthians 12:7

Don't be selfish; don't try to impress others. Be humble,  
thinking of others as better than yourselves. Don't look  
out only for your own interests, but take an interest  
in others too. - Philippians 2:3-4

- **A PLACE we go - it's EVERYWHERE we go.**

*Excuse: I don't know **where** to start.*

*Truth: Start where you **are** and go from there.*

Jesus told his disciples, "GO and make disciples  
of all the nations." - Matthew 28:19

- **A PLAN we perfect - it's an EVERYDAY posture.**

*Excuse: I'll serve **when** . . .*

*Truth: NOW is the perfect time to start.*

Farmers who wait for perfect weather never plant.  
If they watch every cloud, they never harvest.  
- Ecclesiastes 11:4

You must have the same attitude that Christ Jesus had.  
Though he was God . . . he gave up his divine privileges;  
he took the humble position of a servant.  
- Philippians 2:5-7

We serve God whether people honor us or despise us,  
whether they slander us or praise us. - 2 Corinthians 6:8

**Q: WHO will you serve today and  
HOW will you serve them?**

# Forgive.

ALL IN : Week 4 of 5 : MANUP.co

**Q: Who are you ANGRY at and why?**

***“Anger says you OWE me!”***

*Andy Stanley : Enemies of the Heart*

## **The Problem with Anger.**

- They can never pay you what they owe you.
- You're anger has replaced God at the center.
- They're sin has now become your sin.
- Sin breaks relationships.

## **3 Options.**

- Make them pay and hope it's enough.
- Ignore the problem and hope it goes away.
- Forgive them completely and be set free.

*“Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.” - Colossians 3:13*

***“Forgiveness is RELEASING the debt and REPLACING it with BLESSING.”***

**Q: How long are you going to stay angry?**

# 7 Steps to Forgiveness.

## 1. RECOGNIZE the problem.

### James 4

<sup>1-2</sup> What is causing the quarrels and fights among you? Don't they come from the evil desires at war within you? You want what you don't have, so you scheme and kill to get it. You are jealous of what others have, but you can't get it, so you fight and wage war to take it away.

### James 3

<sup>15</sup> For Jealousy and selfishness are not God's kind of wisdom. Such things are earthly, unspiritual, and demonic.  
<sup>16</sup> For wherever there is jealousy and selfish ambition, there you will find disorder and evil of every kind.

***"Anger is the SOIL for 1,000 sins."***

## 2. REPENT of your Sin.

### Galatians 5

<sup>17</sup> The Sinful nature wants to do evil, which is just the opposite of what the Spirit wants. <sup>19-21</sup> When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, idolatry, sorcery, hostility, quarreling, jealousy, outburst of anger, selfish ambition, dissension, division, envy, drunkenness, wild parties, and other sins like these. <sup>22-23</sup> But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

**Q: Have you confessed your sin to GOD?**

**Q: Have you asked them to FORGIVE you?**

### 3. RECEIVE God's Forgiveness.

#### 1 John 1

<sup>8</sup> If we claim we have no sin, we are only fooling ourselves and not living in the truth. <sup>9</sup> But if we confess our sins to God, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.

#### Matthew 6

<sup>14</sup> Jesus said, *"If you forgive those who sin against you, your heavenly Father will forgive you. <sup>15</sup> But if you refuse to forgive others, your Father will not forgive your sins."*

### 4. RELEASE the Debt.

#### Ephesians 4

<sup>31</sup> Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. <sup>32</sup> Instead, be kind to one another, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

#### Romans 12

<sup>17</sup> Never repay evil with more evil. Do things in such a way that everyone can see you are honorable. <sup>18</sup> Do all you can to live in peace with everyone. <sup>19</sup> Dear friends, never take revenge. Leave that to the righteous anger of God. For the scriptures say, *"Vengeance is mine; I will repay, says the Lord."* (Deuteronomy 32:35) <sup>20</sup> Don't let evil conquer you, but conquer evil by doing good.

***"Forgiveness isn't IGNORING the problem it's RELEASING it to God."***

### 5. REPLACE it with Blessing.

#### Luke 6

<sup>27</sup> Jesus said, *"Love your enemies! Do good to those who hate you. <sup>28</sup> Bless those who curse you. Pray for those who hurt you."*

### **James 3**

<sup>18</sup> Those who are peacemakers will plant seeds of peace and reap a harvest of righteousness.

***“Forgiveness is always RIGHT - no matter how WRONG they’ve been.”***

## **6. RENEW your mind.**

### **Colossians 3**

<sup>10</sup> Put on your new nature, and be renewed as you learn to know your Creator and become like him.

<sup>12</sup> Since Christ chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience.

***“Renew your MIND and your ACTIONS will follow.”***

## **7. REJOICE.**

### **Philippians 4**

<sup>4</sup> Always be full of joy in the Lord. I say it again - **rejoice!**

<sup>5</sup> Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon. <sup>6</sup> Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. <sup>7</sup> Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

## **Forgiving Isn't . . .**

- FORGETTING what happened - it's RELEASING the debt every time the anger comes back.
- TRUSTING them blindly - it's CHOOSING to repair, rebuild, or remove the relationship.







**YOU**

**WE**

**ME**

**GOD**

# Encourage.

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## 1 Thessalonians 5:11

Encourage each other and build each other up.

**ENCOURAGE:** *“to fill with courage”*

**Q: Who or what stole your courage?**

***“Courage is a GIFT from God  
that you GIVE to others.”***

## Encourage with . . .

- **Your WORDS.**

***“WORDS have the power to CHANGE everything.”***

The tongue can bring life or death. - Proverbs 18:21

Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.  
- Ephesians 4:29

You must warn each other every day, while it is still *today*, so that none of you will be deceived by sin and hardened against God. - Hebrews 3:13

Let the message about Christ, in all its richness, fill your lives. Teach and counsel each other with all the wisdom he gives. - Colossians 3:16

**Q: Are your words helping or hurting?**

- **Your ACTIONS.**

***“ACTIONS speak louder than WORDS.”***

Share each other's burdens, and in this way obey the law of Christ. - Galatians 6:2

We should help others do what is right and build them up in the Lord. - Romans 15:2

Let us think of ways to motivate one another to acts of love and good works. - Hebrews 10:24

- **Your PRAYERS.**

***“PRAYER is the forgotten POWER of the believer.”***

Jesus said, *“Where two or three gather together in my name, I am there with them.”* - Matthew 18:20

Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results. - James 5:16

- **Your PRESENCE.**

***“Nothing says you're FOR me like being WITH me.”***

Look after each other. - Hebrews 12:15

All the believers devoted themselves to the apostles' teaching, and to fellowship, and to sharing in meals, and to prayer. And all the believers met together in one place and shared everything they had. - Acts 2:42-44

**Q: WHO needs your courage?**

**Q: HOW can you encourage them today?**



**YOU**

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# Are You ALL IN?

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<sup>31</sup> *The second is equally important:*

*“Love your neighbor as yourself.  
No other commandment is greater than these.”*

***“You’ll never have your life in ORDER  
until God is at the CENTER.”***

- 1. Is God at the CENTER of your Life?**
- 2. If God’s not at the center - WHO or WHAT is?**
- 3. Which of these do you need to do more of?  
LOVE - SERVE - FORGIVE - ENCOURAGE**
- 4. Is there anything you’re HOLDING ONTO  
that’s keeping you from being ALL IN?**

# Are You ALL IN?

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## Rich Young Ruler : How do I get IN?

### Mark 10:17-31

As Jesus was starting out on his way to Jerusalem, a man came running up to him, knelt down, and asked, ***“Good Teacher, what must I do to inherit eternal life?”***

*“Why do you call me good?”* Jesus asked.

*“Only God is truly good. But to answer your question, you know the commandments: ‘You must not murder. You must not commit adultery. You must not steal.*

*You must not testify falsely. You must not cheat anyone. Honor your father and mother.’”*

***“Teacher,”*** the man replied, ***“I’ve obeyed all these commandments since I was young.”***

Looking at the man, Jesus felt genuine love for him.

***“There is still one thing you haven’t done,”*** he told him.

***“You can’t get in by DOING.”***

*“Go and sell all your possessions and give the money to the poor, and you will have treasure in heaven. Then come, **follow me.**”*

At this the man’s face fell, and he went away sad, for he had many possessions.

***“You can’t get in by HAVING.”***

Jesus looked around and said to his disciples,  
***“How hard it is for the rich to enter the Kingdom of God!”***

This amazed them. But Jesus said again, *“Dear children, it is very hard for those who trust in riches to enter the Kingdom of God. In fact, it is easier for a camel to go through the eye of a needle than for a rich person to enter the Kingdom of God!”*

The disciples were astounded.  
***“Then who in the world can be saved?”*** they asked.

***“You can’t get in by TRYING.”***

Jesus looked at them intently and said,  
***“Humanly speaking, it is impossible.  
But not with God. Everything is possible with God.”***

***“You can only get in through JESUS.”***

## **Peter : What do we GET if we’re ALL IN?**

Then Peter began to speak up.  
***“We’ve given up everything to follow you,”*** he said.  
  
*“Yes,”* Jesus replied, *“and I assure you that everyone who has given up house or brothers or sisters or mother or father or children or property, for **my sake** and for the **Good News**, will receive now in return a hundred times as many houses, brothers, sisters, mothers, children, and property - along with persecution. And in the world to come that person will have eternal life.”*

***“You get JESUS now and HEAVEN forever!”***