Building Great Relationships
The Habits of a Loving Heart
Discover Church
Mark Phillips
November 1, 2026

"It (love) always protects, always trusts, always hopes, always perseveres. Love never fails." 1 Corinthians 13:7-8

"Love knows no limit to its endurance, no end to its trust, no fading of its hope; it can outlast anything. It is, in fact, the one thing that still stands when all else has fallen." 1 Corinthians 13:7-8 (Phillips)

The Secrets of Lasting Love

1. Develop habits that ***refresh*** me ***physically***

Warning Signs

- Always feeling fatigued
- Too tired to care
- Dependence on stimulants

- Seek ***Proper Rest***

"It is senseless for you to work so hard from early morning until late at night…God wants his loved ones to get their proper rest." Psalms 127:2 (TLB)

- Eat a ***Balanced Diet***

"Your hands made me and formed me; give me understanding to learn your commands." Psalm 119:73

- Get ***Regular Exercise***

"*Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies." 1 Corinthians 6:19-20*

2. Develop habits that ***recharge*** me ***emotionally***

Warning Signs

- Sense of being overwhelmed
- Outbursts of impatience
- Desire to avoid people
- Dreaming of "getting away"

"Oh, that I had the wings of a dove! I would fly away and be at rest. I would flee far away." Psalm 55:6-7

- Seek ***Solitude***

"Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest." So they went away by themselves in a boat to a solitary place." Mark 6:31-32

- Find ***Recreation*** that you Enjoy

"Then the Son of Man came, enjoying life." Matthew 11:19 (Ph)

Real ministry costs and exhausts

- Get Around ***Laughter***

"A cheerful heart is good medicine." Proverbs 17:22

"Being cheerful keeps you healthy." Proverbs 17:22 (GN)

3. Develop habits that ***renew*** me ***spiritually***

Warning Signs:

- Nothing seems worth the effort
- Life seems purposeless
- Blaming God for your problems
- Increased worry

"Take the time and trouble to keep yourself spiritually fit." 1 Timothy 4:7

- Start a ***Daily Quiet Time***

“Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.” 2 Corinthians 4:16

- Attend a ***Small Group***

“Let us encourage one another." Hebrews 10:25

- Practice ***Worship and Singing***

"I will sing of Your strength in the morning I will sing of your love, for you are my refuge in times of trouble." Psalm 59:16

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The Secrets of Lasting Love

1. Develop habits that _____ me _____
   - Seek _____
   - Eat a _____
   - Get _____
2. Develop habits that _____ me _____
   - Seek _____
   - Find _____ that you Enjoy
   - Get Around _____
3. Develop habits that _____ me _____
   - Start a _____
   - Attend a _____
   - Practice _____

Scripture: *1 Corinthians 13:7-8; Psalms 127:2; Psalm 119:73; 1 Corinthians 6:19-20; Psalm 55:6-7; Mark 6:31-32; Matthew 11:19; Proverbs 17:22; 1 Timothy 4:7; 2 Corinthians 4:16; Hebrews 10:25; Psalm 59:16*