

- You know you are under too much stress when ...

1. You begin to look like _____.
2. You yell at your _____.
3. You have trouble _____.
4. You make more _____.
5. You have lost your _____.
6. You are no longer enthused about _____.
7. You start making unhealthy _____ to cope with stress.

- The example of Moses

- Numbers 12:3
- Numbers 20:8-12

Stress can cause us to _____ things and
_____ things we _____.

7 STEPS OF RECONCILIATION

STEP 1: Be _____.

- Philippians 2:3-4
- 1st Peter 5:5-6

STEP 2: Go _____ to the person.

- Matthew 18:15

STEP 3: Take _____ of attitude and actions.

- James 5:16

STEP 4: Convey good _____ language.

- Galatians 2:9
- 1st Corinthians 6:11

STEP 5: Be a good _____.

- James 1:19

STEP 6: Be ready to _____.

- Ephesians 4:32
- Colossians 3:12-14

STEP 7: Affirm your love in _____ ways to the person.

- 2nd Corinthians 13:12 – “Greet one another with a holy kiss”



MENDING BROKEN RELATIONSHIPS

By Pastor Craig Rayment

[2nd Corinthians 5:18-20](#)

THE PROBLEM OF STRESS

- Stress can damage relationships.
- Stress happens when we _____.
[Ephesians 4:26](#)
- When you are under stress, you are ...
 - A little more _____; and ...
 - A little less _____.