

The Four Basic Temperaments:

1. **Choleric:** The Leader (Fast Forward)
2. **Sanguine:** The Talker (Play)
3. **Phlegmatic:** The Shy One (Pause)
4. **Melancholy:** The Perfectionist (Rewind)

The Seven Motivational Spiritual Gifts - Romans 12:6-8:

1. **Prophecy**
2. **Ministry**
3. **Teaching**
4. **Exhortation**
5. **Giving**
6. **Ruling**
7. **Mercy**

The Five Love Languages:

1. **Giving of Gifts**
2. **Acts of Service**
3. **Quality Time**
4. **Physical Touch**
5. **Words of Affirmation**

The Five Languages of Apology - Matthew 5:21-26; 18:7; Luke 17:1-4; 14:31-32; Mark 11:24-26:

1. **Expressing Regret:** "I'm Sorry."
2. **Accepting Responsibility:** "I Was Wrong."
3. **Making Restitution:** "How Can I Make It Right?"
4. **Genuine Repentance:** "It'll Never Happen Again."
5. **Requesting Forgiveness:** "Please Forgive Me."

Ten Things Forgiveness Is Not:

1. Forgiveness Is Not **Approving or Diminishing Sin.**
2. Forgiveness Is Not **Enabling Sin.**
3. Forgiveness Is Not **Denying Wrongdoing.**
4. Forgiveness Is Not **Awaiting An Apology.**
5. Forgiveness Is Not **Forgetting.**
6. Forgiveness Is Not **Ceasing to Feel The Pain.**
7. Forgiveness Is Not **A One-Time Event.**
8. Forgiveness Is Not **Neglecting Justice.**

9. Forgiveness Is Not **Trusting.**

10. Forgiveness Is Not **Reconciliation.**

Forgiveness Is Not **Natural** - It's **SUPERNatural.**

Forgiveness Is ...

1. Giving Up Your Right to Get Even.
2. Choosing to Stop Feeding the Anger and Resentment Toward the Person Who Hurt You, but Letting Out Your Hurt in a Positive Way.
3. Letting All Judgments Toward the Person Who has Hurt You Be Handled by God.
4. Getting to the Place Where You Can Say to the Person Who Harmed You, "I Wish For You a Blessing on Your Life."
5. Realizing That the Hurt Perpetrated Against You may Have Been an Unintentional Offense.
6. Realizing That the Hurt Perpetrated Against You May Have Been a Misunderstanding.
7. Realizing That the Hurt Perpetrated Against You May Have Been the Result of a Simple Miscommunication.
8. Realizing That the Hurt Perpetrated Against You may Have Been the Result of Personal Misconceptions, resulting from a Lack of Knowledge About a Person or Situation.

9. "Forgiveness is the mental and/or spiritual process of ceasing to feel resentment, indignation or anger against another person for a perceived offense, difference or mistake, or ceasing to demand punishment or restitution."

Three Powerful Principles of Forgiveness:

1. When You Have truly Forgiven Someone, You Will **Spare Your Offender's Reputation.**
2. When You Have truly Forgiven Someone, You Will **Give God Room To Work With Your Offender, As He Sees Best Fit.**
3. When You Have truly Forgiven Someone, You Will **Strive To Willingly Offer Tokens Of Forgiveness And Reconciliation To Your Offender.**

Living What You've Learned About Relationships - Romans 12:9-21:

9¹ Let love be without dissimulation

2² Abhor that which is evil

3³ Cleave to that which is good

10 ⁴ Be kindly affectioned one to another with brotherly love

⁵ In honour preferring one another

11 ⁶ Not slothful in business

⁷ Fervent in spirit

⁸ Serving the Lord

12 ⁹ Rejoicing in hop

¹⁰ Patient in tribulation

¹¹ Continuing instant in prayer

13 ¹² Distributing to the necessity of saints

¹³ Given to hospitality

14 ¹⁴ Bless them which persecute you

¹⁵ Bless, and curse not

15 ¹⁶ Rejoice with them that do rejoice

¹⁷ And weep with them that weep

16 ¹⁸ Be of the same mind one toward another

¹⁹ Mind not high things

²⁰ But condescend to men of low estate

²¹ Be not wise in your own conceits

17 ²² Recompense to no man evil for evil

²³ Provide things honest in the sight of all men

18 ²⁴ If it be possible, as much as lieth in you, live peaceably with all men.\

19 Dearly beloved, ²⁵ avenge not yourselves

²⁶ But rather give place unto wrath: for it is written, Vengeance is mine; I will repay, saith the Lord

20 Therefore ²⁷ if thine enemy hunger, feed him

²⁸ If he thirst, give him drink: for ["because"] in so doing thou shalt heap coals of fire on his head

21 ²⁹ Be not overcome of evil, but

³⁰ But overcome evil with good.

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Revised:

Relationships 101

Eight Essential Relationship Lists

"One of the scribes came, and having heard them reasoning together, and perceiving that [Christ] had answered them well, asked him, Which is the first commandment of all? ²⁹ And Jesus answered him, The first of all the commandments *is*, Hear, O Israel; The Lord our God is one Lord: ³⁰ And **thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this *is* the first commandment.** ³¹ And the second *is* like, *namely* this, **Thou shalt love thy neighbour as thyself.** There is none other commandment greater than these. ³² And the scribe said unto him, Well, Master, thou hast said the truth: for there is one God; and there is none other but he: ³³ And to love him with all the heart, and with all the understanding, and with all the soul, and with all the strength, and to love *his* neighbour as himself, is more than all whole burnt offerings and sacrifices. ³⁴ And when Jesus saw that he answered discreetly, he said unto him, **Thou art not far from the kingdom of God - Matthew 12:28-34**