Practical Tips for Decreasing Work-Life Stress

◆ Push the P________ B_________ in the parking lot (or driveway) (Prov 29:20)

◆ Create a L_____ of T____ for co-workers, friends and family members (Eph 4:2)

◆ A______ G_____ I_______ when others hurt, frustrate or offend you (Prov 19:11)

◆ Y_________ to the other person and truly desire to understand him or her (Ph 2:4)

◆ A relationship I want to improve is with: (initials alone are ok)

◆ I will apply these concepts (how & when): ________________________________

Extra Credit Bible Texts:

- Col 3:12-15
- 1Sam 16:7
- 1Jn 4:7,8
- 1Th 5:15
- Eph 4:31, 32
- 1Cor 13:4,5
- Ja 4: 11,12
- Prov 18: 2, 15

NOTES:

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