



**Annual Conference Helpers Needed:** Frazer will again host the clergy and lay delegates from the Alabama-West Florida Conference, Sunday through Wednesday, June 4 - 7. We need greeters, shuttle drivers, parking lot attendants and food service workers. If you would like to volunteer, please contact Teri Brown at 495-6331 or email [teri@frazerumc.org](mailto:teri@frazerumc.org).

**Mission Montgomery 2017:** Frazer's Student Ministry will be serving the River Region in collaboration with several other area churches Wednesday, May 31 - Friday, June 2. Cost is \$30. Registration deadline is May 17. Contact Chase Faulk at [cfaulk@frazerumc.org](mailto:cfaulk@frazerumc.org) for more information.

**New Member Connect Class:** Become a member and get plugged into the Frazer Family! Next Connect Class is Sunday, June 11th; 9 a.m. to 10:30 a.m., Room 3102. Contact Discipleship Ministry for more information: [dhendrick@frazerumc.org](mailto:dhendrick@frazerumc.org), or call 334-495-6391. Classes are offered monthly, second Sundays, with some holiday exceptions.

**Memorial Day Weekend Family Worship:** Sunday, May 28 families are encouraged to worship together. Nursery (0-3) will be offered but there will be no Children's Ministry or Student Ministry programs that morning.

**VBS Volunteers Needed:** Do you have "SPACE" in your summer to make a difference in the life of a child? Galactic Starveyors VBS is coming July 10-14 and we need volunteers to help shepherd our children around campus. Please stop by the table in the atrium or email Cami today to find out how you can be a part: [cculpepper@frazerumc.org](mailto:cculpepper@frazerumc.org).

**Register now for the Global Leadership Summit:** Frazer Atlanta Highway is the Central Alabama regional site for this world-class leadership development event, Thursday and Friday, August 10-11, 2017. Register online at [frazer.church/summit](http://frazer.church/summit) and use code **PHS17TEAM** for the Frazer discounted rate. Registrations received in May receive a high quality leadership journal while supplies last. Everyone can be a leader because everyone has influence—and when leaders get better, everybody wins!

**Good Mornings:** Summer day camp for rising 1st-6th graders, Mon.-Thu. June 12-July 27, 9 a.m. - 12 p.m. \$6 per day. See Activity Center for more details, or email [liz@frazerumc.org](mailto:liz@frazerumc.org).

**Friends Senior Adult Fellowship:** Thursday, May 18, 11 a.m. in the Fellowship Hall. Bible Study & Music with a complimentary lunch. No reservation needed.



SUNDAY, MAY 14, 2017

# SO THIS IS LOVE

*Unlearning Bad Habits That Smash Relationships*

Week 1-Start at the Right Place  
Week 2-Stopping the Wrong Habits  
**Week 3-Keeping the Right Habits**  
Week 4-Finishing Well

**So This Is Love...**  
**Unlearning Bad Habits That Smash Relationships**  
**Week 3-Keeping the Right Habits**

“Since you have been raised to new life with Christ, set your sights on the realities of heaven, where Christ sits in the place of honor at God’s right hand. Think about the things of heaven, not the things of earth. For you died to this life, and your real life is hidden with Christ in God. And when Christ, who is your life, is revealed to the whole world, you will share in all his glory. So put to death the sinful, earthly things lurking within you. Have nothing to do with sexual immorality, impurity, lust, and evil desires. Don’t be greedy, for a greedy person is an idolater, worshiping the things of this world. Because of these sins, the anger of God is coming. You used to do these things when your life was still part of this world. But now is the time to get rid of anger, rage, malicious behavior, slander, and dirty language. Don’t lie to each other, for you have stripped off your old sinful nature and all its wicked deeds. Put on your new nature, and be renewed as you learn to know your Creator and become like him. In this new life, it doesn’t matter if you are a Jew or a Gentile, circumcised or uncircumcised, barbaric, uncivilized, slave, or free. Christ is all that matters, and he lives in all of us.” Colossians 3:1-11 (NLT)

**Bad Habit #7-Being too hard on yourself.**

- **Remember the nature of your true identity.**

“Since God chose you to be the holy people he loves...” Colossians 3:12a (NLT)

**Bad Habit #8-Being too hard on others.**

- **Remember the need to extend grace.**

“...You must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. Make allowance for each other’s faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.” Colossians 3:12b-13

7 “Nevers” for Good Relationships

Never speak quickly  
Never say “never” or “always”  
Never get historical  
Never raise your voice in anger  
Never out-argue or manipulate  
Never be condescending or demeaning  
Never accuse someone with “you” statements

**Bad Habit #9-Being too quick to give up.**

- **Remember the necessity to fight for unity.**

“Above all, clothe yourselves with love, which binds us all together in perfect harmony. And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful.” Colossians 3:14-15 (NLT)

**Go Deeper:**

- How can remembering your identity in Christ (chosen, holy, loved) help you live for Christ (kind, humble, gentle)?
- Are you harboring any resentment or bitterness toward another person? Ask God to give you the strength to forgive them. Reflect on God’s amazing grace and patience He has shown you.
- What are some practical ways you can “fight for unity”? How can you be a peacemaker in your relationships?
- Pick your favorite verse from the outline and memorize it.

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