



## SUMMER PLAYLIST VOL. 2: Remixing Relationships

Pastor Danny Hernandez

Sunday, July 28, 2024

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### OPENING/RECAP

- Prelude
  - Finding Your Rhythm
  - Anthem
  - Turn Up the Volume
  - Grills & Grace
  - When the Beat Drops
    - It's natural to feel and experience fear. It's not God's will for you to remain in it.
    - It's time to face fear instead of running from it or sitting in it, hoping it'll go away.
    - "If this is what I have to walk through then not my will but yours, God."
    - Submission is peace.
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### SERMON

#### **Ephesians 4:29-32 AMP**

<sup>29</sup> Do not let unwholesome [*foul, profane, worthless, vulgar*] words ever come out of your mouth, but only such *speech* as is good for building up others, according to the need *and* the occasion, so that it will be a blessing to those who hear [you speak]. <sup>30</sup> And do not grieve the Holy Spirit of God [*but seek to please Him*], by whom you were sealed *and* marked [*branded as God's own*] for the day of redemption [*the final deliverance from the consequences of sin*].

<sup>31</sup> Let all bitterness and wrath and anger and clamor [*perpetual animosity, resentment, strife, fault-finding*] and slander be put away from you, along with every kind of malice [*all spitefulness, verbal abuse, malevolence*]. <sup>32</sup> Be **kind and helpful** to one another, **tender-hearted** [*compassionate, understanding*], **forgiving** one another [*readily and freely*], just as God in Christ also forgave <sup>[a]</sup>you.

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#### **Romans 12:17-21 AMP**

<sup>17</sup> **Never repay anyone evil for evil.** Take thought for what is right *and* gracious *and* proper in the sight of everyone. <sup>18</sup> If possible, as far as it depends on you, **live at peace with everyone.** <sup>19</sup> Beloved, **never avenge yourselves**, but leave the way open for God's wrath [*and His judicial righteousness*]; for it is written [*in Scripture*], "Vengeance is Mine, I will repay," says the Lord. <sup>20</sup> But if your enemy is hungry, feed him; if he is thirsty, give him a drink; for by doing this you will heap <sup>[a]</sup>burning coals on his head." <sup>21</sup> **Do not be overcome and conquered by evil**, but overcome evil with good.

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## CLOSING

### **Colossians 3:12-15 AMP**

<sup>12</sup> So, as God's own chosen people, who are holy [*set apart, sanctified for His purpose*] and well-beloved [*by God Himself*], put on a heart of compassion, kindness, humility, gentleness, and patience [*which has the power to endure whatever injustice or unpleasantness comes, with good temper*]; <sup>13</sup> **bearing graciously with one another, and willingly forgiving each other** if one has a cause for complaint against another; **just as the Lord has forgiven you, so should you forgive.**

<sup>14</sup> **Beyond all these things put on and wrap yourselves in [unselfish] love**, which is the perfect bond of unity [*for everything is bound together in agreement when each one seeks the best for others*]. <sup>15</sup> Let the peace of Christ [*the inner calm of one who walks daily with Him*] be the controlling factor in your hearts [*deciding and settling questions that arise*]. To this *peace* indeed you were called as members in one body [*of believers*]. And be thankful [*to God always*].

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### R.E.M.I.X.

**R** – RESPECT

**E** – EMPATHY

**M** – MUTUAL SUPPORT

**I** – INTENTIONAL COMMUNICATION

**X** – XTRA MILE

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### APPLICATION & REFLECTION QUESTIONS

- **Reflect on past relationships:** Are there recurring patterns of behavior in your relationships that haven't been healthy? What role did you play in these patterns?
- **Identify your emotional needs:** Are your emotional needs consistently being met in your current relationships? If not, what specific needs are unmet?
- **Evaluate communication styles:** How do you communicate your feelings and needs? Do you feel heard and understood by others?
- **Assess boundaries:** Do you have clear personal boundaries? Are these boundaries respected in your relationships?
- **Examine power dynamics:** Are there imbalances of power in your relationships? Do you feel controlled or manipulated?
- **Envision ideal relationships:** What qualities and behaviors would you like to see in your relationships? How can you contribute to creating this ideal dynamic?
- **Practice self-care:** How can you prioritize your own well-being to build stronger relationships? What self-care practices can you incorporate into your routine?
- **Develop effective communication skills:** What steps can you take to improve your communication skills, such as active listening and assertive expression?
- **Set and maintain boundaries:** How can you establish clear and healthy boundaries in your relationships? How can you communicate these boundaries effectively?
- **Cultivate empathy and understanding:** How can you better understand and empathize with the perspectives of others? What actions can you take to build stronger connections?



## NEW HERE?

### WE WANT TO CONNECT WITH YOU!

Visit the Welcome Center outside of Fellowship Hall to meet some of our team and receive a special gift.

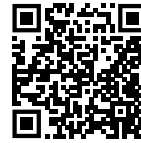
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## INFORMATION

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## WEEKLY SCHEDULE

**SERENITY WORSHIP SERVICES** Sundays at 10:00am and 6:00pm in Crystal, and 12:30pm in North Minneapolis.

**SERENITY SANDWICHES** Mondays at 4:30pm in Fellowship Hall

**MEN'S MINISTRY BIBLE STUDY** Mondays at 7:00pm in the Multipurpose Room

**SEEKING SERENITY AA Big Book Study** Mondays at 7:00pm in Fellowship Hall

**SERENITY PRAYER** Sundays at 9:00am and 5:00pm, Tuesdays at 6:00pm in the War Room

**TUESDAY NIGHT LIFE RECOVERY** Tuesdays at 6:30pm

**SERENITY STUDY Bible Study** Wednesdays at 6:30pm in the Sanctuary

**SERENITY YOUTH** Wednesdays at 6:30pm in the Multipurpose Room

**SERENITY KIDS** Wednesday at 6:30pm in the Nursery and Serenity Kids Rooms

**CLEANING MINISTRY** Saturday Mornings at 8:00am

**SERENITY SHELF & STREET OUTREACH** Friday and Saturday:

Fridays, volunteer between 9am & 3pm in the parking lot. Orbitz

Saturdays, volunteer between 9am & 12pm in the parking lot,

or join our street outreach team from 10am-1pm

## MONTHLY SCHEDULE

**INSPIRED YOUTHS Bible Study** Thursday August 8<sup>th</sup> & August 22<sup>nd</sup> at 6:30pm at the North Minneapolis Campus

**RELATIONSHIP & MARRIAGE BUILDERS** Thursday, August 15<sup>th</sup> at 6:30pm at the Crystal Campus

**WOMEN'S MINISTRY** Saturday, August 24<sup>th</sup> at 9:30am at the Crystal Campus

## GET INVOLVED

### WE'D LOVE TO HEAR FROM YOU!

Visit the connection center in fellowship hall or scan this QR code to let us know you're interested!

