

Get Fit

“Relational Fitness”

What Abilities Do I Need for Successful Relationships?

1. Availability.

- **Eccl. 4:9-12a:** *“Two are better than one, because they have a good return for their work: ¹⁰If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up! ¹¹Also, if two lie down together, they will keep warm. But how can one keep warm alone? ¹²Though one may be overpowered, two can defend themselves.”*
- **Prov. 27:17:** *“As iron sharpens iron, so one man sharpens another.”*

2. Communicability.

- **Prov. 27:9:** *“Perfume and incense bring joy to the heart, and the pleasantness of one's friend springs from his earnest counsel.”*
- **Prov. 11:13:** *“A gossip betrays a confidence, but a trustworthy man keeps a secret.”*
- **Prov. 27:6:** *“Wounds from a friend can be trusted, but an enemy multiplies kisses.”*

3. Reliability.

- **Prov. 18:24:** *“A man of many companions may come to ruin, but there is a friend who sticks closer than a brother.”*
- **Prov. 17:17:** *“A friend loves at all times, and a brother is born for adversity.”*
- **Prov. 17:9:** *“He who covers over an offense promotes love, but whoever repeats the matter separates close friends.”*