

## You Me Us: The Nutrients of Relationships

How can I develop life-giving relationships that last? (Luke 10:38-42)

**1. Help others feel fully seen.** (Luke 10:41-42)

- Awareness
- Acceptance
- Validation

**2. Practice sharing perspective.** (Ephesians 4:15, 29)

- Grace
- Truth
- Love

**3. Commit to constantly encourage others.** (Matthew 16:18; Matthew 8:10 NLT; 1 Thessalonians 5:11; Hebrews 10:24-25)

- Affirmation
- Hope
- Celebration