



UPGRADE

1 - Discipline

2 - Relationships

3 - Spiritual Capacity

4 - Atmosphere

5 - Influence



Proverbs 13:20

Whoever walks with the wise
will become wise; whoever
walks with fools will suffer
harm.



Realize you need others.

1 Corinthians 12:20-22

²⁰ But now are they many members, yet but one body.

²¹ And the eye cannot say unto the hand, I have no need of thee: nor again the head to the feet, I have no need of you.

²² Nay, much more those members of the body, which seem to be more feeble, are necessary:



Upgrade your Communication.

- genuinely listen
- truly be present
- always be honest



Ephesians 4:29

Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.



Upgrade your conflict resolution skills.

- Fight Fair.
- Cool down before talking.
- DON'T BRING UP THE PAST...
focus on the current issue.
- Take responsibility for mistakes.
- Forgive and move on...
DON'T CARRY A GRUDGE.



Upgrade your Gratitude.

1 Thessalonians 5:18

In every thing give thanks: for this is the will of God in Christ Jesus concerning you.



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