



Proverbs



The heart is deceitful above all things and desperately sick; who can understand it?

Jeremiah 17:9



**Emotional Health
is a community project.**



Go Out to Go Forward





Go Out to Go Forward:



Go Out to Go Forward:

1. Cultivate Christ-centered relationships.



Where there is no guidance, a people falls, but in an abundance of counselors there is safety.

Proverbs 11:14



Go Out to Go Forward:

1. Cultivate Christ-centered relationships.



Take care, brothers, lest there be in any of you an evil, unbelieving heart, leading you to fall away from the living God. But exhort one another every day, as long as it is called “today,” that none of you may be hardened by the deceitfulness of sin.

Hebrews 3:12-13



“Long-term interpersonal relationships are the crucible of genuine progress in the Christian life.”

- **Joseph Hellerman**



Go Out to Go Forward:

1. Cultivate Christ-centered relationships.



Go Out to Go Forward:

1. Cultivate Christ-centered relationships.
2. Seek Gospel-fueled humility.



The way of a fool is right in his own eyes, but a wise man listens to advice.

Proverbs 12:15



“Pride is your greatest enemy,
humility is your greatest friend.”

- **John Stott**



Go Out to Go Forward:

1. Cultivate Christ-centered relationships.
2. Seek Gospel-fueled humility.



Go Out to Go Forward:

1. Cultivate Christ-centered relationships.
2. Seek Gospel-fueled humility.
3. Welcome God-sent and Godward encouragement.



Listen to advice and accept
instruction, that you may gain
wisdom in the future.

Proverbs 19:20



Go Out to Go Forward:

1. Cultivate Christ-centered relationships.
2. Seek Gospel-fueled humility.
3. Welcome God-sent and Godward encouragement.



Go Out to Go Forward:

1. Cultivate Christ-centered relationships.
2. Seek Gospel-fueled humility.
3. Welcome God-sent and Godward encouragement.
4. Embrace God-sent and Godward rebuke.



Wounds from a friend can be
trusted, but an enemy multiplies
kisses.

Proverbs 27:6 (NIV)



Go Out to Go Forward:

1. Cultivate Christ-centered relationships.
2. Seek Gospel-fueled humility.
3. Welcome God-sent and Godward encouragement.
4. Embrace God-sent and Godward rebuke.



Go Out to Go Forward:

1. Cultivate Christ-centered relationships.
2. Seek Gospel-fueled humility.
3. Welcome God-sent and Godward encouragement.
4. Embrace God-sent and Godward rebuke.



Go Out to Go Forward:

5. Stick it out with each other.



A man of many companions may
come to ruin, but there is a friend
who sticks closer than a brother.

Proverbs 18:24



Go Out to Go Forward:

5. Stick it out with each other.



“Deep friendships require great sacrifice. They demand you set aside your preferences, goals, and hopes (at times) for the good of someone else. If that sounds like too much work, you’ll live a sad and lonely life.”

- **Alan Noble**



“Long-term interpersonal relationships are the crucible of genuine progress in the Christian life. People who stay also grow. People who leave do not grow. We all know people who are consumed with spiritual wanderlust.



But we never get to know them very well because they cannot seem to stay put. They move along from church to church, ever searching for a congregation that will better satisfy their felt needs.



Like trees repeatedly transplanted from soil to soil, these spiritual nomads fail to put down roots and seldom experience lasting and fruitful growth in their Christian lives.”

- **Joseph Hellerman**



Go Out to Go Forward

