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BACK ON TRACK

BACK ON TRACK WITH MY RELATIONSHIPS

Relational pain is the heaviest kind of pain.

_____ and _____ .

Two Foundational Principles:

1. You cannot change _____ .

You can focus on _____ .

2. God will not hold you accountable for

_____ .

God will hold you accountable for

_____ .

If it is possible, as far as it depends on you, live at peace with everyone.

ROMANS 12:18 (NIV)

Be joyful in hope, patient in affliction, faithful in prayer.

ROMANS 12:12 (NIV)

Joyful in hope.

Patient in affliction.

Faithful in prayer.

Personal Principles I've learned in Relationships:

1. Prioritize intentional time together. Put it on the calendar. Full attention. Eye contact.
2. A gentle answer turns away wrath.
3. Timing is crucial.
4. Have shared interests/hobbies.
5. Physical affection is comforting.
6. Have five positive interactions to every one negative interaction.
7. Clear up conflict quickly. If not immediately, set a time to talk within 24 hours.
8. Strike a balance between honestly communicating what bothers you and allowing love to cover a multitude of sins.
9. Keep a list of things you love about the other person. Review it often.
10. Speak (to yourself, to them, & to others) life/blessing over your relationship, not death/curses.
11. Put the problem in the center of the table. You are not the problem. We have a problem.
12. Stay at the table. Persevere in hard conversations. Don't run away (physically or emotionally).
13. Show genuine interest in the other person's work/interests.
14. Take full ownership for mistakes. Sincerely apologize and ask for forgiveness.
15. Have sacred times/spaces with no devices allowed. Car time. Meal time. Family all-together time. Vacation.
16. Spend the money to make the memory.
17. The Fruit of the Spirit is my rubric for how to interact with other people.
18. Prayer for the relationship has a powerful effect—both on changing circumstances and in sustaining me.
19. Don't quit. Don't give up. Persevere longer than you think you can.
20. Be the first to step towards connection.
21. Out-serve everyone around you. And do it with a joyful heart.
22. Remember that my problem could be someone else's blessing. (How many widows would love to hear their husband's snore? How many barren women would love to clean up after her children?)
23. Smile often.
24. Praise them privately, in front of others, and through encouraging texts/cards.
25. Live today in a way that you won't regret tomorrow. 25 years from now, how will I wish I had handled this moment?

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