

YOUR THOUGHTS & EMOTIONS AND THEIR IMPACT ON YOUR RELATIONSHIPS SESSION 8

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THREE STEP ROADMAP TO OTHER CENTEREDNESS

- **Enter in** – “What was it like for you”?
- **Connect** - **Hear** and **demonstrate** that you have heard them
- **Care** - Allow other people’s experiences to impact you.

• Groves, J. Alasdair. *Untangling Emotions*. Crossway, Kindle Edition.

CARING

- In order to genuinely care, you must allow other people's experiences to impact you.
- "I'm sorry this is so hard for you. It makes me sad to see and hear you hurt so badly. I care about you. I'm here for you."
- "This is a deep, deep betrayal. I've never been betrayed this way, but I can see and sense how painful this is, and I am so sorry".
- "I hate that you feel you need to hide. I am not judging you, and I am not ashamed of you. I am glad to be your friend. I am glad and thankful that you are sharing your heart with me."

CARE CONSIDERATIONS

- Caring **does not** mean that you need to agree with all that has been shared
- Bringing truth is an issue of timing & sequence
- You communicate truth **FIRST** by entering in and loving genuinely.
- Later, there is time to think about how God is speaking to a person and to consider what truths we can hold onto that will help.

ROADMAP IN CONFLICT

- ROGER & JEAN CONFLICT
- 1. "This is what it was like for me."
- 2. "What was it like for you?"
- 3. "So this is what it was like for you [summary]? Am I hearing you right?"
- 4. "How can we do this differently?" (And possibly) "This must change."
- Groves, J. Alasdair. Untangling Emotions . Crossway. Kindle Edition.

THIS IS WHAT IT WAS LIKE FOR ROGER

- "When we left the house, I felt like you were angry with me, and I didn't want to be criticized. I wanted you to know I was upset, but I was so angry, I didn't know what to say, and so I just retreated and got quiet. I'm sorry. I don't want there to be icy silence between us. I want to be close to you. Can we talk about it?"
- Groves, J. Alasdair. Untangling Emotions . Crossway. Kindle Edition.

"THIS IS WHAT IT WAS LIKE FOR ME." CONT.

- **Slow down** enough to connect with your genuine concern for the other person. (Don't lead with anger)
- Share concern as an honest & humble disclosure of what was going on inside of you
- Decide to stop attacking and accusing and retreat by leading conversation away from blame war (kindness & vulnerability)

"WHAT WAS IT LIKE FOR YOU?"

- Share your concern about what was going on inside of other person
- Listening with an eagerness to understand and care (**Empathy**)
- Not just content (words) but process (emotions, experience)
- Rom 12, Hebrews 2:17, 4:15



“SO THIS IS WHAT IT WAS LIKE FOR YOU
[SUMMARY]? AM I HEARING YOU RIGHT?”

- **Restating** the other person's perspective **charitably**, in the most genuine and accurate way possible
- Understanding & caring not the same as agreeing or endorsing
- “Am I hearing you right?” demonstrates **humility & patience**



“HOW CAN WE DO THIS DIFFERENTLY?”
(AND POSSIBLY) “THIS MUST CHANGE.”

- This takes courage to do the work of change rather than emotionally withdrawing or walking away
- Love requires looking ahead. How can they make it less likely to happen again?
- Being very conscious of anger and not letting that rule the day