

I Hear You Highlights

In **Gen 2: 18, 21-22** “The LORD God said, “It is not good for the man to be alone. I will make a helper suitable for him.” **21** So the LORD God caused the man to fall into a deep sleep; and while he was sleeping, he took one of the man’s ribs and then closed up the place with flesh. **22** Then the LORD God made a woman from the rib he had taken out of the man, and he brought her to the man.

What did God mean in **verse 18**? Did God mean physically alone? Did God mean physically, emotionally, socially alone? Was the word alone used in this verse all inclusive? One thing is clear, God did not intend for man to be permanently alone.

The truth is that when man becomes socially, physically, and emotionally alone he has arrived at a point where he is unhealthy, whether he sees it or not.

Is it possible to be in multiple relationships and be alone?

Do you ever wonder why we are emotionally driven towards companionship unless some form of **hurt or evil** causes us to shy away from it? Even when we try to avoid it we are drawn back to it. Is it God’s intent that we interrelate?

Some of the blessings that God intends for us to have in this life are found in interpersonal relationships. Many of the lessons and Godly attributes we are to learn before we get to heaven are learned through interpersonal relationships.

What are some of these blessings?

What are some of the ills that emerge from social isolation?

Name one factor that impedes our ability to form strong interpersonal relationships.

If we are going to attain the blessings that God has already placed within our reach, those which come through relationships, we must remove the negatives that Satan places in our path. Those which are designed to impede us.

If you perform an action that you know is wrong and hurtful, an action that impedes the flow of God’s blessing, is it sin? Whose vessel have you become while performing such actions? **James 4:17** “If anyone, then, knows the good they ought to do and doesn’t do it, it is sin for them.”

1Corinthians 7:5 “Do not deprive each other except perhaps by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control. Does the moral principle in this verse only apply to sex? Do we intentionally deprive each other of other things?



What we will accomplish by the midpoint of this course?

1. We will bring to awareness the cycle used during every episode of communication and point to the negative outcomes that occur when it is wittingly or unwittingly poorly executed.
2. We will use real case studies to illustrate how ineffective communication devastates our relationships.
3. We will illustrate the fact that God has given us the ability to provide comfort and emotion support/healing.
4. We will illustrate how anxiety can cause us to remain stuck and deny us God's blessings.
5. We will examine and practice debriefing.

Debriefing

- A. Teaches us to trust.
- B. Amplifies patience.
- C. Lights the path to discovery.
- D. Isolates personal negative patterns in interpersonal relationships and replace them with loving alternatives.
- E. It is one effective way to eliminate presuppositions.
- F. It solidifies our bonds and deepens our understanding of the love in our relationships.

We will put an increased focus on debriefing in an effort to access some of the blessings found therein. It will take work in the beginning but you will soon find it to be easier and easier to perform and you begin putting yourself aside.

Debriefing seeks to answer 2 questions: What am I contributing to our interactions that has a negative impact? What action(s) occurred which caused strong feelings to emerge?

Debriefing is not something to be performed in anger. You will need a spirit of cooperation and willingness to focus on what negativity you added to the interaction. It is not a chance to prove how right you are. It is not an opportunity to challenge the other person's feelings as being right, wrong, or unnecessary. It is not an opportunity bring up past hurts. Just look forward. If debriefing upsets you, your stance is likely a defensive one.

If you have not already done so, please complete the evaluations found on pages 16-18 and read through to page 35 for review the next time we meet. Highlight anything that raises a question in your mind or strikes a chord so we can discuss it.

