

#SquadGoals

BUILDING EXTRAORDINARY RELATIONSHIPS



MESSAGE: Extra Understanding

SPEAKER: Paul Basden | **DATE:** December 12 & 13, 2019

Everybody wants to be understood

The meaning of understanding

Understanding means the ability to grasp or comprehend something

Understanding means the ability to grasp or comprehend someone

Literally it means “stand under”

Realistically it means “stand among”

Let’s dig deeper

Understanding is not pity

Understanding is not a cure-all

Warning: Just because you can grasp the nature of someone’s problem doesn’t mean you can fix it

Understanding is empathy: knowing how the other person feels and respecting their perspective

The art of understanding

What you must understand

Story

Defining moments

How you can understand

Observe and listen

Ask, “What are they feeling?”

Empathize

Ask, “How would I feel?”

“Empathy is the fundamental people-skill.” (Daniel Goleman, *Emotional Intelligence*)

Demystifying Emotions

Emotions are deep feelings within us that seek an outward expression

“Emotional intelligence is your ability to recognize and understand emotions in yourself and others, and your ability to use this awareness to manage your behavior and relationships.”

The Secret of Understanding

We can’t understand others until we feel fully understood

Solomon prayed that God would understand (*1 Kings 8*)

“If they sin against you—and who has never sinned?—you might become angry with them and let their enemies conquer them and take them captive to their land far away or near. But in that land of exile, they might turn to you in repentance and pray, ‘We have sinned, done evil, and acted wickedly.’ If they turn to you with their whole heart and soul in the land of their enemies and pray toward the land you gave to their ancestors ... then hear their prayers and their petition from heaven where you live, and uphold their cause. Forgive your people who have sinned against you. Forgive all the offenses they have committed against you ... for they are your people—your special possession ...” (*1 Kings 8:46-51, NLT*)

Jesus proved that God understands (*Hebrews 2 and 4*)

Jesus understands us because he entered into our humanity

Because God’s children are human beings—made of flesh and blood—the Son also became flesh and blood. For only as a human being could he die, and only by dying could he break the power of the devil, who had the power of death. (*Hebrews 2:14, NLT*)

Because Jesus understands us, he is able to save us

Only in this way could he set free all who have lived their lives as slaves to the fear of dying. ... Therefore, it was necessary for him to be made in every respect like us, his brothers and sisters, so that he could be our merciful and faithful High Priest before God. Then he could offer a sacrifice that would take away the sins of the people. (*Hebrews 2:15, 17, NLT*)

Because Jesus understands us, he is able to help us

Since he himself has gone through suffering and testing, he is able to help us when we are being tested. (*Hebrews 2:18, NLT*)

This High Priest of ours understands our weaknesses, for he faced all of the same testings we do, yet he did not sin. So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most. (*Hebrews 4:15-16, NLT*)

Extra understanding is most needed when the other person cannot change

Bottom line: We can show extra understanding to others because in Christ, God has shown extra understanding to us.