



## KTIS: September 22, 2021

### *Healthy Relationships*

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*It can be very helpful to notice what we do when we do it right (build on that vision)*

1. **Really Listening** - pauses in a conversation (James 1:19: quick hear, slow to speak)
  - a. OBGM: the state of a relationship (being right, vs. being in right relationship)
    - i. Our rehearsing means we are not actually listening
    - ii. Our mindless TAG responses mean we are not actually thinking, either
  - b. The importance of pauses
    - i. As opposed to rehearse/defend/explain (we have already been justified)
    - ii. I do (and it shows that I do) really “get it” [loving Gwen; faith begins]
    - iii. Great daily example of being second responders/slow to speak
2. **Telling the Truth** - Jn 8:32 you will know the truth and the truth will set you free
  - a. The truth is not denied, repressed, or avoided (Frozen TAG)
  - b. The truth is not about them/others (the tongue of fire; James 3:6)
  - c. The only truth I know is about myself and I must speak it (Matthew 7; ask)
3. **Dropping Our Attempts to Control** - by what we do or DON'T do
  - a. Understanding that opposite is not “letting go” since never had it; invite others
    - i. I will be with you; we are NEVER alone
    - ii. We are to live in loving community (Matthew 22: love God and others)
  - b. Noticing who keeps trying to be on your team (choose to respond differently)
  - c. Replacing control (others/outcome) w power (self/process); He who has ears.