

SLIDE 1 – EHR – PART 2 OF EHS

SLIDES 2-10 – JOHN 15:1-12

SLIDE 11 – EMOTIONALLY HEALTHY – RELATIONSHIPS

- Discipleship, interpersonal interaction → Relating to each other – godly way
- Fully mature as measured – in Christ... growing up – **Ephesians 4:11-16**
 - Context for maturity/maturing is *always* relationships with others

SLIDE 12 – RELATIONSHIPS: BROKEN → WHOLE

- Relationships in the family of Jesus – from ***brokenness to wholeness***
 - Defensive, no self-awareness, isolation, blame, anger issues, fearful, self-absorbed, addiction, dishonest vs.:
 - Approachable, self-aware, calm (no fits), take responsibility, delight or joy, courage, selfless/giving, free, honest

SLIDE 13 – CONNECTED TO CHRIST

- Christian life, maturity, ***FRUIT*** will only come if we remain connected to Christ
 - Vintner – cuts off bare branches into the fire
 - Prunes fruitful branches for better quality of fruit (quality & quantity)
 - Pruned by Jesus' message/words of instruction → cutting off stuff that inhibits fruitfulness
 - How we respond to Him? How do I own my communication?

SLIDE 14 – LOVE JESUS... DO THE THINGS...

- Responsible to respond to Christ → interacting with others
 - Hearing & doing = greater hearing – **James 1**
 - **John 15:8-13** – Love Jesus, *do the things* = living in the LOVE of Christ
 - Maturity in Christ → shown by fruit
 - Keeping Christ's commands = REMAINING in Christ's love
 - Christ's joy = Our joy = putting our lives on the line for our friends
 - We're Christ's friends when we're ***do the things*** Christ commands

SLIDE 15 – EHR #ADULTING

- #ADULTING – doing things that are associated w/being a grown-up/adult
- No Christianizing – trying to ***BE GOOD & NICE*** in interpersonal interactions
 - Can lead to not engaging w/issues, owning feelings, addressing challenges, people → B/C “not Christian to feel that/talk that way”
- REQ: Practical skills – they don't come naturally; must be learned & developed
 - Forget to express/communicate positives/appreciation
 - Overcome stuck-ness, stagnation, bad habits, bad 'people' patterns
 - Navigate through disagreement, disappointment, sadness, anger

COMMERCIAL

SLIDE 16 – THE EFFECT OF TECH ON COMMUNICATION

- Studies: digital ‘communications’ UP, face-to-face communications DOWN
- Kids 8-18 years/age – average 7½ hours/media/tech/day
 - The language/grammar of text/social media – degeneration of language
 - The ‘crutch’ – text/social media – avoiding difficult conversations
- “Losing the ability to communicate face-to-face” –
 - Undeveloped skills – courteous dialogue, conflict resolution, navigating misunderstanding, opportunity for explanation/reconciliation, etc...

SLIDE 17 – FRUITFUL RELATIONSHIPS

- B/C of Christ – contending for fruitful communication w/others
 - Key element of EHR – owning responsibility for communication
 - Getting out of our own heads, bringing thoughts into words
 - Opportunity for growth in relationship & discipleship

SLIDE 18 – SPEAK APPRECIATIONS

- Appreciation: life-blood of relationships/building people up – no taking for granted
 - Giving thanks, thanksgiving... God’s presence – what I look for, I’ll find
 - INTENT: Moving from *thinking* appreciations to *speaking* appreciations

SLIDE 19 – UNMET EXPECTATIONS

- When people do/don’t do what we expect? Out of our own heads –
- Jumping to conclusions, applying motivations & reasons w/o interactions...
 - *What’s the story we create in our heads to explain the unmet expectation?*
 - *E.G. text/call/social media – Why not responding?*
 - *Jump to negative interpretation of behavior w/o regard for reality?*
 - *→ negative interpretations affect how we THEN interact w/person*
- “I’m puzzled... I didn’t get it... I wondered... why this did/didn’t happen...”

SLIDE 20 – LIFE’S TOO SHORT...

- Thumper Rule “Bambi” + The “life’s too short to nitpick” philosophy
- Challenges, complaints, interpersonal difficulties – do I contribute to a solution?
 - Where am I aware of/the cause of irritations to others everyday?
 - I noticed... I prefer... , Negotiating & fighting clean

SLIDE 21 – WHAT’S NEW?

- Drifting apart vs. staying in touch – intentionally sharing new information
- Events, appointments, pursuits, life decisions... staying current

SLIDE 22 – SHARE HOPES & DREAMS

- Hopes & dreams are God-given – we can encourage people in this pursuit
- Not the voice of reason – listen, shared, trust... reed & wick – Jesus like

SLIDE 23 – WHAT AM I DOING WITH THIS?

SLIDE 24 – PRAYER IS AVAILABLE