

Non Anxious Christmas Part 2 | Planks & Specks

Connect with us - Next Steps Form

- Text “Element” to 97000

Christmas Giving

- <https://theelement.churchcenter.com/.../to/christmas-giving>

Christmas Eve - 24th 3:30

GIVING TIME:

- **4 WAYS TO GIVE**
- ONLINE: <https://theelement.churchcenter.com/give>
- APP: Give Tile
- TEXT: Text an “amount” to 84321
- MAIL: PO Box 52 East Lansing MI 48826

Isaiah 9:6-7a

For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace. 7 Of the greatness of his government and peace there will be no end.

Matthew 22:36-40 - New International Version

36 “Teacher, which is the greatest commandment in the Law?”

37 Jesus replied: “‘Love the Lord your God with all your heart and with all your soul and with all your mind.’ 38 This is the first and greatest commandment. 39 And the second is like it: ‘Love your neighbor as yourself.’ 40 All the Law and the Prophets hang on these two commandments.”

COMMAND 1:

- 1.) Love God above all else (talked a bit about this last week)

COMMAND 2:

- 2.) Love myself as God does (this week)
- 3.) Love others as God does (next week)

Jesus knows who He is & Jesus cares about others

Jesus can stay close to self and stay close to others

I believe it took 30 years for Jesus to develop this competency to a level where it could sustain his calling

Our goal: To stay close to self and stay close to others in a non-anxious manner.

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Self Differentiation

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INTEGRITY

Self Differentiation:

Murray Bowen, whose ideas are the basis of family systems therapy. There are two aspects to self-differentiation:

- Intrapsychic differentiation

- Intrapsychic differentiation is when we can tell apart our thoughts from our emotions.
- In other words, it's self-awareness → Self definition & Self regulation
- More highly differentiated individuals can mindfully engage the thinking and feelings systems that govern behavior
 - This takes TIME!

- Interpersonal differentiation

- On the other hand, interpersonal differentiation is when we can distinguish our experiences from the experience of people we are connected to.

“Self-differentiation involves being able to possess and identify your own thoughts and feelings... **and** distinguish them from others. It's a process of not losing connection to self while holding a deep connection to others, including those you love whose views may differ from yours.

Both aspects of self-differentiation **are important**, as they empower us to

- **Be aware** of our current state and...

- (Be aware of) the influence of different interactions and environments on our state so we can **take action**.

“Differentiation maturity is determined by how well we balance the two emotional needs of being separate and being close.”

To be separate & To be close

A separate self that is able to be present with others.

Jesus can stay close to self and stay close to others

Stay close to self, stay close to others

HOW??

- THERE IS AN **ORDER** TO THIS!!
- LOVE YOUR NEIGHBOR AS YOURSELF!
 - **Self = Your Responsibility**

Scripture points us to the idea that we should focus on changing ourselves

Pharisees

Matthew 23:25-28 NIV

25 Woe to you, scribes and Pharisees, you hypocrites! You clean the outside of the cup and dish, but inside they are full of greed and self-indulgence. 26 Blind Pharisee! First clean the inside of the cup and dish, so that the outside may become clean as well. 27 Woe to you, scribes and Pharisees, you hypocrites! You are like whitewashed tombs, which look beautiful on the outside, but on the inside are full of dead men's bones and every kind of impurity. 28 In the same way, on the outside you appear to be righteous, but on the inside you are full of hypocrisy and wickedness.

ILL. Thermostats and Thermometers

ILL. Airplane Oxygen Masks first and suffocating

ILL. Planks & Specs

JESUS DID THIS...

Luke 12:1-3, 12-15

Meanwhile, when a crowd of many thousands had gathered, so that they were trampling on one another, Jesus began to speak first to his disciples, saying: “Be on your guard against the yeast of the Pharisees, which is hypocrisy. 2 There is nothing concealed that will not be disclosed, or hidden that will not be made known. 3 What you have said in the dark will be heard in the daylight, and what you have whispered in the ear in the inner rooms will be proclaimed from the roofs... 11 “When you are brought before synagogues, rulers and authorities, do not worry about how you will defend yourselves or what you will say, 12 for the Holy Spirit will teach you at that time what you should say.”

- Pharisees always pointing out to others that they are the problem while never looking inside to see what is happening...

13 Someone in the crowd said to him, “Teacher, tell my brother to divide the inheritance with me.”

14 Jesus replied, “Man, who appointed me a judge or an arbiter between you?” 15 Then he said to them, “Watch out! Be on your guard against all kinds of greed; life does not consist in an abundance of possessions.”

- Rejection Ditch
- Fusion Ditch
- Separate & close = Middle

To stay close to self and stay close to others in a non-anxious manner.

Matthew 7:1-12

“Do not judge, or you too will be judged. 2 For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you. 3 “Why do you look at the speck of sawdust in your brother’s eye and pay no attention to the plank in your own eye? 4 How can you say to your brother, ‘Let me take the speck out of your eye,’ when all the time there is a plank in your own eye? 5 You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother’s eye.

6 “Do not give dogs what is sacred; do not throw your pearls to pigs. If you do, they may trample them under their feet, and turn and tear you to pieces.

7 “Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. 8 For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.

9 “Which of you, if your son asks for bread, will give him a stone? 10 Or if he asks for a fish, will give him a snake? 11 If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him! 12 So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.

You will probably love your neighbor as you love yourself.

Maps & Guides

ILL. Adult Children of Alcoholics (ACOA)

- We have “UNKNOWN MAPS” of what is typical
- We have to acknowledge the lack of normal map
- We have to replace the map with a typical/normal map
- We have to implement the typical/normal map
- We are becoming self differentiated
- **Q: What is the NEW MAP? Where does it come from?**
 - My emotions?
 - My thinking?
 - My culture?
 - OR
 - An ancient historical way of thinking and living that is simple enough for a child to understand and complex enough to keep the smartest humans busy for hundreds of lifetimes, a way of thinking and living that has been proven, across every time, age and every known cultural context to change BILLIONS of lives, offer liberation, healing and hope to humanity.
 - “Pastor Scott, I’m interested in that MAP!...”
 - If ONLY it was codified and written down so I could study it academically but also have an example of sorts to know how to apply it...

- THAT would be TOO WONDERFUL to comprehend!”

THAT is the Bible

The one on our book shelf or coffee table that we look OVER to see the TV

- Our best cultural scientists and doctors study their entire lives & build on the life’s work of others collectively over hundreds of years to discover what the BIBLE already said.
- **ILL. Escape Room/Crack the Code:** It’s like going through an elaborate maze or escape room using all your resources, knowledge and skill to find that upon arrival someone else has been there waiting for you for a LONG TIME!
- **Q: What is the NEW MAP? Where does it come from?**
 - BIBLE
 - God takes it a step further...
 - **ILL. MAPS → GUIDE**
 - Guide = The Holy Spirit
 - Relational Guide
 - Submission, Surrender, Obedience, Faithfulness

Q: Are we taking the time to let God’s Word & God’s Spirit re-write our maps - teach us who we are?

It all starts with awareness! | It’s took Jesus 30 years.
It starts with the plank, not the sawdust!!

- Slow down
- Journaling
- Bible reading
- Prayer & Listening in Surrender
- Church Relationships

PRAYER

SALVATION

- Next Steps Form | Text “Element” to 97000