

Tipping Point
Lessons for Relationships
“Miles Apart at Arm’s Length”
Wednesday, November 11, 2015

Why is communication in relationships important?

- Communication is necessary to solve problems.
- Communication is necessary for love.

Communication is more than talking.

Kinds of listening:

- The listening of criticism.
- The listening of resentment.
- The listening of superiority.
- The listening of indifference.

Genesis 3:7-8

Barriers to healthy relationships:

1. Shame.

Comes from:

- Family.
- Experiences.

Shame fears exposure.

How do we deal with it?

Defensiveness

Manipulation

Dishonesty

Codependent behavior

Caution:

- a. You have a history of attracting troubled people.
- b. Enabling
- c. "Look at all I do for you"
- d. You feel responsible for your partner's actions.
- e. You make other's issues your own.
- f. Lack of self-respect.
- g. Your partner's mood affects your day.
- h. You have to know what your partner is doing and thinking.
- i. Your needs are ignored.
- j. You downplay how you feel.

Shame suppresses our true self:

- ≡ Ideal self: who we believe we should be.
- ≡ Persona: what we show to others.
- ≡ Critic: our inner shaming voice.
- ≡ Devalued self: the result of the critic's shaming.

2. Fear

Adam feared rejection.

3. God's Response!

Revelation 3:18 I counsel you to buy from me gold refined in the fire, so you can become rich; and white clothes to wear, so you can cover your shameful nakedness; and salve to put on your eyes, so you can see.

Isaiah 1:18 Come now, let us settle the matter, says the LORD. Though your sins are like scarlet, they will be white as snow; though they are red like crimson, they will be like wool.

