

Weekly Study of Sunday's Message.

Sunday July 15, 2018 "Relationship Series: This is Us: knowing when to ask for help".

A. Intro.

Welcome to the weekly devotional that gives you some specific things to work thru from the message on Sunday. Whether you were able to attend the worship service or not, this devotional is free-standing and you can still go thru it to help you dig deeper in your own spiritual walk. Take as long as you need to dive into this material and feel free to share it.

B. Sunday's Message.

We all have areas of our life where we don't know things about ourselves. And we complicate our lives even more because we don't know that we don't know things. How's that for confusing double talk? We often can see issues in others, but not in ourselves. Most likely, the people close to us know these things about us, see our shortcomings or struggles, but they may not feel like it's safe to be honest with us about those blind spots and shortcomings and they affect our relationships. So we have to ask ourselves an important opening question. **What can we incorporate into our lives to help us grow the desire and our ability to surface these things we don't know about ourselves so we can see them and to do something about them?**

What often stands in our way of discovering what we don't know about ourselves, and why we don't know it, is our pride and stubbornness. We believe what we know is right, and we tend to shut down another's perspective or experience with us. We saw this in the "*This is Us*" clip.

So let's start with some opening probing type questions.

And we all have our stubborn streak, so actually answer these questions out loud to yourself.

What does pride/stubbornness look like in me?

What does my pride/stubbornness do to the important people in my life?

What does it take for me to admit I don't know, I can't or I am unable?

The scripture passage Sunday morning was from **Exodus 18:13-27**. It's a specific story from the life of Moses, one of the greatest biblical heroes, and reveals his inability to see his own blind spots or what he couldn't see and didn't know about himself. So...read the account and then we'll discuss.

Moses was a great leader, maybe the greatest of all of the leaders in all of scripture. He confronted the most powerful person in the world, Pharaoh, brought plagues to the empire of Egypt, gave the Hebrew people the Ten Commandments, and for 40 years lead probably a million people to The Promised Land. But even though he was an amazing leader, he couldn't see that he was not a very capable manager. And it took the loving, yet honest, advice of his father-in-law, Jethro, to help Moses see what he was unable to see about himself.

Let's unpack this passage a bit.

Why do you think Moses took on this massive job of dispensing justice this way?

How did he miss seeing that he wasn't doing his job very effectively?

What do you see in the encounter between Jethro and Moses that helped bring the problem to light?

And then turn the corner and ask these same questions about ourselves.

What happens that causes us to have blind spots, miss seeing what everyone else can see?

What keeps us in those less than effective places even if it hurts relationships?

It was shared Sunday morning four things we could do to help us see what we often miss, and create a life that helps us be more aware of our blind spots. Spend some time reflecting on each of these.

1. Have to admit and accept we have things we may not know that are causing problems in our relationships.

We all have blind spots and we don't know it. The journey begins with this 'first step' admission.

2. Grow an active and honest sense of self-awareness.

We can learn to grow the ability to see what other people experience when they're around us.

Learning to do this well is a anchor habit that can help us in other areas of our life.

Anchor Habit- a habit that builds a particular skill that is transferable across different areas of your life.

Important questions.

What's it like to be on the other side of me?

What do people experience when they experience me?

3. Be open to accept loving grace-filled constructive criticism from those we are in relationship with.

Have to create an openness within us for other people to share our blind spots with us and what it's like to experience us.

4. Create safe, loving, nurturing environments that promote self-discovery.

This feels scary because we fear judgment and condemnation.

We all need to be intentionally and intimately involved in a community that speaks truth to us, helps us see what we don't see, but does it with lots of grace, compassion showing unusual kindness.

And for the purpose of helping us to continually grow into a better version of us. This is what church should be.

The goal and purpose of this specific lesson is to help us realize there things we cannot see about ourselves, and we ALL struggle with this. The healthiest thing we can do is to craft a life that helps us learn what our blind spots are so we can be the best version of ourselves for those important people in our lives. To **BE BETTER** at sharing the love of God with the people in our life.