

Relationships, Stress, and Resiliency Class 2

Devotion:

Tips for healthy relationships:

Humility

Philippians 2: 3 *Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself.*

Kindness

Ephesians 4:29 *Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers.*

Unity

Amos 3:3 *Can two walk together, unless they are agreed?*

How do we achieve these characteristics in our various relationships?

(Male/Female; Siblings/Relatives; Husband/Wife; Friends; Neighbors; fellow employees)

James 1:5 *If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him.*

Story of the Upset Spouse

(Understanding What Causes Our Disagreements and How to Handle Them in a Healthy Way)

1. **Know** we have events that upset us? Example: The husband was upset that the wife allowed the children to play in the street.
 - a. First, we must **CONTAIN** the Incident. Instead of reacting to the situation, respond. **Example:** Get the children to safety and out of the street.
2. **Recognize** the Problem, the issue that causes us to become upset.
 - a. Seek to **RESOLVE** the issue. **Example:** The husband could ask the wife if they could talk about this later. He was concerned about the children's safety.
3. **Identify** the **CORE NEED:** Our essential human needs: Respect, Trust, Recognition, Love. The Core Need is what triggered the incident.
 - a. Seek to **RECOGNIZE** what core need is not being met that caused you to become upset. Example: The husband felt disrespected by his wife because she allowed the children to play in the street after he asked her not to.

Tale of Two Brains Video Part 1

Part I:

1 Corinthians 7: 26-28:

Proverbs 14:4:

Basic relational physics between males and females (in general, there are exceptions and variations in every relationship)

Men's brains vs Women's brains

Men have Boxes: and think one topic or subject at a time.

Women are like spaghetti and every thought and emotion is connected.

The nothing box is a man's favorite

Stress:

Men: Want to go to their nothing box

Women: Need to talk about their emotions. They don't need a man to try to fix their stress issue, just listening helps them.

A man's temptation is to try to fix the problem. Men like to fix things and only talk about their problem to another man when they need help fixing the problem.

Lagniappe: Benefits of Marriage vs Cohabiting

1. **Its God ordained.** Matthew 19:4-6, *Jesus said, "Haven't you read," he replied, "that at the beginning the Creator 'made them male and female, and said, 'For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh' So they are no longer two, but one flesh. Therefore, what God has joined together, let no one separate."*
2. **The Joy of Companionship:** *Ecclesiastes 4:9, Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. Also, if two lie down together, they will keep warm. But how can one keep warm alone?*
3. **God Promises Reward:** Matthew 18:22, *He who finds a wife finds what is good and receives favor from the LORD.*
4. **The Value of Commitment:** 1 Corinthians 7:27, *Are you pledged to a woman? Do not seek to be released.*