

Fellowship Notes

Real Life - part 7 - The Dance

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(Genesis 2:4-9; 15-25)

(Ecclesiastes 4:12 NLT) "Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken."

The Three Strands of Relationship

1. We are _____ to _____.

(Genesis 2:18-24 NLT) "And the LORD God said, "It is not good for the man to be alone. I will make a companion who will help him." So the LORD God formed from the soil every kind of animal and bird. He brought them to Adam to see what he would call them"... "But still there was no companion suitable for him"... "Then the LORD God made a woman...and brought her to Adam"... "Now, although Adam and his wife were both naked, neither of them felt any shame."

A. _____

Relationship troubles are never _____ about the _____ person.

The problems we have with others is often a problem we have with _____. (Specifically a _____ or _____.)

B. _____

It is not _____ to have a healthy _____.

When looking at ourselves we don't like what we see and feel powerless to change it so we _____.

We have to do what we don't want to do...put _____ in the _____.

C. _____

God, the _____ is the _____ of your information about _____.

If we _____ God, all our relationships will be _____.

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...continued

2. You are _____ to _____.

A. Choice = _____

People usually _____ change.

Not choosing is itself a _____.

B. Our _____ determine our _____ and _____.

(Philippians 4:8) "Fix your thoughts on what is true and honorable and right. Think about things that are pure and lovely and admirable. Think about things that are excellent and worthy of praise."

3. We are _____ to take _____ for ourselves.

When faced with relationship difficulties we usually _____ the _____.

"It's not _____!"



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The Fear Dance

1. You _____

2. You _____

You want to feel better. You want a solution to your hurt.

If the "other" person would change, you would feel better. Thus you see this person as both the _____ and _____ to your pain.

"If only my spouse would change..." "If only my boss would change..." "If only my friend would change..." "...then I would be happy."

Don't expect the _____ to be your _____.

Any time you put expectations for help in the wrong place, the result is fear.

3. You _____

Our deepest wants are _____ and _____.

Our deepest fears are _____ and _____.

4. You _____

It's not your core fears that injure your relationships...it's how you _____ to _____ when someone pushes your fear button.

Most of us use unhealthy reactions to deal with our fear and thus we sabotage our relationships.

5. THEY _____

The dance you have been doing has been successful for getting the results you've been getting. So if you want a different result you have to learn a new dance.

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Our Wants & Fears

I WANT...

Acceptance -----
Grace -----
Connection -----
Companionship -----
Success -----
Self-Determination -----
Understanding -----
Love -----
Validation -----
Competence -----
Respect -----
Worth -----
Honor -----
Dignity -----
Commitment -----
Significance -----
Attention -----
Support -----
Approval -----
Wanted -----
Safety -----
Affection -----
Trust -----
Hope -----
Joy -----

I FEAR...

Rejection -----
Judgement -----
Disconnection -----
Loneliness -----
Failure -----
Powerlessness -----
Being misunderstood -----
Being Scorned -----
Being invalidated -----
Feeling defective -----
Inferiority -----
Worthlessness -----
Feeling devalued -----
Humiliation -----
Abandonment -----
Feeling unimportant -----
Feeling ignored -----
Neglect -----
Condemnation -----
Feeling disliked -----
Danger -----
Feeling disliked -----
Mistrust -----
Despair -----
Unhappiness -----

(Genesis 2:4-9; 15-25)

(Ecclesiastes 4:12 NLT) "Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken."

The Three Strands of Relationship

1. We are **MADE** to **RELATE**.

(Genesis 2:18-24 NLT) "And the LORD God said, "It is not good for the man to be alone. I will make a companion who will help him." So the LORD God formed from the soil every kind of animal and bird. He brought them to Adam to see what he would call them"... "But still there was no companion suitable for him"... "Then the LORD God made a woman...and brought her to Adam"... "Now, although Adam and his wife were both naked, neither of them felt any shame."

A. **OTHERS**

Relationship troubles are never JUST about the OTHER person.

The problems we have with others is often a problem we have with OURSELVES. (Specifically a FEAR or INSECURITY.)

B. **YOURSELF**

It is not SELF-CENTERED to have a healthy SELF IMAGE.

When looking at ourselves we don't like what we see and feel powerless to change it so we STOP LOOKING.

We have to do what we don't want to do...put OURSELVES in the PICTURE.

C. **GOD**

God, the LIFE GIVER is the SOURCE of your information about YOU.

If we IGNORE God, all our relationships will be UNBALANCED.

2. You are **MADE** to **CHOOSE**.

A. Choice = **CHANGE**.

People usually FEAR change.

Not choosing is itself a CHOICE.

B. Our **THOUGHTS** determine our **ACTIONS** and **EMOTIONS**.

(Philippians 4:8) "Fix your thoughts on what is true and honorable and right. Think about things that are pure and lovely and admirable. Think about things that are excellent and worthy of praise."

3. We are **MADE** to take **RESPONSIBILITY** for ourselves.

When faced with relationship difficulties we usually BLAME the OTHER.

"It's not MY FAULT!"



Fellowship Notes

Real-Life - Part 7

...continued

The Fear Dance

1. You HURT.

2. You WANT.

You want to feel better. You want a solution to your hurt.

If the "other" person would change, you would feel better. Thus you see this person as both the CAUSE and SOLUTION to your pain.

"If only my spouse would change..." "If only my boss would change..." "If only my friend would change..." "...then I would be happy."

Don't expect the OTHER PERSON to be your SOLUTION.

Any time you put expectations for help in the wrong place, the result is fear.

3. You FEAR.

Our deepest wants are CONNECTION and CONTROL.

Our deepest fears are LOOSING CONNECTION and LOOSING CONTROL.

4. You REACT

It's not your core fears that injure your relationships...it's how you CHOOSE to REACT when someone pushes your fear button.

Most of us use unhealthy reactions to deal with our fear and thus we sabotage our relationships.

5. THEY Hurt.

The dance you have been doing has been successful for getting the results you've been getting. So if you want a different result you have to learn a new dance.

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Real Life - part 7

...continued

Our Wants & Fears

I WANT...

Acceptance -----	Rejection
Grace -----	Judgement
Connection -----	Disconnection
Companionship -----	Loneliness
Success -----	Failure
Self-Determination -----	Powerlessness
understanding -----	Being misunderstood
Love -----	Being Scorned
Validation -----	Being invalidated
Competence -----	Feeling defective
Respect -----	Inferiority
Worth -----	Worthlessness
Honor -----	Feeling devalued
Dignity -----	Humiliation
Commitment -----	Abandonment
Significance -----	Feeling unimportant
Attention -----	Feeling ignored
Support -----	Neglect
Approval -----	Condemnation
Wanted -----	Feeling disliked
Safety -----	Danger
Affection -----	feeling disliked
Trust -----	Mistrust
Hope -----	Despair
Joy -----	Unhappiness

I FEAR...