

DISAGREEABLE

THE GAMES WE PLAY

Search me, O God, and know my heart; test me and know my anxious thoughts.
See if there is any offensive way in me, and lead me in the way everlasting.

Psalms 139:23-24

May the words of my mouth and the mediation of my heart be
acceptable in your sight, O Lord, my rock and my redeemer.

Psalms 19:14

DAY ONE:

read **Matthew 5:6-9**

On a scale of **1** (poor) to **10** (strong) rate yourself in these areas:

- ◆ Emotional Intelligence
- ◆ Self-awareness
- ◆ Interpersonal Skills

How do different life situations effect your ability to be healthy in the above areas?

How do different people effect your ability to be healthy in the above areas?

Relating to people in a way they need, not in the way they deserve can be difficult without the power of grace. It all really starts with the inner life. What are some of the inner things that keep us from healthy relationships? Some examples are:

*Control * Need to always win * To be loved * To be seen in a good light * Greed * Anger * Pride * Fear*

DAY TWO:

read **Matthew 5:33**

What are some oaths you have made? The definition of an oath is: "A solemn promise, often invoking a divine witness, regarding one's future action or behavior. 'They took an oath of allegiance to the king.'" Have you ever made a promise or have sworn an oath to God that you haven't kept? Was the oath used as a way to manipulate or control a situation? Pray and ask the Holy Spirit to reveal to you anything that may be standing in the way of a deeper relationship with God.

DAY THREE:

read **Matthew 5:34-36**

The definition of swear is simply "to promise very strongly and sincerely to do or not to do something." Have you had times when you have promised someone that you will do something or never do something again? What was the motivation behind the promise? Was it competitive in nature? Would the promise give you the upper hand in a situation? Have you ever used or heard promises such as, "If you clean your room, I promise I will buy you a new toy." or "If I clean my room, will you let me go to my friend's house?" Was it to manipulate them into doing what you wanted to do? As you take some time to reflect, ask the Holy Spirit to show you the truth behind your promises.

DAY FOUR:

read **Matthew 37**

Have there been times in your life when you have communicated in a manipulative manner? Maybe you wanted to be able to control the outcome of your request or someone's request for you? Was it based in fear of rejection or maybe embarrassment? Peer pressure or a competitive tendency can play a role. Next time you are faced with a decision, stop yourself before you give an answer and examine the real reason for your answer.

DAY FIVE:

re-read **Matthew 5:6-9**

Emotional Intelligence, Interpersonal Skills and Self-awareness can really assist us as we relate to people in a way they need, but not deserve. Ask yourself as you are relating to people, "What am I feeling?" How do you come across to people? What are your non-verbal reactions? How well do you listen? Below are some resources that may help you grow in communicating effectively.

Boundaries – Cloud & Townsend

Crucial Conversations – Patterson, Grenny, McMillian & Switzler

How to Have Difficult Conversations – Henry Cloud

Safe People - Henry Cloud

The Power of Other – Henry Cloud

Multipliers: How the Best leaders make Everyone Smarter – Liz Wiseman