

DISAGREEABLE

SAILING IN A SEA OF ICEBERGS

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.
Psalm 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.
Psalm 19:14

DAY ONE:

read **Matthew 6:25**

Worry and anxiety can be transferred to those around you. What are the things that cause you to feel under pressure? When you are under pressure do you have a tendency to transfer your anxiousness to those around you? Do you become more irritable or frustrated in situations when worry is evident in your life? When are you most likely filled with anxiety? Take time to H.A.L.T. (Is it when you are hungry, angry, lonely, or tired?). Pray and ask the Holy Spirit to help you discover the things that trigger worry or anxiousness.

DAY TWO:

read **Matthew 7:1-2**

How often do you find yourself making snap judgements? When you see someone or have a conversation with someone, do you find it easy to make assumptions about them and their situation? It is easy to see the top of the iceberg, but if you only look at the top of the iceberg, you will never see how large it is underneath. Challenge yourself to consider what is underneath the situation or relationship and pray and ask the Holy Spirit for wisdom to know how to respond.

DAY THREE:

read **Matthew 7:3-5**

Sometimes it is easier to point out flaws in someone else than it is

to see your own. You really only have the ability to confront and change the flaws that you have. How hard do you find it to focus on yourself and not on the problems others have? Take some time to think about the things that you know the Holy Spirit is prompting you to let God work on in your life.

DAY FOUR:

read **Matthew 7:6**

Have you ever let someone into your life that caused you pain or pushed you in a direction that you did not want to go? This passage warns of the danger of allowing things that are precious, which in this case would be your heart and spiritual well-being, be ruined and torn apart by people who will not treat you with respect and love. Are there any unsafe people you need to distance yourself from? Pray and ask the Holy Spirit for wisdom to recognize what relationships you may need to re-evaluate.

DAY FIVE:

re-read **Matthew 7:7-12**

Webster Defines *The Golden Rule* as: "A general rule for how to behave that says that you should treat people the way you would like other people to treat you." In this series, we have defined it as: "Relating to people in a way they need, not the way they deserve." If we can remember this as a body of Christ and carry this rule out in our lives, we will have healthier relationships at home, school, work, and life in general. In turn, we can be the example that Christ has set for us to be and we can help to change lives by our example. As a family or with a group of friends, pray together and ask the Holy Spirit to help you set this example to those around you.

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