

Sharpening Interpersonal Skills

A close-up photograph of a yellow pencil being sharpened in a metal sharpener on a lined notebook. The sharpener is a small, rectangular metal device with a central opening. The pencil is inserted into the sharpener, and its tip is being sharpened. Several shavings of yellow wood and black graphite are scattered on the lined paper around the sharpener. The background is a wooden surface.

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Goal for Today

- Grow in our understanding and practice of caring for others based on God's care for us
- Understand who we are (and are not) in that picture
- Practice two foundational skills
- Call us all to Christ-like care for others
- heard, understood, accepted

I had help !

- David Powlison
- Ed Welch
- Diane Langberg
- Paul Miller
- Phil Ryken
- Tim Lane
- Paul Tripp

What Helps?

- Self Awareness
- Intentionality
- Follow up

What we will not cover today

- Langberg



- Speaking truth, challenge them

- Wired to influence
- Relationships are key
- Blindness
- Dwelling deeply with God- bearing His image
- Heart more than skills

Telling people that God is good

VS.

Showing them the love and goodness
of God in how you treat them

⁴ Love is patient and kind; love does not envy or boast; it is not arrogant ⁵ or rude. It does not insist on its own way; it is not irritable or resentful; ⁶ it does not rejoice at wrongdoing, but rejoices with the truth.

⁷ Love bears all things, believes all things, hopes all things, endures all things.

1 Corinthians 13:4-7



Love is “not a thing of enthusiastic emotion”
but “a rich strong, vigorous expression of ...
the Christ-like nature in its fullest
development.”

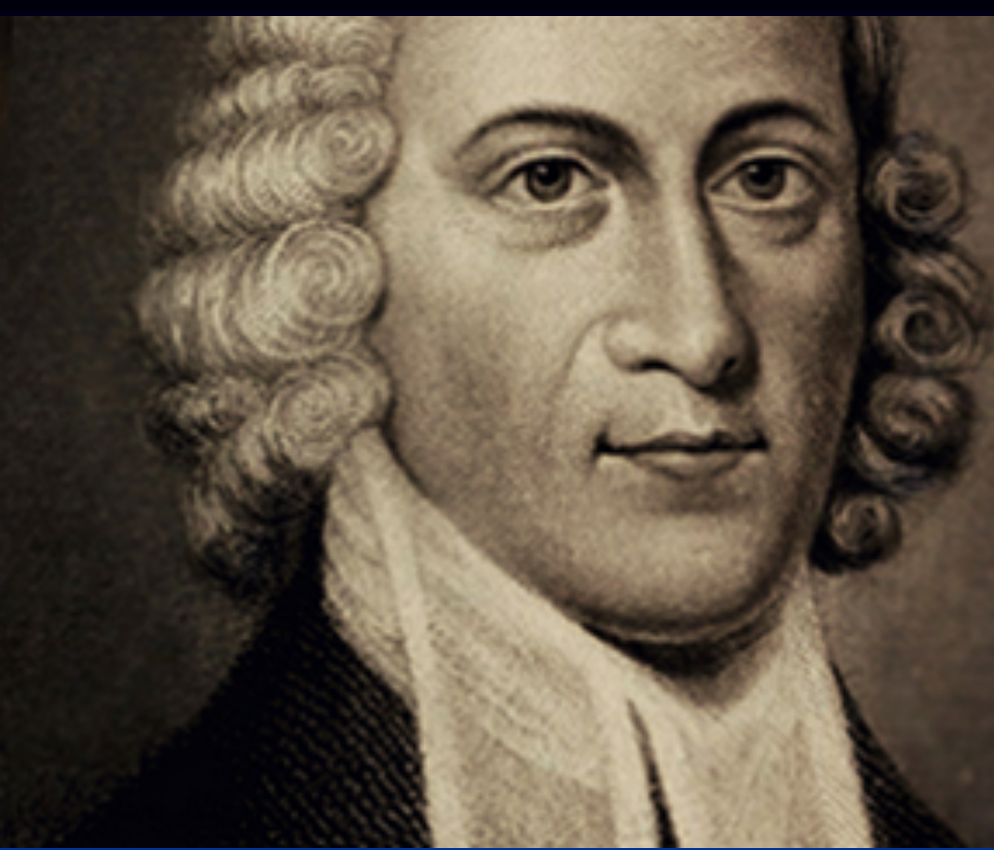
Henry Drummond

⁴ But when the goodness and loving kindness of God our Savior appeared, ⁵ he saved us, not because of works done by us in righteousness, but according to his own mercy, by the washing of regeneration and renewal of the Holy Spirit, ⁶ whom he poured out on us richly through Jesus Christ our Savior, ⁷ so that being justified by his grace we might become heirs according to the hope of eternal life.

Titus 3:4-7

The Love of God is:

- Saving love
- Merciful love
- Life-changing love



- ... and by setting them good examples, which is a thing *most needful* of all, and commonly the *most effectual* of all for the promotion of the good of their souls. Jonathan Edwards

Fundamental beliefs of Honoring

- “You belong to God, not me.”
- “How can I build you up?”
- “How can I learn from you?”

- We want the relationship to change:
- God wants to change us through relationships
- Kingdom purposes to our speech



2 Great Commandments

- To fail to love others well is a failure to love God well

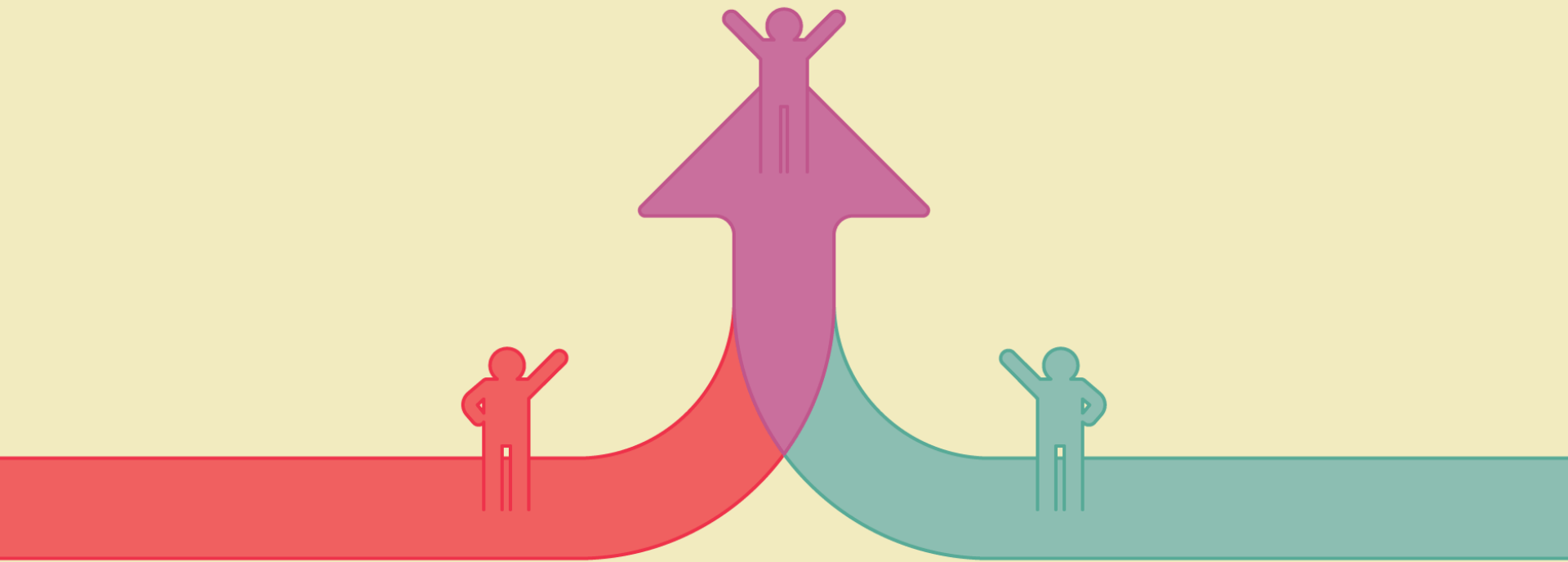
Who are we?

- Saint
- Sinner
- Sufferer

Emlet (Crosstalk)

But encourage one another daily, as long as it is called today, so that none of you may be hardened by sin's deceitfulness

Hebrews 3:13



Encouragement

- “ We live in a broken world where everything calls us to selfishness and despair. Sin steals joy, our bodies break down, our plans falter, our dreams die, our resolves weaken, our perspective dims. We are promised suffering, persecution and trials of various kinds.”

Garret Kell, 9 marks

Encouragement

- Lift someone's heart toward God
- Bigger picture
- Words that spur them on to :
- Faith, love, hope, strength, unity, fruitfulness, perseverance
- Build on the good that is already there

Psalm 40:17

- As for me, I am poor and needy, but the Lord takes thought for me. You are my help and deliverer, do not delay O my God.

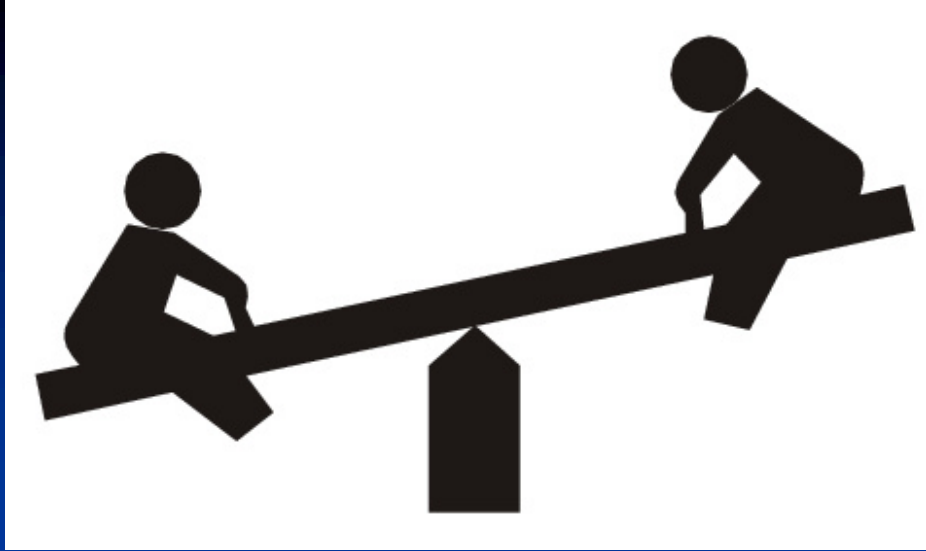


I am too
big



God is big

Other people
are too big



Self and the seesaw of pride and despair

Pride

Despair

Powlison

Know your ditches !



- What are things that are hard for you in dealing with others?
- What kind of situations, things they say, types of people or statements are you unsure how to respond to well?



Isaiah 54:8

“ With everlasting love, I will have compassion on you, says the Lord your Redeemer

Compassion

- “ to suffer together”
- Deep concern, accompanied by a strong desire to alleviate that suffering
- Consolation- “ be with the lonely one’ - action to alleviate or lessen grief, sorrow or disappointment

- What hinders your compassion? (internal and external barriers)
- With what types of situations (or people) am I less inclined to be compassionate?

Ephesians 4 :1

- ¹ As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. ² Be completely humble and gentle; be patient, bearing with one another in love. ³ Make every effort to keep the unity of the Spirit through the bond of peace. ⁴ There is one body and one Spirit, just as you were called to one hope when you were called; ⁵ one Lord, one faith, one baptism; ⁶ one God and Father of all, who is over all and through all and in all.

- Setting a godly example – Vs 1
- Vs 2- Humility
- Vs 2 gentleness
- Vs 2 patience
- Vs 3-6 harmony

Colossians 3:12

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.



What's it like ?

- Hears us, inclines Himself toward us, present and available, so....
- We listen, incline ourselves to others, be present and available with our ears, hearts, minds

- What actions have helped to lessen your grief, sorrow or disappointment?
- What helps you from others in times of any need or suffering?
- When other Christians have interacted well with you, what was it they did?
- What is not helpful?

Exercise

- Listener: Listen only ! No words, not even Hmmmm...
- Speaker: Talk about the backyard, block, area you grew up in -what did it look like and feel like to you as a kid? Who were the significant/interesting people on the block? What did you like / not like about it as a kid? What were the happiest moments there? When was the last time you were there? Anything else !



The Power of Listening

Listening

- Making a conscious effort to hear, absorb, pay attention to
- Other focused
- Antonyms: ignore, disregard, forget, slight,
- Must listen to minister!

My dear brothers, **take note of this:**
Everyone should be quick to listen and
slow to speak...

James 1:19

What does counseling look like?

We think it looks like this:

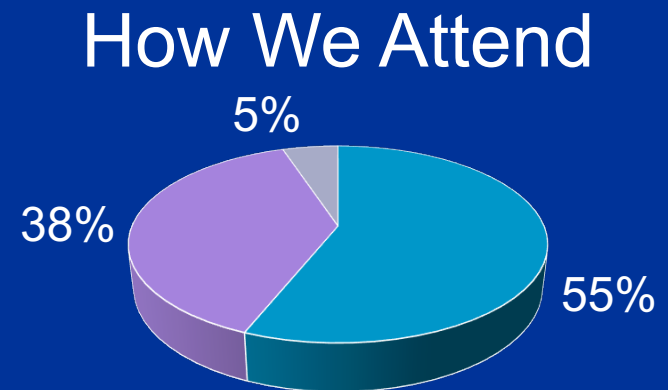




**But actually it's
more like this!**

How we attend

- Eye contact
- Facial expression
- Body language
- Tone of voice



- Tone of Voice / Inflection, 55%
- Body posture and facial expression, 38%
- Our Words, 5%



Three Keys

- Heard
- Understood
- Accepted

Restate and rephrase

- Lets the person know you are listening
- Allows them to hear themselves talk
- Provides an opportunity to correct
- Encourages them to tell more

Ways to communicate you've heard

- Restate: using the exact words that have been spoken to you only changing the pronoun "I" to "you".

- Rephrase: State what you have heard in your own words

**So when you listen
What are you listening for?**



Listening for feelings

- Understanding what it's like to be that person in that situation.

Severity / Silence



Small things make a big difference!

