

TODAY: DEALING WITH PERSONAL WRONGNESS

Our _____ Muscles

The _____ Muscle

Phil 2:3-8 *Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. 4 Don't look out only for your own interests, but take an interest in others, too. 5 You must have the same attitude that Christ Jesus had. 6 Though he was God, he did not think of equality with God as something to cling to. 7 Instead, he gave up his divine privileges; he took the humble position of a slave and was born as a human being. When he appeared in human form, 8 he humbled himself in obedience to God and died a criminal's death on a cross.*

Exercising the Muscle

_____ the Possibility

_____ the Possibility

The _____ Muscle

Listen to your _____

- What are my areas of _____?
- What are my _____?
- What pushes my _____?
- When my buttons get pushed, how do I tend to _____?
- What is the _____ of my reactions on others?
- In what ways do I _____?
- What can I learn about myself by _____ their reactions to me?

Galatians 5:16 *So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves.*

Look in the _____

Proverbs 27:19 *As a face is reflected in water, so the heart reflects the real person.*

The _____ Muscle

Admit your _____

- Take _____ for your errors.
- Take the _____.
- Be _____.
- Be _____.

Request _____

The _____ Muscle

Communicate the desire to _____

Seek to understand by _____

- Ask _____
- Pause before _____
- Avoid _____
- Listen with _____

Provide validating _____

The _____ Muscle

(a.k.a. The _____ Muscle)

James 1:22-24 *But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves. 23 For if you listen to the word and don't obey, it is like glancing at your face in a mirror. 24 You see yourself, walk away, and forget what you look like.*

Target the _____

_____ - don't rehash

When we use the Corrective Muscle

- _____ Rises
- Problems are _____
- _____ Grows

Some Questions to ask Yourself

- How important is “_____” to you? How has this hindered problem-solving in your relationships?
- How do you feel when you become aware of a “_____” and its effects on others? What do you do?
- Who usually pushes your buttons? Whose buttons do you push?
- Who tells you the _____?
- Are you involved in a disagreement where you have failed to take _____ responsibility for your failure?
- Are there specific steps you need to take to _____ a current failure?