

# 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?