



Sunday, March 22, 2015

Learn New Skills to Love Well
Matthew 22:34-40

Two Myths:

1. When I accept Christ and He comes to live inside me, growing into an emotionally mature adult is natural.
2. A Christian's ability to love those around them is qualitatively different than those outside the church.

Two Orientations: (People and Task).

When we're too much either way, people lose importance.

The key to Loving Well is having "I - Thou" Relationships.

Two Opportunities:

1. Become Aware of Your Family of Origin's Capability for Emotional Connection.
2. Take Practical Steps of Discipleship to Learn to Love Well.

One Plan:

Become Spiritually Mature (Love God),
Emotionally Whole (Love yourself), and
Effective in Ministry (Love People).

Four Skills:

1. Honest Speaking / Active Listening
2. Check Assumptions
3. Establish Expectations / Boundaries
4. Be Aware of Emotional Allergies