

# Loving Wisely: Sharpening Interpersonal Skills



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# Joyful, Joyful

Joyful, joyful, we adore Thee,  
God of glory, Lord of love;  
Hearts unfold like flow'rs before Thee,  
Op'ning to the sun above.  
Melt the clouds of sin and sadness;  
Drive the dark of doubt away;  
Giver of immortal gladness,  
Fill us with the light of day!



All Thy works with joy surround Thee,  
Earth and heav'n reflect Thy rays,  
Stars and angels sing around Thee,  
Center of unbroken praise.

Field and forest, vale and mountain,  
Flow'ry meadow, flashing sea,  
Singing bird and flowing fountain  
Call us to rejoice in Thee.

Thou art giving and forgiving,  
Ever blessing, ever blest,  
Wellspring of the joy of living,  
Ocean depth of happy rest!  
Thou our Father, Christ our Brother,  
All who live in love are Thine;  
Teach us how to love each other,  
Lift us to the joy divine.

# 2 Great Commandments

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



And this is my prayer, that your  
love would abound more and  
more in *knowledge* and *depth of*  
*insight*.                      Philippians 1:9

# I had help !

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

# What Helps?

- Self Awareness
- Intentionality
- Follow up



# Truth and Grace

- John 1:14

The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, *full of grace and truth*.

- John 1:17

For the law was given through Moses; *grace and truth came through Jesus Christ*.

# Truth and Grace

<sup>17</sup> Sanctify them in the truth; your word is truth.

- Jesus is perfect revelation of Gods truth and grace

# Truth and grace

- That which is consistent with the mind, will, character, glory and being of God
- Favor, to bend or stoop in kindness
- His compassion, translated into action
- Both are essential in representing God's heart



Telling people that God is good

VS.

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

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

# Tendencies

Isolation



Immersion

I want to be safe

I need you  
in order to live



Distance  
(Pain)

Redemptive

Mold yourself  
to person or  
situation  
(Fear)

# We want relationships that satisfy our personal wants and fears

- Desires,
- Expectations,
- Demands,
- Punishment

Tripp/ Lane

# Fundamental beliefs of Manipulation

- “I need you.”
- “You are the Problem.”
- “That doesn’t Work.”



# 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



God keeps us in messy  
relationships for His purposes



- 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?
- “I don’t know how to interact well with...”  
“



# Who are we?

- Saint
- Sinner
- Sufferer

Emlet (Crosstalk)

# We can speak and act to...

- Confirm- our identity
- Console and comfort - afflicted people
- Confront - ways in which we do not live true to Gods character

# SIN

Sin issue or  
comfort zone  
issue?

# Know your ditches !



I am too  
big

God is big

Other people  
are too big

# Forgetting God's Role

Pride



Despair





# Ephesians 4 :1

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

# Sinful Tendencies

## Ephesians 4:17-32

- Self indulgence
- Deceit
- Anger
- Selfishness
- Unhelpful communication
- Division
- Unforgiving Spirit

# Either

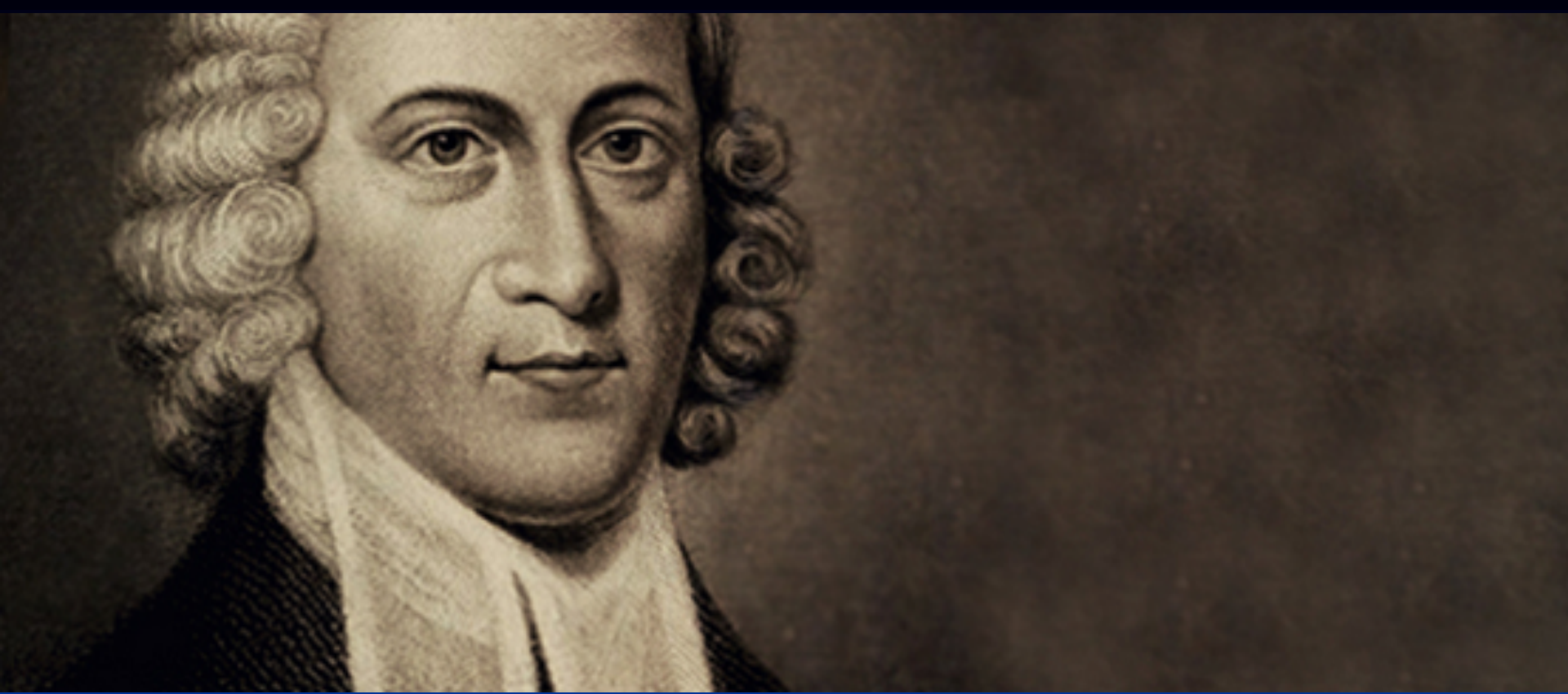
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# Or

- Speak truth
- Exhibit patience
- Approach gently
- Ask for and grant forgiveness
- Overlook minor offenses,
- Encourage and honor others,

- ☐ Blame
- ☐ Deny
- ☐ Avoid
- ☐ Threaten
- ☐ Manipulate

Tripp/Lane



- ... 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



## Isaiah 54:8

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

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



# Colossians 3:12

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



# 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'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

# EMPATHY

- E - Enlist all faculties
- M - move in physically, verbally and emotionally
- P - Pray for discernment
- A - Ask caring questions
- T - think deliberately
- H - help in meaningful ways
- Y - yield your convenience, pride , resources

Ken Sande

- 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?



The power of listening

# Exercise

- Listener: Listen only ! No words, not even Hmm...
- 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 !

# Listening

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

# Ephesians 4:29

Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.

# Advice

Best advice comes from people

- Who can say I don't know
- Who care
- Who are slow to give advice

Alisdair Groves, CCEF podcast



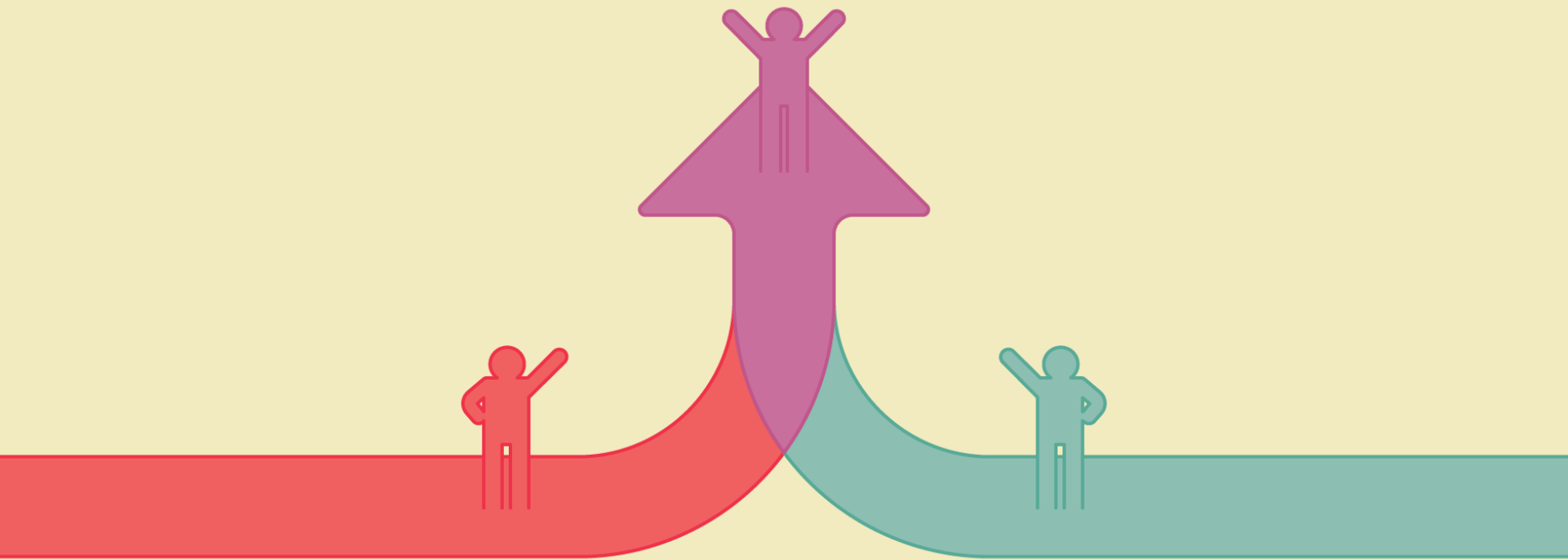
# Encouragement

- “ 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

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



“ And we urge you brothers and sisters, warn those who are idle and disruptive, encourage the disheartened, help the weak, be patient with everyone”

1 Thessalonians 5:14

# 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

# Be intentional

- Look at fears
- Have a venue
- Daily goals
- Be specific- not trite or generic
- Don't get discouraged

A word fitly spoken is like apple of  
gold in settings of silver. Proverbs  
25:11



# Table Talk

Using Scripture to encourage?

When has someone used Scripture in a way that wasn't helpful?

What made it not helpful?

# How to discern

- Listen !
- Empathetic presence
- Entry gates - how they are experiencing problem



- Listen well
- Ask good questions
- Affirm
- Normalize
- Reframe
- Summarize
- Pray with and for
- What else?

# Confront

Brothers, if anyone is caught in any transgression, you who are spiritual should restore him in a spirit of gentleness. Keep watch on yourself, lest you too be tempted. Galatians 6:1

# Confrontation

- Character
- Process
- Goal
- Who is the real enemy ?

- Ask questions
- Remind/ Exhort
- Express concern
- Warn and plead
- Simple as you can
- Not to solve your problem of being annoyed with them

# *Constancy*

- A biblical friend remains true and faithful through times of adversity. Trials have a way of sifting out the fickle from the faithful. A faithful friend is one who sticks with you and is, therefore, a treasure.
- A friend loves at all times, and a brother is born for adversity (Proverbs 17:17).
- A man of many companions may come to ruin, but there is a friend who sticks closer than a brother (Proverbs 18:24)
- Many a man proclaims his own steadfast love, but a faithful man who can find? (Proverbs 20:6).

## *Candor*

- A biblical friend speaks with frankness and honesty. There is no “secret love” in a true friend.
- Better is open rebuke than hidden love. Faithful are the wounds of a friend; profuse are the kisses of an enemy (Proverbs 27:5-6).
- Whoever rebukes a man will afterward find more favor than he who flatters with his tongue (Proverbs 28:23).
- The New Testament affirms that a biblical friend is a true brother in Christ who loves enough to speak the truth in love (Matthew 18:15; Galatians 6:1-3; Ephesians 4:15-16).

# *Carefulness*

- A biblical friend is one who exercises care in the relationship. He is careful in three areas:
- Careful in his speech (Proverbs 25:20).
- Careful in his timing (Proverbs 27:14; 25:17). “An uncaring friend does not know the inner topography of his friend’s heart” [Keller].
- Careful in his stewardship (Proverbs 11:13).

## *Counsel*

- A true, biblical friend is one who gives faithful counsel to his friend for his ultimate good and God's glory. He speaks what his friend needs to hear in order to be obedient to God's Word. He speaks the truth, not merely what will "keep" a superficial relationship.
- Without counsel plans fail, but with many advisers they succeed (Proverbs 15:22).
- ...for by wise guidance you can wage your war, and in abundance of counselors there is victory (Proverbs 24:6).
- Oil and perfume make the heart glad, and the sweetness of a friend comes from his earnest counsel (Proverbs 27:9).
- Iron sharpens iron, and one man sharpens another (Proverbs 27:17).

Jonanthan Holmes, The Company We Keep



- 1 Covenant & Commitment:** Biblical friends demonstrate a loyalty to each other that transcends the world's superficial commitment to spending time together solely because of mutual interests.
- 2. Time & Talk:** Biblical friends spend time together, which includes heart-to-heart conversation.
- 3. Meals & Mingling:** In the Bible, sharing a meal with someone is a means of showing them honor. Biblical friends honor one another with mingling over meal times together.
- 4. Intentionality & Pursuit:** Biblical friendships do not develop through happenstance, but intentional relationship development.

5. ***Sacrifice & Service***: Biblical friends sacrifice for each other and serve one another.
6. ***Prayer & Petition***: Biblical friends pray *for* their friends, *about* their friends, and *with* their friends.
7. ***Asking & Inviting***: If we want a biblical friend then we must ask someone for this friendship and invite them into our life.
8. ***Confrontation & Caring***: A true friend speaks truth into his friend's life, but does so with compassion. A biblical friend cares enough to confront his friends in love.

Jonathan Holmes , The Company We Keep

Listening,  
humility  
and  
thoughtful  
questions!  
- gets you  
75% of the  
way there !







# Ministry

- Experiencing God's truth and grace ourselves
- and giving it to others

# What's ruling us ?

Do people see His grace in my life and are drawn to Him because of it ?

# Small things make a big difference!

