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SINCE THE GOSPEL IS TRUE THAT MEANS.... (WHAT ARE SOME OF THE LOGICAL IMPLICATIONS OF THE GOSPEL FOR LIFE?)



JOB CHAPTER 3

After this Job opened his mouth and cursed the day of his birth. ²And Job said:

³“Let the day perish on which I was born,
and the night that said,
‘A man is conceived.’

⁴Let that day be darkness!
May God above not seek it,
nor light shine upon it.

⁵Let gloom and deep darkness claim it.
Let clouds dwell upon it;
let the blackness of the day terrify it.

⁶That night—let thick darkness seize it!
Let it not rejoice among the days of the year;
let it not come into the number of the months.

⁷Behold, let that night be barren;
let no joyful cry enter it.

⁸Let those curse it who curse the day,
who are ready to rouse up Leviathan.

⁹Let the stars of its dawn be dark;
let it hope for light, but have none,
nor see the eyelids of the morning,

¹⁰because it did not shut the doors of my mother's womb,
nor hide trouble from my eyes.

¹¹“Why did I not die at birth,
come out from the womb and expire?

¹²Why did the knees receive me?
Or why the breasts, that I should nurse?

¹³For then I would have lain down and been quiet;
I would have slept; then I would have been at rest,

¹⁴with kings and counselors of the earth
who rebuilt ruins for themselves,



¹⁵ or with princes who had gold,
who filled their houses with silver.
¹⁶ Or why was I not as a hidden stillborn child,
as infants who never see the light?
¹⁷ There the wicked cease from troubling,
and there the weary are at rest.
¹⁸ There the prisoners are at ease together;
they hear not the voice of the taskmaster.
¹⁹ The small and the great are there,
and the slave is free from his master.
²⁰ “Why is light given to him who is in misery,
and life to the bitter in soul,
²¹ who long for death, but it comes not,
and dig for it more than for hidden treasures,
²² who rejoice exceedingly
and are glad when they find the grave?
²³ Why is light given to a man whose way is hidden,
whom God has hedged in?
²⁴ For my sighing comes instead of ^{bread} my bread,
and my groanings are poured out like water.
²⁵ For the thing that I fear comes upon me,
and what I dread befalls me.
²⁶ I am not at ease, nor am I quiet;
I have no rest, but trouble comes.”

FOOTNOTES:

- [JOB 3:24](#) OR LIKE; HEBREW BEFORE

[ENGLISH STANDARD VERSION](#) (ESV)

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MOP EXERCISE: WHAT ARE YOU FEELING RIGHT NOW?

- LOOK DOWN THE FRONT PAGE OF THE FEELINGS CHART AND IDENTIFY YOUR DOMINANT EMOTION
 - I.E. HAPPY

- WHAT IMAGE CAME TO YOUR HEAD WHEN YOU IDENTIFIED THAT EMOTION?
 - I.E. THE FAT BLONDE KID IN LOONEY TUNES CARTOON WHO WAS OVERJOYED LICKING HIS LOLLIPOP

- TURN THAT IMAGE INTO YOUR METAPHOR (METAPHORS USE THE WORD LIKE)
 - I.E. M = LIKE THE FAT BLONDE KID IN LOONEY TUNES LICKING HIS LOLLIPOP

- NOW GO TO THE SECTION WHERE YOUR DOMINANT EMOTION IS AND LIST A FEW OTHER EMOTIONS FROM THAT LIST
 - I.E. O = JOLLY, EFFUSIVE, ELATED, ENERGIZED

- SINCE YOU ARE HUMAN, THERE MAY BE SOME OTHER EMOTIONS THAT YOU ARE EXPERIENCING FROM OTHER COLUMNS
 - I.E. O = SATISFIED, CONTENT

- NOW STOP WHAT YOU ARE DOING AND LET YOURSELF EXPERIENCE WHAT YOUR BODY IS PHYSICALLY EXPERIENCING (SENSING)
 - I.E. BLOOD FEELS SLIGHTLY WARM, HEART BEATING SLIGHTLY FASTER THAN NORMAL, BREATHING SLIGHTLY FASTER THAN NORMAL, GRINNING EAR TO EAR

- PUT THAT ALL TOGETHER AND YOU HAVE A MOP
 - DOMINANT EMOTION = I'M HAPPY
 - M = LIKE THE FAT BLONDE KID IN A LOONEY TOONS CARTOON WHO WAS LICKING HIS LOLLIPOP
 - O = JOLLY, EFFUSIVE, ELATED, ENERGIZED, SATISFIED, CONTENT
 - P = BLOOD FEELS SLIGHTLY WARM, HEART BEATING SLIGHTLY FASTER THAN NORMAL, BREATHING SLIGHTLY FASTER THAN NORMAL, AND GRINNING EAR TO EAR



FOR THOSE WHO ARE BIG PICTURE PEOPLE. THIS IS WHAT YOU ARE GOING TO DO

- Active listening/Connecting
- Empathy/No judgment
- Repeat back what you hear
- Show them you see their perception



TEMPLATE FOR HOW TO TAKE IN SOMEONE'S RED DOT/STORY

- Have them share their red dot moment (i.e. our marriage is in trouble) or their story
- Help them to express what they feel more than stating the facts
 - If they are saying lots of facts, say, "Help me to experience what you went through... Describe what it felt like to go through X?"
 - Look for emotive terms not facts
- Validate those feelings
- Silently go into your own story
 - Ask self: When have I felt something similar?
 - In other words, empathize
- Every once in awhile, repeat back what you hear
 - "So let me make sure I am following you, you said...Am I off?"
- Show them that you understand what is the essence of what they are saying
 - "So it sounds like you are saying ABC... Am I off?"
- Once you prove that you understand their essence then ask open-ended questions/statements – Avoid closed-ended questions
 - Open-ended - require full sentences and description
 - Describe what you are feeling today
 - Closed-ended – one word answers (i.e. yes or no)
 - Are you feeling better today?
- Ask clarifying questions/statements every time you don't understand
 - "Help me to understand what you mean by X"
 - Understanding increases connection
- Continue to listen to understand
- If you feel like they need more than what you are able to give, share that you want to continue to walk with them and want to bring someone in who can better help
- After the red dot/story is done, acknowledge the emotion(s) you heard them express
 - I hear so much pain in your story
 - Your story is so intense
- Ask what they felt
 - Ask them where they felt their emotions move the most intense- Ask why there?
 - If different from theirs... Talk about where you felt most intense and why



- Ask about patterns they see
- Announce the pattern(s) you see
 - “I noticed X.” Am I off?
- What do you feel about X?
 - Really get them to describe it
 - Repeat back or paraphrase what they say
- Listen for belief statements
 - All or nothing statement
 - I suck at X
 - Core belief is a statement that infects every area of life
 - I suck.
- Then ask what’s it like that you believe X
 - Let them describe what it feels like
 - Repeating asking them to MOP leads to the core belief
- Ask them what parts of their core belief is true and what part is a lie
 - True
 - i.e. “If I do something wrong, usually I should make amends”
 - False?
- Empathize with them (Make sure you are still joined) see if the belief shifts

- If the belief doesn’t change then ask more questions
 - What’s it been like spending your life trying to get your “mother’s love”?
 - What’s it been like trying to get everyone’s love?
 - What have been the consequences of trying to get “everyone’s love”?
 - What was it like experiencing those consequences? What will it be like..?
- How does the Gospel give you all the love you could possibly want and more?
 - How is God’s love greater than all others?
- How would your life be different if you really believed the Gospel gave you all the love you would ever want and more?



1 + 9 = FORGIVENESS

According to <http://www.merriam-webster.com/dictionary/> to forgive is:

1A : to give up resentment of or claim to requital for<FORGIVE an insult>B : to grant relief from payment of <FORGIVE a [debt](#)>

2: to cease to feel resentment against (an offender) : [pardon](#)<FORGIVE one's enemies>

Notice that forgiveness has nothing to do with reconciliation. Notice that it doesn't even have to do with whether or not the offender has changed, whether or not they want your forgiveness or even have asked you for forgiveness. Forgiveness is not saying that what the offender did is ok. Forgiveness is about you being free from the burden of the offense. It prevents more from being stolen from you than what the offender already stole. Forgiveness prevents bitterness and a life that is utterly unfulfilling and frustrating. Eventually, those who do not forgive begin to isolate themselves as they perceive that more and more people are like their offender, and systematically remove them from their lives.

But how do you forgive?

The first part is that you need to know what you are forgiving. There is going to be a part that is obvious. There are also going to be parts that are not as obvious. You need to know both.

Once we know what we need to forgive we can use one of the following nine—or a combination of the nine—steps below. Each one requires that you really chew on it for it to be effective. Steps 1-4 were developed from some sermons on forgiveness by Tim Keller of Redeemer Presbyterian Church in New York City.

- 1) **Need to make the offender an equal.** When we have not forgiven someone we have made ourselves a judge over that person. It leads to a one-up/one-down relationship. The one-up/one-down leads us to believe that we have the right to judge them and so we don't pursue forgiveness. If, however, we note that there is some sin in our hearts that could cause damage comparable to the sin that was done against us, and if we “chew” by thinking through the logical implications of that, we start to see that the offender is not that much different from us. It is easier to forgive someone who is “just like us” than someone who is beneath us.
- 2) **Christ paid perfectly for the believer's sin/The unbeliever will pay on the last day.** If the offender is a believer, then we know that Christ has paid in full for that person's sin against



you. Therefore, if we continue not to forgive them, it is like we are saying that Christ's sacrifice is not enough, that we want more justice than the justice Christ provided for that offense. It minimizes what Christ did on the cross. In essence, we would be sinning. If the offender is not a believer and never does become a believer, then unfortunately they will have to make perfect payment for what they have done to you, on Judgment Day. In either case, our hearts can let go of the need for justice just by recognizing that God knows exactly what is the appropriate justice for the offense and He has or will deliver it perfectly.

- 3) **Since God is infinitely holy, good, and pure, even our smallest offense is greater than any offense a human committed against us.** Justice tries to stipulate a payment for an offense. The greater the offense the greater the payment, and society reacts with outrage if the payment is not seen to be in proportion to the offense. If a serial rapist goes around violating women and girls, and after he is caught he goes before the judge and the judge says, "You look like you have paid enough, you can go free," all the victims and their families would respond in outrage over the injustice that was perpetrated. Our society would break down if we did not have justice. We are nowhere near as holy, good, or pure as God. He is infinitely so. Therefore, even the smallest offense we commit against Him is actually far worse than the worst offense that has been done to us. Since God has forgiven us, we can forgive even the greatest of offenses, and then we can set appropriate boundaries to protect ourselves against it being repeated.
- 4) **We can choose to pay down the sin debt ourselves.** When we have not forgiven someone, our hearts often look for ways to get justice that is not appropriate. One way could be gossiping about the offender. Another could be just thinking about the offender in negative ways. When we actively choose not to pursue inappropriate justice, it diminishes our feelings of vengeance. The more we make that choice, the more we pay down the debt. Eventually, we won't even seek the inappropriate justice because forgiveness has happened.
- 5) **Recognize that, in some cases, the offense is so big that no amount of justice can satisfy it.** To prevent yourself from being trapped in bitterness you forgive. Nothing the offender can do will ever make it up to us, and no amount of vindictive actions on our part will placate the injustice we feel. Even if the person spent an entire lifetime trying to make it up, and we spent our entire lifetime being as vindictive as we could be, we would not gain anything. We would die old bitter people. The more we chew on that the more we will sense that we are trapped. Therefore, in order to keep ourselves from being trapped, we must forgive.



- 6) **Pray for it.** Ask others to pray on your behalf. Do not underestimate the power of prayer. Forgiveness is not easy. It is a process. Ultimately, if you have not forgiven someone your issue is more with God than with the other person. Ask God to soften your heart. Ask Him to give you the gift of forgiveness. Count on the Holy Spirit to change you. Nothing is impossible for Him and He loves to give good gifts to His children.
- 7) **Chew on what it would be like to have forgiven the offender.** Dream here. Ask yourself questions like: What would your life look like if you forgave the offender? What would you think about instead of thinking about the bitter scenes that come into your head? What would your energy level be like if you released yourself from the burden of carrying un-forgiveness? What would your moods be like? The more you chew, the more you will desire to forgive. The more you desire to forgive the more likely you are to forgive.
- 8) **Repeat to yourself in many ways that you forgive the offender.** Sometimes we need to say it in different ways for the forgiveness to be released at a heart level. “I forgive Jim.” “I release myself from pursuing the justice I feel I need to get against Jim.” “I choose to no longer try to make Jim pay for what he did to me.” Etc.
- 9) **Write a forgiveness letter to the offender** (you can choose to mail it or not). First take some time to understand your offender. What led them to do what they did against you? What traumas, harms, etc. did they go through. Doing this will not minimize the harm they have done to you. Nor will it lead to excusing what they did. Instead, it will start to humanize the person. Writing a letter where you express all the harm done to you, attempt to understand what may have led to it, and where you clearly declare that you forgive the offender can be cathartic and lead to forgiveness. Some people choose to mail the letter, some save it, some decide to burn it.



HOW DID GOD WIRE YOU? WHAT IS YOUR FOUR LETTER TYPE?

Circle the letter of the column that best matches you

E vs I



Extraverted Characteristics

- Act first, think/reflect later
- Feel deprived when cutoff from interaction with the outside world
- Usually open to and motivated by outside world of people and things
- Enjoy wide variety and change in people relationships

Introverted Characteristics

- Think/reflect first, then Act
- Regularly require an amount of "private time" to recharge batteries
- Motivated internally, mind is sometimes so active it is "closed" to outside world
- Prefer one-to-one communication and relationships



S vs N



Sensing Characteristics

- Mentally live in the Now, attending to present opportunities
- Using common sense and creating practical solutions is automatic-instinctual
- Memory recall is rich in detail of facts and past events
- Best improvise from past experience
- Like clear and concrete information; dislike guessing when facts are "fuzzy"

Intuitive Characteristics

- Mentally live in the Future, attending to future possibilities
- Using imagination and creating/inventing new possibilities is automatic-instinctual
- Memory recall emphasizes patterns, contexts, and connections
- Best improvise from theoretical understanding
- Comfortable with ambiguous, fuzzy data and with guessing its meaning.



T vs F



Thinking Characteristics

- Instinctively search for facts and logic in a decision situation.
- Naturally notices tasks and work to be accomplished.
- Easily able to provide an objective and critical analysis.
- Accept conflict as a natural, normal part of relationships with people.

Feeling Characteristics

- Instinctively employ personal feelings and impact on people in decision situations
- Naturally sensitive to people needs and reactions.
- Naturally seek consensus and popular opinions.
- Unsettled by conflict; have almost a toxic reaction to disharmony.



J vs P



Judging Characteristics

- Plan many of the details in advance before moving into action.
- Focus on task-related action; complete meaningful segments before moving on.
- Work best and avoid stress when able to keep ahead of deadlines.
- Naturally use targets, dates and standard routines to manage life.

Perceiving Characteristics

- Comfortable moving into action without a plan; plan on-the-go.
- Like to multitask, have variety, mix work and play.
- Naturally tolerant of time pressure; work best close to the deadlines.
- Instinctively avoid commitments which interfere with flexibility, freedom and variety

What is your four-letter type?



MYERS-BRIGGS CHEAT SHEET

Myers-Briggs Cheat Sheet



WHERE DO THEY GET ENERGY?		WHAT DO THEY PAY ATTENTION TO?	
Extrovert (E)	Introvert (I)	Sensing (S)	iNtuition (N)
Energized externally - values sharing thoughts	Energized internally-values privacy/boundaries	Facts, details, specifics	Big picture, ideas, generalities
Verbal processors-interrupt, verbose	Internal processors-slight pause, succinct	Concrete and literal in their language	Use analogies and metaphors in their language
Face-to-face, phone, webcam	Writing- Email/IM		
WHAT CRITERIA DO THEY USE TO MAKE DECISIONS?		HOW MUCH STRUCTURE AND CLOSURE DO THEY WANT?	
Thinker (T)	Feeler (F)	Judger (J)	Perceiver (P)
Logic and objective data	Values(s)	Value closure, structure	Open ended, flexible
Treat everyone equally	Treat everyone individually	Motivated by self-discipline and steady progress	Motivated by pressure (deadlines)/bursts of energy
Things are true or false (impersonal)	I agree or disagree (personal)	Work then play	Play while you work

Friday, August 26, 2016

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10MIN EXERCISE: WHAT SHOULD YOU ENCOURAGE BASED ON TYPE?



Take 10mins: Use the Cheat Sheet
Someone in Your COG, an ESFJ,
Comes To You With An Issue They
Want To Discuss With You.

What Should You Encourage Based
on Type? What if they were an
INFP? ENFP?