

reality Relationships

7 Essentials to Help You "Get Real" and "Get Right!"

Reality Relationships: Responsibility by Dr. David H. McKinley

Old Irish Prayer:

*May those who love us, love us;
And those who don't love us
May God turn their hearts;
And if He doesn't turn their hearts,
May He turn their ankles,
So we'll know them by their limping.*

The Real Facts of Life:

1. Relationships are not optional.

There are 3 spheres of relationships:



2. Relationships help to make life full and meaningful.

"I am not aware of any other factor in medicine that has a greater impact on our survival than the healing power of love and intimacy. Not diet, not smoking, not exercise, not stress, not genetics, not drugs, not surgery." —DR. DEAN ORNISH

"With somebody to love, even the most severely afflicted can make it." —KEN DUCKWORTH

3. Relationships can be painful.

Too often we fantasize the wonders of relationships and under emphasize the work of building lasting and satisfying relationships.

4. Relationships require hard work to be successful.

You are the principal character in your own reality relationship series.

Though I speak with the tongues of men and of angels, but have not love, I have become sounding brass or a clanging cymbal. And though I have the gift of prophecy, and understand all mysteries and all knowledge, and though I have all faith, so that I could remove mountains, but have not love, I am nothing. And though I bestow all my goods to feed the poor, and though I give my body to be burned, but have not love, it profits me nothing. 1 CORINTHIANS 13:1-3

Without love . . .

- all I say is ineffective.
- all I know is incomplete.
- all I believe is insufficient.
- all I give is insignificant.

Positive: Love makes life matter.

Negative: Life - Love = 0

Essential #1:

I must accept and share the responsibility for the health and well being of all my relationships.

Love must happen in you to happen through you.

"In our relationship with ourselves, we should accept the unchangeable, and change the unacceptable." —BERNARD O'BRIEN

A-C-T-I-O-N Steps for Taking Responsibility in Relationships:

Adjust Your Focus (Eyes)

"Whenever you focus your attention on what the other person is doing, you take away your own power. You make yourself weak. In focusing on the other, you try to control things you can't control. For that reason, it's an exercise in total futility, inefficiency, and ineffectiveness. When you focus on yourself rather than on the other person, you vastly increase your odds of being able to enjoy some impact and influence over the relationship problem that bothers you." —GARY SMALLEY

"We have a picture of the perfect partner, but we marry an imperfect person. Then we have two options. Tear up the picture and accept the person, or tear up the person and accept the picture." —J. GRANT HOWARD, JR.

Concentrate Your Efforts (Mind)

Meet needs in the lives of others around you:

- Appreciation
- Encouragement
- Understanding
- Forgiveness

Tame Your Tongue (Mouth)

Turn conversations from the "me" monologue to the subject of "you."

Interpret Your Experiences (Ear)

Learn "Damage Control" when you record the experiences of your life with others.

Open Your Heart (Heart)

You can't play poker with the players in your life.

Notice Your Hand (Hand)

Your hand communicates many things. For example, your hand can express your need to take, but learn to use it in the expression of giving.

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