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

## Part 2

### Reality Relationships: Expectations

by Dr. David H. McKinley

#### Essential #2:

**"I must expect more from myself (in effort) than I expect from others (in response)."**

*Love is patient, love is kind.* 1 CORINTHIANS 13:4a (NIV)

#### Practice the Positive Power of Patience

"For the friendship of two, the patience of one is necessary."

#### Consider the Constructive Character of Kindness

*"Love looks for ways of being constructive."*

1 CORINTHIANS 13:4 (Phillips)

"Kindness is a language the dumb can speak and the deaf can hear and understand." —CHRISTIAN BOVEE

#### How do we express kindness?

##### • Positive Communication

"I can live for two months on one good compliment."

—MARK TWAIN

*There is one who speaks like the piercings of a sword, but the tongue of the wise promotes health.* PROVERBS 10:18

*The tongue of the wise uses knowledge rightly, but the mouth of fools pours forth foolishness.* PROVERBS 15:2

*A wholesome tongue is a tree of life, but perverseness in it breaks the spirit.* PROVERBS 15:4

*Death and life are in the power of the tongue, and those who love it will eat its fruit.* PROVERBS 18:21

"To speak kindly does not hurt the tongue." —UNKNOWN

##### • Responsive Action

"Relationships are like cars. They run out of gas if not refueled."

#### Which are you?

There are two kinds of people on earth today;

Just two kinds of people, no more, I say.

Not the sinner and saint, for it's well understood,

That the good are half-bad and the bad half-good.

Not the rich and the poor, for to rate a man's wealth,  
You must first know the state of his conscience and health.

Not the humble and proud, for in life's little span,

Who puts on vain airs is not counted a man.

Not the happy and sad, for the swift flying years  
Bring each man his laughter and each man his tears.

No; the two kinds of people on earth I mean,  
Are the people who lift, and the people who lean.

—ELLA WHEELER WILCOX

##### • Sensitive Support

"The best way to keep from stepping on other people's toes is to put yourself in their shoes." —JOHN MAXWELL

##### • Protective Care

##### • Forgive Wrongs

"He who cannot forgive others breaks the bridge over which he must pass himself." —GEORGE HERBERT

"Kindness consists in loving people more than they deserve." —JOSEPH JOUBERT

#### 3 Spheres of Life:



Now the **deeds of the flesh** are evident, which are: immorality, impurity, sensuality, idolatry, sorcery, enmities, strife, jealousy, outbursts of anger, disputes, dissensions, factions, envying, drunkenness, carousing, and the things like these, of which I forewarn you just as I have forewarned you that those who practice such things shall not inherit the kingdom of God. But the **fruit of the Spirit** is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self control.

GALATIANS 5:19-23

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