

Power Lunch 2005

#1 REALITY RELATIONSHIPS

Responsibility Issues

Tuesday, January 25, 2005 • Dr. David McKinley

[Dr. McKinley, message #1 REALITY RELATIONSHIPS]

I was standing by there listening to Rick talk about stepping out of the boat and I thought boy what an appropriate song when we talk about relationships and a..., dealing with the uncharted waters that so often we face when we are involved in relationships with people.

I'm gonna begin today and speak to you over the next 7 weeks on this subject *Reality Relationships...Reality Relationships*. There is an old Irish proverb, an old Irish prayer actually, that says this:

*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 that we will know them by their limping.*

Heh! [slight audience laughter]

Now you gotta admit that's a reality prayer isn't it, huh? I mean, God make people who don't love me, love me and if You don't then just give me some way to know who doesn't love me and help me to be able to point em out in life, because one of the greatest challenges in life is being able to know how to negotiate, how to navigate, have to live life with the people that are in our sphere of life every single day and you know as well as I know that so much of the sense of success and fulfillment and happiness that we have in life depends on the quality and the health of our relationships. And the other side of that a..., equation is true as well. So many of the blowups, breakdowns and burnouts of life come because of injuries that we experience in our relationships and so I believe that it is very important for us to often take time to talk about this subject of relationships and how we get along with other people and how we need to get real and how we need to get right in those relationships. But if this series is gonna be of any value to you and to me I do think it's important that I give you some foundation, some background and so I wanna begin today by identifying what I would call **4 FACTS OF LIFE AS IT RELATES TO RELATIONSHIPS**. 4 facts of life. Now I don't want you to get confused about relationships and the facts of life.

Sort of like a little girl that I heard about by the name of Jenna, who one day went to her mom and said, "Mommy, where did I come from?" Well, she was about to start school and her mother knew that it was very important for her to begin to be a little bit more intentional specific about engaging one of the most important of all of life's conversations and so mom sort of took a couple of deep breaths and began to blush a little bit and started tryin to figure out just exactly what she needed to say and she talked about a..., the love of a man and a woman and...and a mommy and a daddy and she talked about that and then she stepped over into that a..., even more blushing reality of talking about biology and she started talking about the seed and the egg and the development of a child in the mother's womb and the process of development and then finally how the child would be born and as she continued to tell this her little girl, Jenna's, eyes just got bigger and bigger and bigger and finally her mother got through and Jenna looked at her and said, "Boy, Mommy, that's great." She said, "In fact, it's a lot better than what Uncle Ricky told me, he told me he came from Pennsylvania." [pause for audience laughter] Well, sometimes we...a...we don't get on the same page, okay? And so I wanna be sure that we get on the same page today and that a..., we're not thinking about 2 different subjects. So what I wanna try to do is to talk about some of the basic facts that relate to life and to relationships.

And fact, number one is this that, **RELATIONSHIPS ARE NOT OPTIONAL**; a..., you and I do not have the option as to whether or not we will be involved in relationships in life. We are involved, from the moment you're born you have parents and then from your parents you have the extended part of your family. You have teachers, you have friends, you have employers, you have to deal with attendants in a...in convenience stores that you go into, you have to deal with waiters and people who work in service capacities. Every one of us, every day has some level of involvement with people and the issue is not whether or not we an option to deal with people and people relationships in life, the issue is how are we going to do it? So relationships are not an option, you cannot ignore them a..., what you can do is, is you can choose to ignore people, you can choose to mistreat people, but you have to choose what you're going to do about relationships and relationships in particular are not optional because all of us are engaged in 3 basic spheres of relationships in life.

We're involved in a sphere of **RELATIONSHIP WITH GOD** our Creator. There is the reality of the God factor that every one of us has to deal with in life. It's the spiritual dynamic of who you are and what you are and it defines so much of how you see you. You're in a **RELATIONSHIP WITH YOURSELF**. Did you know that? That you're in a relationship with yourself and so much of what happens around you is ~~terprited~~...interpreted by what's going on inside of you and so you have a relationships with yourself. How many of you talk to yourself? Okay, good, I'm glad you told us that, we'll be listening. [audience laughter] I see people that talk to themselves all the time; out loud, both sides of the conversation, it's an amazing thing. [more laughter] Some of us are a lot more comfortable talking to ourselves then we are to anybody else. But you have a relationship with yourself; the thought processes, the feelings, the communication that goes on inside

of you, that's all a part of relationship. And then, of course, there's the sphere of **RELATIONSHIP WITH OTHERS**. I'm involved in a relationship with God. I'm involved in a relationship with myself. I'm involved in a relationship with others. And I don't know what the status is of any of those relationships in your life, but I'm here to tell you today that the issue of relationship is not optional.

Secondly, **RELATIONSHIPS HELP TO MAKE LIFE FULL AND MEANINGFUL**. It's my relationship and this is my second basic fact of life, is that the quality of my life is interpreted based on the quality of my relationships. If you're from my generation you know that you grew up hearing John, Paul, George and Ringo sing, *All You Need Is...*, What? ...Love. That's all that anybody needs. We need some love and in life we go through knowing that one of the greatest needs and one of the things that we believe will bring the greatest sense of completion and satisfaction is a sense of well-being in relationships.

Dr. Dean Ornish, Harvard educated and involved in a variety of studies on the subject of a..., human physical anatomy, but in particular the way that that is impacted by social and relational issues reported in The New York Times in a feature on a book that he had written and this is what he said, he said:

"I am not aware of any other factor in medicine that has greater impact ~~on~~ ~~the~~...on our survival than the healing of love and intimacy; not diet, not smoking, not exercise, not stress, not genetics, not drugs, not surgery."

He said:

"The real issue in life is the spiritual condition of your heart."

The condition of the well-being of what's going on inside of you. It was Ken Duckworth who said:

~~When some...with...excuse me...~~ *"With somebody to love, even the most severely afflicted can make it."*

And so really what I'm saying to you is that the quality of your life is dependent on the quality of your relationships. I'm not just talking about a love, romance, relationship, certainly that's one of the key and the most significant components of life and...and all of us are dealing with that a..., closest and most intimate of relationship of who is my life partner, my soul mate, my husband, my wife and the depth of that relationship, but it goes beyond that, it deals with the issue of my friendships and my employment relationships and relationships with my children and relationships with my extended family and all of these relationships have much to do with my sense of happiness and well-being in life.

The third basic foundation that I would point out to you today and I think you know this, **RELATIONSHIPS CAN BE PAINFUL**. Relationships can be painful.

Many of you probably took the opportunity on Sunday to watch 2 very formidable a..., football games. Significant teams came together to play in the AFC and the NFC championship games to determine who would go to the Super Bowl and of course we know today that the Philadelphia Eagles are gonna represent the NFC and the New England Patriots are gonna represent the AFC and the rest of us could care less, but anyway, [slight audience laughter] I say that as a true Cowboy fan [more laughter] who's never liked the Eagles [more laughter] tired of the Patriots, anyway ~~I...you all didn't hear me come...~~ you didn't pay to hear me come complain today. [more laughter] But let me tell you something about these champions. They are champions today, the AFC champions and the NFC champions, but can I tell you something that I know that is true about these champions? Almost every one of em is sore today, did you know that? [more laughter] They're champions but their sore. Do you know why they're sore? Because football is a contact sport, it's a full contact sport and to win in the game of football means that you're going to have some contact and you're going to deal with conflict. That's what competition is. Well, in much the same way even to win in relationships in life you are going to struggle with the fact that every relationship you're involved in is going to bring you into full contact and sometimes significant conflict with other people. Relationships are contact sports and every one of us are involved in contact with people and when we get in contact with people and especially in conflict with people it's not long until we begin to feel the pain of relationships. And I just say this because too often we want to fantasize the wonders of a relationship and to underemphasize the work of building a relationship. It's easy to fantasize about the idea of the happily ever after, to fantasize about the idea of...of having a lot of friends in your life, but the reality is, is whether it's friendship or romance or any other level of relationship, the fact of the matter is, is that relationships aren't built on fantasies folks, they're build on the emphasis of a lot of hard work.

I'm sure you're well aware that the wedding that is now being called "the wedding" of the 21st Century took place this past weekend in Palm Beach, Florida. Do you know that? It's certainly called the wedding of the year. Interestingly enough, just a week ago I stood and preached from the pulpit of the 1st Baptist Church of West Palm Beach, Florida, literally from the front steps of West Palm Beach, 1st Baptist Church you can look right across the Intercoastals and you can see MaraLargo, which is the a..., the large residence that Donald Trump has purchased and turned into a club there in Palm Beach and that's where the wedding reception was and all the things. But early on Sunday morning before I spoke a week ago I was out walking and running a..., along the oceanfront there and I went right by Bethesda By The Sea, which is the Episcopal Church that they were married in a..., on Friday evening of this past week. And as I went by that church and as I thought about that and all that was happening in the Palm Beach area, being there in those days, I couldn't help but wish just a little bit that I had the opportunity to preach this past Sunday and not a week ago, because you know what I woulda preached on had I been there this past Sunday? *After Every Wedding Comes A Marriage!* What do you think, huh? [audience laughter] It certainly would have been relevant right? But, you

know that really is an important fact isn't it? That after every wedding comes a marriage. Now, Donald's new wife, number 3, that's all I can say, a..., I can't think of her name, so it's just number 3 [audience laughter] she a..., [more laughter] she wore a wedding dress that was estimated to cost just over \$200,000.00, a..., it apparently had a 13 foot train, I don't read *Brides Magazine* I just saw this in the Palm Beach Post, just so you know. I...I'm not normally this into these things [more laughter] but I figured you might be so I'm just tryin to help you out today, you know? [more laughter] Apparently the dress weighed 50 pounds. Heh! It was unbelievable! They had a reception in a brand new hall that had been built on the back of MaraLargo and if you've never been to Palm Beach and seen MaraLargo it is...it is phenomenal. It was the Mary Weather Post Estate a..., it literally went, it's called MaraLargo because it went from the ocean to the inner-coastal. It's an...it's an estate there had some little golf course and all those things on it, but a..., they built a new pavilion there a..., as though it were, a grand hall at the expense of 34 million dollars that was used for their wedding reception; 34 million dollars for the reception. I mean it was the wedding of all weddings when it came to expense and money and celebrity and all of those things, but you know the fact of life is that after every wedding comes a marriage and marriage and relationship, as great as it may be in fantasy, in reality can bring an enormous amount of pain. Some of you in this room today know all too well the pain that can come and the injury when a relationship is failed or impacted and so I just say all of that to say that ladies and gentlemen we need to be real and realistic about our relationships and what it takes to make them work. We live so much in this world of fantasy and this a..., this world of make believe and this world of...of hope and dreams, but many times we just don't get down to the basic facts of what it takes to make a relationship work. Relationships are not optional. Relationships can be the source of a lot of happiness and fulfillment in your life. Relationships can bring great pain in your life and there's a lot of misery in marriage and family, in jobs and schools and with friends.

So that brings me to my fourth basic foundational statement and that is that **RELATIONSHIPS REQUIRE HARD WORK TO BE SUCCESSFUL**. We have to get real and we have to get right if we're going to secede and we're going to indeed thrive in a..., the relationships of our lives. Now, you know as well as I know that the latest hit, the latest trend, the...the biggest movement of the last a..., 3 or 4 years in the television industry has been reality TV, heh, and what makes it real is not what people do it's who people are. Rather than having shows that are designed, that have actors and actresses playing a written script, they simply take cameras into the lives of people and then create these life situations that have individual responses from people just like you and like me. Now, I'm not so sure what I think about the reality of most reality TV, most of us aren't running around with cameras chasing us all the time, right? But here's the reality factor and the reality factor is this, that you are the principle character in your own reality relationship series. Did you know that? You are the principle character in your own reality relationships series and there are people in your life and in your sphere day in and day out that relate to you and the things that you do, your schedule, your income, your

response, your communication and it's important that you and I take time to assess what is the condition of my relationship. I am the principle character in a reality series in which there is a spouse, a wife, her name is Connie, we've been together for 25 years. I have a son named Joseph who's a freshman in college and a daughter named Lizzie who's a freshman in high school and I have a whole sphere of people that are connected to me in an extended fashion, that are a part of my network and while it may have nothing to do with you, it's a reality series for me and you have a reality series too. And therefore it's important that you and I understand what it takes to help to focus in our relationships and to build relationships that will be helpful and that will be meaningful and so what I wanna try to do is to essentially offer 7 essential insights that will change your relationships, that will influence your relationships over these weeks that we're looking at this together and I'm gonna do that from my favorite book because I believe it's the principle book on all relationships, it's from the Bible. I'm gonna look together at the passage of Scripture that is most often read at weddings when somebody reads from the Bible. Do you know what that passage of Scripture is? It's 1st Corinthians chapter 13, it's chapter 13 because it's called the love chapter of the Bible and I would venture to say, that having done a lot of weddings myself and been around a lot of people who do weddings, that the most frequently requested passage of Scripture in any wedding is the reading of 1st Corinthians chapter 13 and so I believe that it is a principle chapter on relationships. But I want us to take the words that are here and let the weight of them begin to impact our lives. Let me read to you the opening words of 1st Corinthians chapter 13, it says:

¹Though I speak with the tongues of men and of angels, but have not love, I have become a sounding brass or a ~~clanging~~...clanging cymbal. ²And 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. ³And though I bestow all my goods to feed the poor, and though I give my body to be burned, but have not love,...

Look at the last part of that. Say it out loud with me. What's the last thing it says?

... it profits me...

Say it loud.

...nothing.

Nothing, he says it in such a very significant fashion. If I were to say positively what he's saying from a positive standpoint he simply says, love makes life matter. From a negative standpoint he's saying if you wanna put it in equation, life minus love equals zero. Love makes life matter, that's the positive side, the negative side is life minus love equals zero. If I could just condense what I've just read to you, here's what the apostle Paul was saying about the subject of love. He said without love all that I say is ineffective. Without love all that I say is

ineffective. People know whether or not I'm just giving them a line or whether I care about them. He went on to say all that I know is incomplete because my life is not fully complete if I do not have love and he says without love all that I believe is insufficient. It's great to have a belief system but to simply believe facts that don't change the condition and the attitudes of my heart as I relate to other people then that kind of belief is just insufficient and without love all that I give is insignificant. People give enormous amounts of money, it's a great thing, but the question is why did you give? Did you just give for you? That really doesn't matter, but if you love others then to give is a very significant thing and so Paul is essentially saying without love here's what life is like, what I say is ineffective, what I know is incomplete, what I believe is insufficient, what I give is insignificant. Life minus love equals zero. But there's one little word that is repeated over and over in those 3 verses that I just read to you and it is a personal pronoun. What is it?

Though I speak with the tongues of men and angels...and I have not love... it profits me nothing.

You see he said it all has to start with **ME** and that is the first essential for building lasting and fulfilling relationships. That is the essential starting point for reality relationships. Everything I've said to you is to get you to the point that I can make this single statement today. What is the first essential of a reality relationship? It is this, **I MUST ACCEPT AND SHARE THE RESPONSIBILITY FOR THE HEALTH AND THE WELL-BEING OF THE RELATIONSHIPS IN MY LIFE.** I have to take responsibility. The "R" of reality is responsibility and that's where relationships start. Relationships do not start somewhere with someone out there, the relationship issue in my life has to start with me and therefore if I'm going to build healthy, happy, wholesome relationships I've gotta look beyond just the issue of atmosphere and common interest and chemistry and I've gotta take some time and I've got to deal with me, because the first person in any relationship that I can address and that I can deal with is me and if I'm going to relate then it has to begin with me **RELATING RIGHTLY TO GOD, RELATING RIGHTLY TO MYSELF** and then I can **RELATE RIGHTLY TO OTHER PEOPLE** in my world and having a healthy sense in your own life, being positive, being healthy is the starting point for having positive and healthy relations with others. So what I'm saying to you is a pretty simple statement, it's really just this; so many of the things that we look at as being relational issues in life are just personal issues. It's not just the relational issues, it's the personal issues of my life and that's why I have to start and I have to begin with me.

I've told you many times that I love the *Peanuts* cartoon strip and on one particular day there's this picture where Charlie Brown is just kinda leaning his head against the wall and he's lookin down, he's just kinda dejected, he looks miserable and in walks Lucy. Boy that's what you need for encouragement on a bad day isn't it? [laughter] Lucy walks in and Lucy in the next frame simply says, "Discouraged again, huh, Charlie Brown?" Charlie Brown doesn't even answer her. ~~"You don't know what trouble is."~~

~~A...you excuse me~~ she said, "You know what your trouble is?" As Lucy responds she said without even waiting for a response, "The whole trouble with you Charlie Brown is that you are you." Charlie Brown says, "Well, what in the world can I do about that." She said, "I don't pretend to be able to give answers, I just merely point out the trouble." Heh! [more laughter] Well, I know I've kinda just gone the long way around to point out the trouble today okay? But I don't wanna just leave you just saying you're the trouble, but you are. That's the starting point okay? That's where it all starts. It has to start with me and so what I wanna do in just the final minutes that we have and they're just a few, is I wanna give you some action steps for taking responsibility in the relationships of your life. What can I do if I'm going to be responsible for my relationships in life? How can I begin to a..., to...to address this issue in my life and how can I begin to really embrace a greater sense of personal responsibility for my life and the well-being of my relationships? Let me give you a strategy. I'll start today and then we're just gonna take it from there, okay?

#1 **YOU'VE GOT TO ADJUST YOUR FOCUS.** A..., if...if I could just simply make a statement based on that reading out of 1st Corinthians 13 a..., Paul over and over saying though I speak with the tongues of men and angels, though I have become the sounding brass, though I have the gift...the problem with most of our relationships is that we have "I" trouble. Heh! We...we tend to have all of the focus on me, myself and I and a significant part of taking responsibility in relationships and beginning to relate rightly to others ~~is focus on~~...is changing the focus of your life and adjusting the focus of your life from changing others to controlling yourself. I've gotta quit focusing on changing others. Here's how I see you and here's what I need you to do and here's what I want you to become and here's what I wanna say to you. I've got to adjust my focus from changing other people and I've gotta focus more on controlling myself.

Just a few weeks ago we had the wonderful privilege here of having Gary Smalley who wrote that...that great new book called, *DNA Relationships*, a... that we gave away today, but in that book there's a...a statement that's made, that...that really, I think, is significant to this point. He said,

"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."

Then he said,

"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."

You see most of the time we go around being frustrated, fuming and agitated because other people aren't doin what we want them to do and acting like we want them to act and yet so many times we don't have any

power over that. What we can do is change how we act and then they have to adjust to that and so therefore taking responsibility in relationship begins by adjusting the focus from simply looking at what I wanna change in others and beginning to focus on what needs to be controlled, what needs to be adjusted, what needs to be addressed in my own life.

The second thing that I have to do is I have to **CONCENTRATE MY EFFORTS**. If the point it talks about my eyes and how I look where I...where I give my focus, the second point addresses my mind and I have to concentrate my efforts in relating to others that is to respond to things that I know that they need because they're things that I know that I need. Listen to me very carefully here, we all have needs. Right? We are needy people and all of us in life have 4 basic needs, every person in this room, there's something you are looking for in the relationships of your life and I can tell you what it is. It's...it's not hard, it's not rocket science; what we're looking for is **we all need appreciation, we all need encouragement, we all need understanding and we all need forgiveness**. We all need appreciation, we want people to value us. We all need encouragement, we need someone to cheer us on. We all need understanding, people to know that we're not perfect, we're not machines, we don't just perform and process like a computer. And we all need forgiveness because there're gonna be tripping points and we're gonna fail and disappoint ourselves and we're gonna disappoint others. And here's what I'm saying to you about concentrating your efforts, when you start taking responsibility in your relationships, rather than just looking for others to meet the needs of your life, you're going to respond to others based on what you know you need and you're going to give them a sense of appreciation, a sense of encouragement, a sense of understanding and a sense of forgiveness. By the way I've just given you an incredible formula for team building. Did you know that? If you wanna build a great team in your office, if you wanna build a great team with your staff, you build a team that concentrates the efforts on providing appreciation, encouragement, understanding and forgiveness for everyone that's in that arena and I'm telling you, you will increase your ability to produce exponentially because of the positive relationships and the chemistry that goes on there. That didn't cost you anything, I just threw it in. So number 2 is concentrate your efforts.

#3 **TAME YOUR TONGUE!** Tame your tongue! What do I mean by that? Well, for most of us relating means a monologue, we want people to listen to us and a..., you know that certainly in the last few days another very significant event has been the death of Johnny Carson, the king of late night, the master of the monologue. But you know the greatest thing that I've heard about Johnny? It's not how great he was in the monologue but how he treated the people who were his guests. Though he was a master at being able to hold people's attention, he had a great ability, apparently, to make people feel valued in his presence. When I say that we need to tame our tongue I'm talking about the fact that we need to make an adjustment with our tongue from always talking about, well you know we all like to sing the same duet don't we? Do-Re-...What's the next one? Mi...yeah, that's the one we like to sing isn't it? Let's sing about me, let's talk about

me. That's our problem and when you tame your tongue and become responsible in relationships and quit just talking about me and you start talking about and thinking about others.

#4 INTERPRET YOUR EXPERIENCES. This is for your ear. How do you see, how do you hear, how do you interpret the things that go on in your life? One of the great a..., things that I've had the privilege of doing many times when I speak, I will often have an interpreter who helps to sign for those who cannot hear audibly and it's an incredible things to speak and to look out the corner of your eye and to see someone who is signing for someone else to listen. They're interpreting what I'm saying and communicating it to someone else. But do you know that every experience that happens between you and another person needs an interpretation in you so that you determine how you will count it in your heart, how you're going to credit it, how you're going to account for it, whether it is positive, whether it is negative, whether it helps you to grow or whether it helps to bring injury to you and so much of the damage control in life has to begin by you choosing to interpret...to interpret your experiences.

Clara Barton, who was the founder of The American Red Cross had a friend once remind her of a deed of cruelty that had been done to her many years earlier and as she was rehearsing what this person had said and done to Clara Barton, Miss Barton simply said "You know I...I don't remember that." And her friend said, "Certainly you must remember this." And Clara Barton said, "I distinctly remember forgetting it." That's what I'm talking about, distinctly remember forgetting it; that you choose to interpret your experiences in life and then..

OPEN YOUR HEART. Open your heart, if you're gonna take the right action for taking responsibility of...for your relationships you have to risk opening your heart to people. Now I want you to write down something that I want you to hear me say today and this is a profound thing for a Baptist preacher to say, okay? You can't play poker with the players in your life. [pause] Now I haven't played any poker, okay? Don't know much about the game at all. I do know that I like to watch the travel channel and something that's frustrated me in recent days is that a..., I guess the casino business has so bought into the...the travel channel that it seems like it's 24 hour poker on the travel channel. Well, one of the things that I've noticed when I'm clicking by is that they're teaching people how to have a poker face, how to play the game, how to bluff and if you'll listen to me very carefully on that statement. Let's put that back up one more time, if you really wanna build positive responsible relationships you can't play poker with the players in your life. You can't just bluff everybody, you can't just constantly hope that you can protect yourself while trying to get people to open up to you. You gotta open your heart.

There's one final thing that I want you to hear and that is you need to **NOTICE YOUR HAND.** Now, this isn't a reference to poker, okay? I'm movin on from that now. [laughter] You need to notice your hand. Right now, I don't want you to move again, I want you to notice your hand, I want you to see where your hands are; some of your hands are writing, some of your hands

are resting, some of your hands are...are holding up, a few of your might...no it's all right...I'm just...you know...that there're all kinds of things goin on with your hands. But you know our hands communicate a lot about us. When my hands are...are folded I can exhibit a very closed posture if I'm not careful. It's nice to see someone who extends a hand, but if someone stands when you meet them and just holds their hands and folds their hands they're saying to you, heh, don't cross this line. They don't want you to step into their ~~personal faith...you see our...our hands...a...their~~ personal space, our hands can either communicate a closed life or an open life and I guess what I want you to do today is I want you to imagine stepping out of this place today with a whole new perspective of the fact that you've gotta take some action in relationships in your life and the first action that I wanna encourage you to take is I wanna encourage you to **OPEN YOUR HANDS TO GOD**. Simply say God I need help, I am never gonna be good in this area of my life unless I get some help from you and I get a right relationship with you and then I wanna encourage you to really begin to see yourself as taking the action step of **EXTENDING YOUR HANDS TO OTHERS**. You know extended hands can mean one of two things, it can either mean help me or it can mean can I help you and that is taking responsibility for life. It's not just saying to others help me, it's saying I'm here because I wanna help you and when that begins to be your attitude and that begins to be your posture you begin to transform the impact and the influence of your relationship with others.

So reality relationships, the number one essential is that I have to take and share responsibility in my life for the health and well-being of all of my relationships.