

*De-Programming &
Re-Programming
Our
HEARTS, MINDS,
& Our SOULS*

Discover Your Strengths, Strongholds, and Defenses
Embrace your God-given Rights & Set Boundaries
Face Conflict & Confrontation with Confidence

Live in harmony with one another; do not be haughty, but associate with the lowly, never be conceited.

Romans 12:16 RSV

Have Low "Self" Esteem, High "Self" Esteem, Any "Self" Esteem?

REPLACE IT WITH GOD ESTEEM!

De-programming & Re-programming Our Hearts, Our Minds and Our Souls

*A Stressbusting, Relationship Empowering,
Christ-Centered Testimony of God's Unfailing Love!*

- * *Be Empowered in "all" your Relationships*
- * *Learn why others seem to misunderstand you, your intentions and motivations*
- * *Discover yours and other's God-given Strengths*
- * *Examine Fleshly Tendencies and why and how we live our lives protecting them*
- * *Examine "Defensive" coping skills and how they are used to harm ourselves and the ones we love and to motivate all of us to make "bad" choices rather than choices guided by the Holy Spirit.*

- * *Find freedom from the "Fiery" darts of Condemnation*
- * *Establish Boundaries of Self Protection for physical as well as mental and emotional well being*
- * *Discover why and how, as Christians, we must confront others and hold them accountable for their actions that are harmful to us, others, even themselves*
- * *Examine responses we will receive as well as options we have when we confront someone who "dominates" rather than wishes to "collaborate" with us*
- * *Let Love fill your heart with understanding*

*Let every man be quick to hear, slow to speak,
slow to anger James 1:19 RSV*

I dedicate this work to to the one who birthed me, who nurtured me, who loved me, who extended to me unconditional acceptance when others, including family members, left me to wither, wilt, and fade away. She encouraged me to seek understanding and wisdom when all seemed black and bleak. She gave me hope to continue when other's had stole every ounce of hope I had.

She was very wise, but she too had suffered much condemnation in her life. Through my struggles, I was able to help her come to terms with her own life disappointments and disillusionments, etc. as we discussed my latest discoveries, the Lord's lessons, as He lead me to face my fears and that which devastated my own life and had left me captive, a prisoner of other's condemnation.

She was misunderstood, maligned, cast away, trod upon, etc. but she always sought the truth and integrity, and she paid an extreme price for doing so. She was the greatest woman I have ever met; not perfect, but humble. She shared so much with many, but always said, "Honey, that's just part of being a human being." She designed and created beautiful quilts. As her daughter, I never learned to sew a stitch, but she understood. This booklet was my quilt; fashioned from life's fabric and pieced together from pain, misery and hope, and as Momma would carefully and sometimes, painfully, sew each stitch to hold the pieces together, so is this booklet, stitched together with God's love.

Love, *The Greatest Gift*

If I speak in the tongues of men and of angels, but have not love, I am only a resounding gong or a clanging cymbal. If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but have not love, I am nothing. If I give all I possess to the poor and surrender my body to the flames, but have not love, I gain nothing.

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.

Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge it will pass away. For we know in part and we prophesy in part, but when perfection comes, the imperfect disappears. When I was a child, I talked like a child. When I became a man I put childish ways behind me. Now we see but a poor reflection in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known.

And now these three remain: faith, hope, and love. But the greatest of these is love.

1 Corinthians 13

TEST for True Wisdom: James 3:17&18 But the wisdom that comes from God is like this: First, it is pure. Then it is also peaceful, gentle and easy to please. The wisdom is always ready to help those who are troubled and to do good for others. This wisdom is always fair and honest.

WHAT CHURCH?: Galations 2-3 It is trusting in Jesus Christ that makes a person right with God If the law could make us right with God, then Christ did not have to die.

Debbie's Notes for "De-Programming" & "Re-Programming"

Objective: *To be freed from other's Condemnation, but still be able to hold others accountable for their actions; and to learn to live by the Spirit's leading, not by other's Strongholds and Defenses. To learn to make choices that are best for you, not "bad" choices based on other's wants and desires.*

Introduction: *Not a doctor, not a counselor, don't have a degree, I'm not a biblical scholar as you will discover. I'm a Pit Dweller and a Survivor and this is my Experience: As a Pit Dweller I found myself at the bottom of the pit without strength or knowledge necessary to free myself. Feelings of uselessness, worthlessness, helplessness lead to hopelessness as I was zapped of the ability to even survive let alone live. This was a time of surrender in which as Christian Artist Clay Cross encourages us, "I Surrender All." All my hopes and dreams - let all my kingdom's fall, etc. This is where I learned how much God Loved Me, and this is where he instructed me how to live my life and have freedom to sacrifice my old life in order that he could replace it with a new one. The pit is where I learned the skills necessary to identify and survive the World's disappointments, discouragements, disgust, and disillusionments stemming mainly from other's condemnation that had become my captor.*

This is my testimony- *a material source list provided as well as God's love and understanding.*

Deprogramming and Reprogramming
Our Hearts, Minds, and Souls
Syllabus

Objective: To be freed from Other's Condemnation, but still be able to hold others accountable for their actions and to learn to live by the Holy Spirit's leading, not by other's Strongholds and Defenses. To learn to make choices that are best for you; not "bad" choices based on yours or other's addictive natures while maintaining relationships.

Identify your own Personality characteristics.

Defining Strengths, Strongholds, and Defenses.

Examine 8 Individual (Biblical) Personality types—Strengths, Strongholds, Defenses, Deceptions, and Addictions.

Define Boundaries and their importance to our health.

Explore "Fiery Darts" Condemnation.

Examine "Assertive Rights" and Boundaries,

"When people work for peace in a peaceful way, they receive the good result of their right-living. James 3:18 NCV.

Put on the Full Armor of God (Ephesians 6:13-18)

Peacemaker's "Responsibilities"

Think First—May help you avoid Confrontation altogether.

3 Sources of Conflict and Confrontation.

Planning your Plan for Confronting Others with Confidence.

5 Styles of Confrontation Responses You Can Expect—Be Prepared.

Confronting (the Biblical Way) Matthew 18:15-17

Prayer for Serenity

Failure (a personal look)

Repentance and how one should respond.

Safe People—How to identify them.

Have I forgiven others?

"Heart" Spring Cleaning

"Wrapping up" with Scripture.

Let Love Be Your Guide (1 Cor. 13)

Sick, Safe, and Well

Competence, Worth, and Belonging

GOD LOVES ME and HE LOVES YOU, TOO!

Deprogramming and Reprogramming was set up in a flip chart style with Debbie's Personal Observations and Notes (odd page numbers) at the top and the corresponding topic (drawing/illustration) even numbers at the bottom. However, due to time constraints it was necessary to provide it to you in consecutive page order. The simplest solution is to place the pages in notebook sheet protectors (front to back) and putting them in a binder, allowing you the best way to get the most benefits from the contents. It also makes it easier to keep and easier to share. Thank you for your patience.

Added Page for those who Print Duplex

The Fruit of the Spirit is

So Why Does Carnality Rule? (Material or Worldly)

Must Have Respect

Gains Respect by earning/performing for others. "Perform to Please," also may suffer from PBA or Performance Based Acceptance. If unable to please, may "Withdraw." Others may command or demand Respect.

Must Control/Win

To Gain Control/Win just Gather "Emass" Power. Uses negative motivation using Defenses to get goals, objectives, wants and desires met. Theirs are important; Other's opinions, suggestions, ideas, goals, etc. may not be welcome. May appear aloof, and others appear only useful in achieving the Control/Win personality type's goals and objectives.

Must Be Loved

Love can be "toward" others or turned inward toward oneself such as Self Centeredness (very loving person of oneself and very controlling of others with an "I'm entitled" attitude. On the other hand, one can suffer from the "disease to please" as Oprah Winfrey has labeled. A person without boundaries when it comes to pleasing others - can appear to be a "doormat."

Must Be Right

To be Right one Gathers Knowledge - Defines the Guidelines - Becomes the Expert - Read, Read, Read - Become Knowledgeable. However one may even intimidate/manipulate others when feeling threatened.

As an unscientific approach, for the most part to understand the "deprogramming" need in our lives, each personality type on the "personality breakdown sheet" to follow is made up of two of the above. (For instance, the Barnabas personality type is composed of "I must get respect/I must have love" or "Everyone must Respect me/Everyone must Love me."). This sheet was designed to help identify the need for all of us to "Deprogram" our old ways of survival on this planet and understand the damage we do to one another, and making a decision to choose a better way - one of compassion - "Reprogramming."

BUT THE FRUIT OF THE SPIRIT IS

**LOVE, JOY, PEACE, PATIENCE, KINDNESS, GOODNESS,
FAITHFULNESS, GENTLENESS, AND SELF CONTROL.**

Against such things there is no law. Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit. Let us not become conceited, provoking and envying each other. Galatians 5:22-26 (NIV)

Why Does Carnality Rule? (The Bottom Line) Galatians 5:16-21

<p>I (Everyone Must Respect Me)</p>	<p>D (I Must Control/WIN)</p>
<p>S (Everyone Must Love Me)</p>	<p>C (I Must Be RIGHT)</p>

Strengths are God given. Our talents and abilities, and skills, etc. (Fruit of the Spirit)

Strongholds are "Fleshly/Sin" tendencies developed out of fear and for protection of our basic needs; some of us for the need to control/win, for respect, love, and/or others the desire to be right. High "Self" Esteem versus "Insecurities." Jezebel (1Kings 17-19)

Defenses are weapons used to protect strongholds, or are used against others to achieve goals and objectives, desires, wants, etc. The most damaging of these I call negative motivation. (These Surface as a result of Knowledge of Fear as we can see in the story of Cain and Abel? Why did Cain slay Abel? Why was God not pleased with Cain's Offering but was Abel's? (Genesis 4:1-8) Take a look at Cain's response after he has slain Abel and God is holding him accountable. "But they will kill me..." Cain felt it OK to kill his brother but was very concerned for his own life when God sent him away from his nice and secure little garden place. Traits of those who share Cain's personality type are present today. Genesis 4:14 Cain says, "I will wander around the earth and anyone who meets me can kill me) Since I first wrote this, in the mid 1990's, I have since heard a teaching by Gregory Dickow at www.changinglives.org who indicates that Cain slew able to basically be #1. I will add, He commanded/demanded respect. What better way to get it than take out your biggest competition. (Take a look at the world situation; do you see nation/s who are demanding to be recognized as Superpowers?) Also, Gregory Dickow Ministries has resources available on changing "wrong thinking." And, I believe I initially saw his program, "The Power to Change Today" on Daystar TV Network.

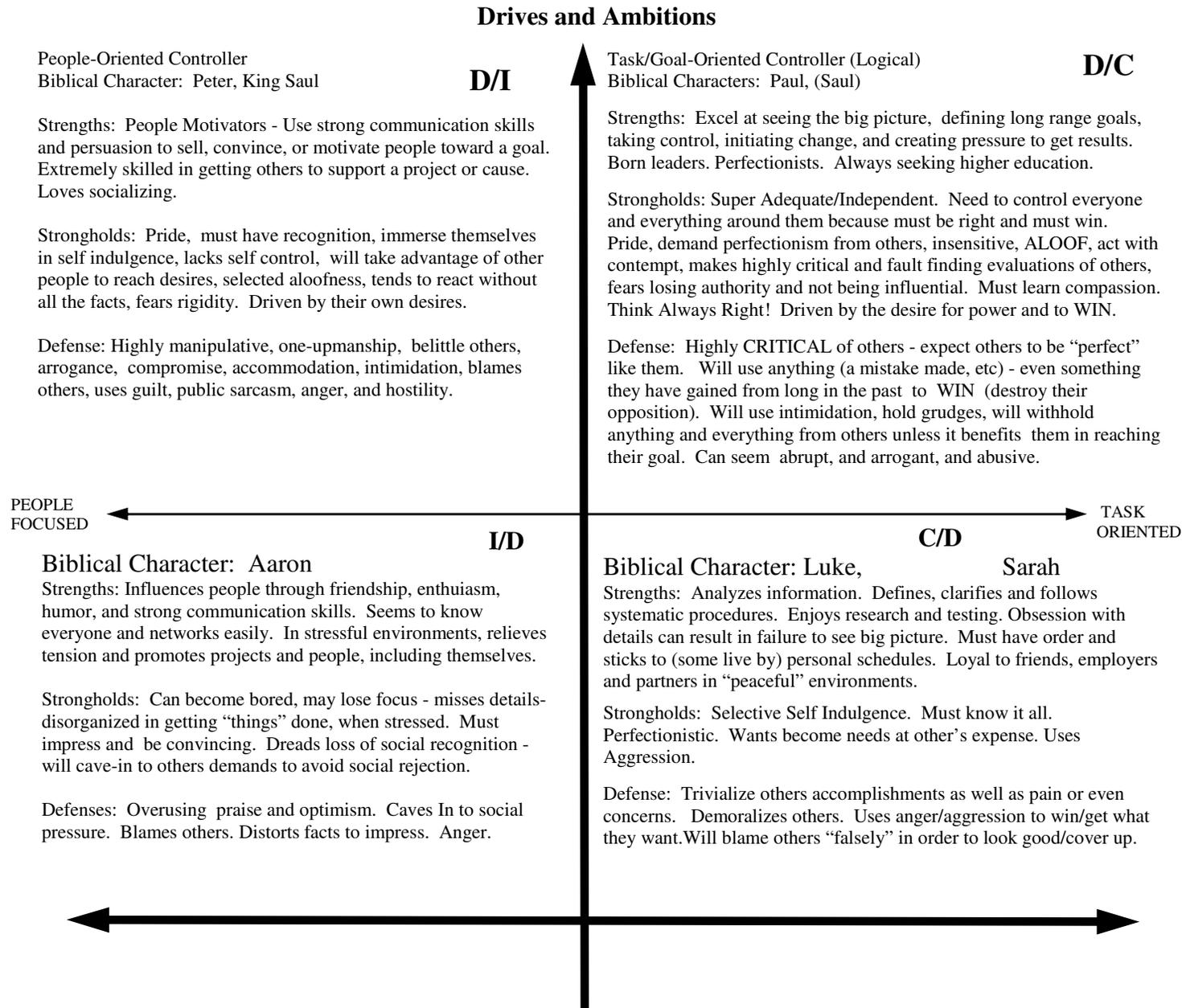
For Referencing Personality Types' Strongholds and Defenses as recorded on Personality Breakdown Sheet that follows:

Peter	(D/I)	John 18:1 - 27 (cut off ear & denied even knowing Jesus when threatened), Mark 9:33-38 (Who's the Greatest) John 21:15-22 (Lord, what about him?) Matthew 26:36-42 (Fell Asleep) Matthew 17:1-5 (Transfiguration)
Aaron	(I/D)	Exodus 32:1 - 24 (Emphasis on Exodus 32:24)
Barnabas	(I/S)	Acts 13:1-3 Barnabas and Saul are chosen and sent Acts 15:36-41 The argument that separated them Acts 13-16 Barnabas and Paul's journey together
Abraham	(S/I)	Genesis 12:1-3 God's promises to Abram/Abraham Genesis 12:10-17 Abraham's first "avoid and ignore" statement to avoid conflict Genesis 20:1-5 Abraham's second "avoid and ignore" statement to avoid conflict
Jacob	(S/C)	Genesis 25:27-34 (Why did Jacob feel he needed to have his brother's birth right) Genesis:27-31
Moses	(C/S)	Exodus 3-4 Ongoing conversations between God assuring and Moses questioning God
Sarah	(C/D)	Genesis 15-18 God's promise to give Abraham and his wife a son. Sarah takes the matter in her own hands and has her husband (Abraham) have a child by her slave girl, Hagar, then becomes jealous and becomes "cruel" to Hagar and Hagar runs away into the desert. Genesis 21:9-17 Sarah has Hagar and her son Ishamel sent away because Sarah was afraid that Abraham would share his wealth - (threatened).
Saul/Paul	(D/C)	Acts 7:58-8:3 Saul persecutes the church (narrow focused) Acts 9:1-31 The conversion of Saul on the Damascus Road (Saul, Saul, Why do you persecute me?) Our Personality Strengths, Strongholds, and Defenses of today are much like their Biblical Counterparts!!!

Why Personality Info? From a statement made by John Bevere, Author on 9/25/07 Appearance on Daystar, paraphrased, "To show everyone they are not right with God so they can get right with God.

STRENGTHS?
STRONGHOLDS?
DEFENSES?
WHAT'S YOURS?

INDIVIDUALS ARE MOTIVATED BY THEIR OWN REASONS, NOT OURS!!!



Mid Level Controllers (People Oriented)
Biblical Character: Barnabas

I/S

Strengths: Use strong people-oriented skills to express concern and compassion. Focuses on objective facts and personal insights to form opinions. Faithful, and dependable to those in need. Excellent mediators. Encourages, develops, and nurtures people. They are naturally spontaneous, and seek freedom from rigid deadlines or details. Flexible and love variety. Genuine. Optimistic Attitude. Desire everyone to be happy.

Strongholds: Desire Perfect Performance (A+), or will withdraw. Too trusting of others. Seeks approval/permission. Must have others respect. Fears being accused of taking advantage or "harming" others. Fears social rejection, conflict, confrontation, and most of all "Failure and/or their perceived failure." Fears criticism because they perceive it as a sign of not being respected or accepted. Driven by the needs of others.

Defense: Perform at 100% or withdraw. Explain/defend, overcompensate, withdraw, anger, hostility, depression, Mania/Depression, total withdrawal can lead to suicidal tendencies.

Mid Level Controllers (Logical)
Biblical Character: Moses

C/S

Strengths: Motivated to do things (tasks) right. Maintains high standards with attention to quality. Driven by commitment to excellence. Communicates commands/directions diplomatically and accurately. Extremely conscientious, faithful and dependable to people as well as tasks and goals. Exercises caution and restraint especially with policies, procedures, & law. Loves catalogues, instruction manuals and debate.

Strongholds: Perfectionism. Must be right. Highly sensitive to criticism when others question their abilities, decisions, or judges/questions their performance. Resist change. Internalizes criticism. Reluctant to share their insights and opinions with others. Critical of themselves and others in the quest for quality. Internalized criticism can lead them to feelings of isolation and depression.

Defense: Resist/Refute the idea, criticism or implied criticism, etc. DEBATE wears opponent down with numerous questions (seeking info.) - makes them appear to be negative. Will push others to limit to obtain desired result. Are tenacious, will use sarcasm, and will withdraw if

Laid Back (Doesn't Want to Control) People Oriented
Biblical Character: Abraham

S/I

Strengths: Extremely loyal. Committed, dedicated, pleasant, positive attitudes, good listeners, with good team-building skills. Their priorities rest with maintaining harmony and preserving relationships with people. Shows empathy and is supportive. Carries out duties in a consistent/system-type way. Service oriented.

Strongholds: Avoid/Ignore. Stubborn. Will avoid antagonistic situations and appease persons who express hostility. To maintain stability will neglect their personal preferences and give in to wishes of others, even if surrendering their own rights and freedom. Needs certainty, confidence, & support from others. Vain. Fears change and disorganization. Has difficulty saying, "No."

Defense: Refuse to get involved. Use humor. Retreat into silence, grieve over problem, worry, anxiety, anger (explode), depression, health problems (emotional stress wears down immune system).

Laid Back (Doesn't Want to Control) Logical
Biblical Character: Anna

S/C

Strengths: Determined and Orderly. Detail Oriented. Organizes actions around a purpose. They are determined and tenacious. Comprehensive, objective, and thorough. Works well in small group. Good listeners and can provide well, detailed counsel to others.

Strongholds: Denial of reality. Difficulty expressing feelings, internalizes their feelings. Fears personal rejection. Questions others' motives because of past wrongs (keeps a mental list). Are stressed by changes without time to prepare, disorganization, disruptions to their schedule, and conflict. Needs time to prepare and have all the answers before making a decision.

Defense: Denial of Reality (escapes into a shell of silence). Emotional Insulation, very little expression of anger, can experience depression and health problems can result (emotional stress wears down immune system).

Compassion

Examine those "Fiery Darts" Condemnation (Ephesians 6:16)

8 Individual Personality Types and Deceptions Addictive Nature is in parenthesis. Deceptions are in bold. These are based on my observances.

King Saul Lies about own worth. **Tells themselves they are inherently great.** Others are viewed as means of achieving status or ones who threaten status. (Seeks to rule over others.) **I'm gonna have what I'm gonna have and you're going to help me get it.**

Aaron (Exodus 32:21-25) Lacks loyalty. Motivated by wants and desires of peers. Their worth is linked to their popularity. When they feel threatened, look out - they can become very aggressive. (Seeks to "win over" others for Popularity/Prominence) **I'm gonna do what I'm gonna do and you're gonna let me/help me do it.**

Barnabas (Acts 15:36 - 16:) (Their view of themselves is based on others "verbal" opinions regarding their accomplished abilities, talents, appearance, etc.) They lie to themselves about their self worth. Deceiving themselves by feeling worth "less." than others if unable to gain other's respect through performance, etc. Others are viewed to be experts: perfect, knowledgeable, competent, etc. However, can lose respect for those they admire - then the relationship is over. (Seeks approval from others.) **I have to do everything everybody wants me to do, perfectly, within their time frame or I feel like a failure. I have to make everyone happy!**

Abraham (Genesis 20:11-14) (**APPEASE TO PLEASE**) Avoid and Ignores Others as well as sometimes Avoids and Ignores the real truth thereby "deceiving" themselves. Can rationalize till they believe their own lies. (Seeks acceptance of others.)

Anna & Jacob (Luke 2:36) (Genesis 25:21 - 31) Acquires "position" of (admiration by others) through their ability to impress or influence through success, wealth, achievement, character, etc.; always searching for the highest standards available/possible/Perfection. As a result of having to be admired—takes on too much and then may whine or be angry..

Moses (Exodus 3:13-4:17) Resist and Refute. **I'm Right so get ready to prove your case.** It's time for the questions and the grilling as you prove your plan, goal, or objective, idea, suggestion, etc. is workable, and if they want to participate. (Seeks acknowledgement as Expert.) (Exodus 4:13 Moses said, "Please Lord send someone else.")

Sarah (Genesis 21:9-11) Trivialize and Demoralize Others. **I am the Expert, I've Got it all figured out, I've Got it all Under Control and you know nothing.** Can become very jealous and use intimidation, also cover up, etc. when threatened. (Seeks position of Authority over others.)

Paul (Acts 9:1-10) Highly critical of others. Deceives themselves by striving for their "ideal" perfection through dominating and controlling everyone around them; making decisions without all the facts; narrow focused. They view others as tools to meet their own goals and objectives. (Serious argument between Paul & Barnabas regarding John Mark as reported in ACTS 15:36-16:5) (Seeks total control of everyone and everything.) **It's my way or the highway.**

From movie, Jerry MaGuire, Tri Star Pictures 1996, Jerry MaGuire's recalling his mentor saying, "Unless you love everybody, you can't "sell" anybody. ...Since God so loved us, we also ought to love one another. (1 John 4:11)

Condemnation

BLAME  SHAME  GUILT  MANIPULATION

ARROGANCE  FALSE ACCUSATIONS  HIGHLY CRITICAL



CRITICISM DENOUNCEMENT DISAPPROVAL
CONVICT DAMNATION PUNISHMENT SENTENCE
IMPRISONMENT DOOM



But Let Us Be Ruled by the Holy Spirit

There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit. For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death.

Romans 8:1 & 2

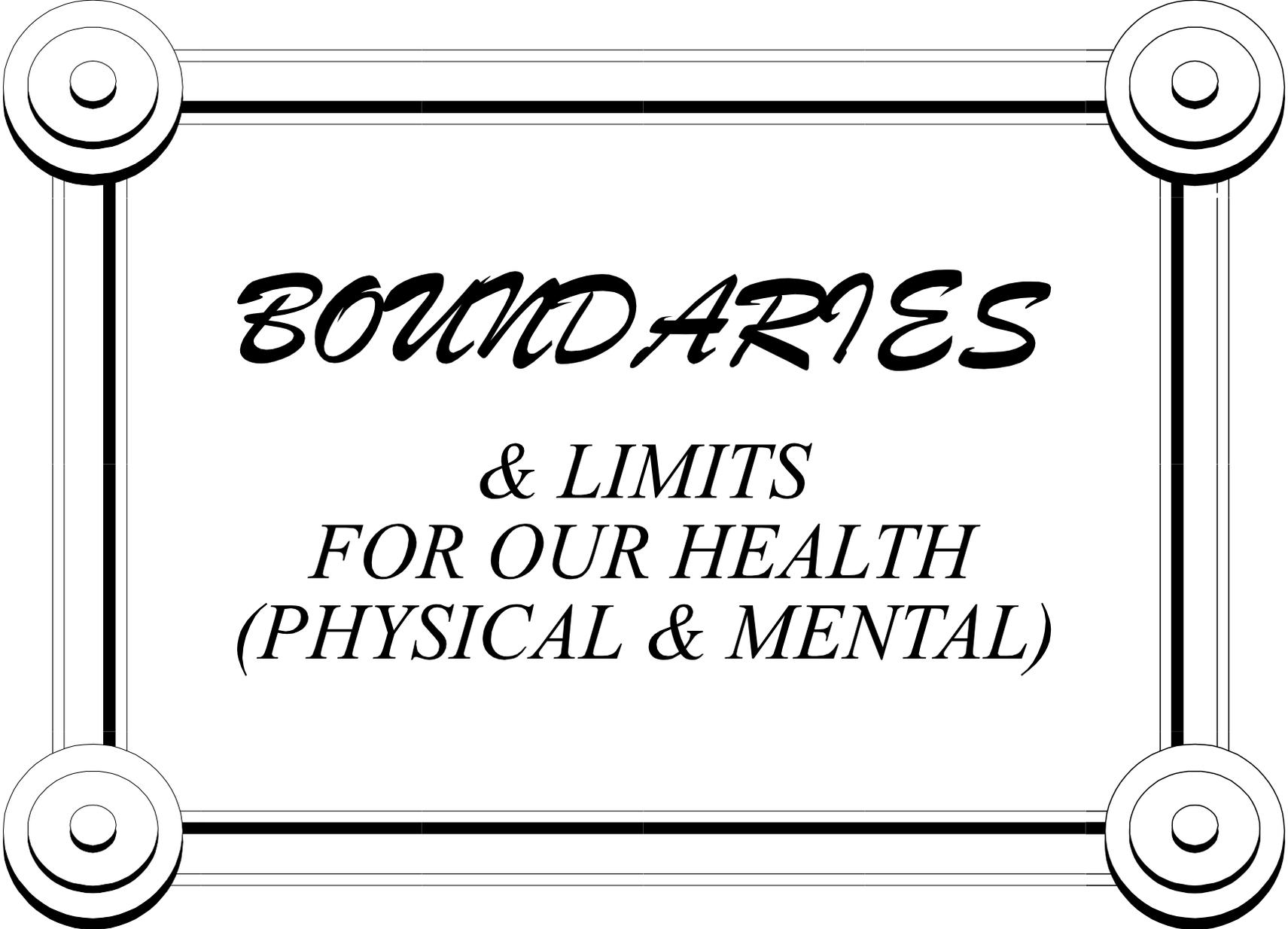
There is no condemnation! (Romans 8:1&2) How Can This Be? We see evidence of condemnation. In fact, it's everywhere!

Most likely we have all been trying the same old thing, the same old way, not knowing what else to do, and we keep getting the same old results, based on our personality type. One thing we all know. We hurt. We probably need a new program. This one is just not working

We now are entering the RE-PROGRAMMING PHASE where we will learn a new approach and define a new program for dealing with other's strongholds/defenses and the resulting condemnation.

***Boundaries** are like property lines. They protect our Health, mental as well as physical. In order to maintain our "God-given rights" or boundaries, we must learn to hold others others accountable for their actions that rob us of our "rights," and we must learn to do so in a gentle way - following the leading of the Holy Spirit in love and peace. I believe God is grieved that our method of operation is through our Strongholds and Defenses. We must learn to defend ours and others "rights" as well as not taking "rights" away from others. The more "rights" you lose, the more of yourself is lost, as you are assimilated.*

(Proverbs 25:28 states that He that have no rule over his own spirit is like a city that is broken down and without walls.)



BOUNDARIES
& LIMITS
FOR OUR HEALTH
(PHYSICAL & MENTAL)

As a Boundaryless Person I eventually found myself drifting to suicidal thoughts as a way out of the pain of feelings of uselessness, worthlessness, helplessness, and hopelessness after having surrendered all my God-given rights to others and losing everything "feeling a failure" and not knowing how to cope "make it all work out." I had long given up trying to get desires for love, respect, or to be right and Control/Win was never attainable, but I didn't know that then, but I do now. My companions of helplessness, uselessness, and worthlessness, and eventually hopelessness felt right at home. Joy, happiness, and hope became just vague memories replaced by the pain and misery of "just trying to get through the next struggle." "Survival Mode," which will be shared later, became my new reality. There seemed no way out but off the planet. So how did this happen to you? What happened? I became so depleted after trying all I knew to do and giving all I had to give, yet it didn't work. Did I fail? If so, who did I fail the most? The questions I had once I realized I was a boundaryless person.

Understand that we must all learn at some point that we are all useless, worthless, helpless, and even hopeless, outside of God. And I will share my opinion of "failure" later in the seminar.

SUFFICIENCY In CHRIST vs. SUFFICIENCY In Self

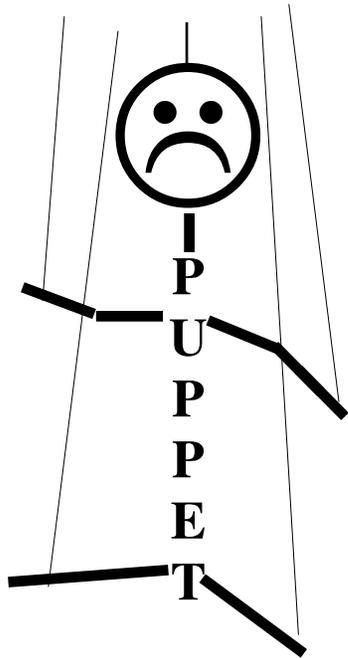
Be all you can be ... join the Army! You can do and be anything that you want, all you have to do is Nike says, "Just Do It!"

Philippians 4:13 "I can do all things through Christ who strengthens me!"

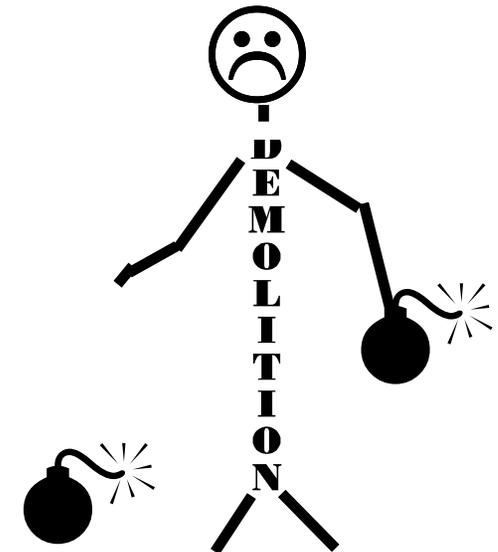
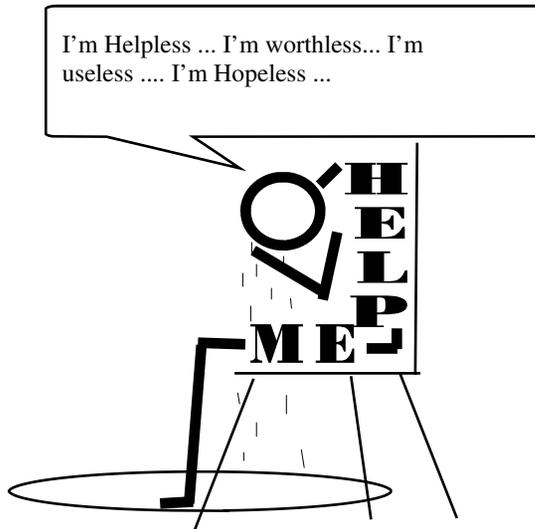
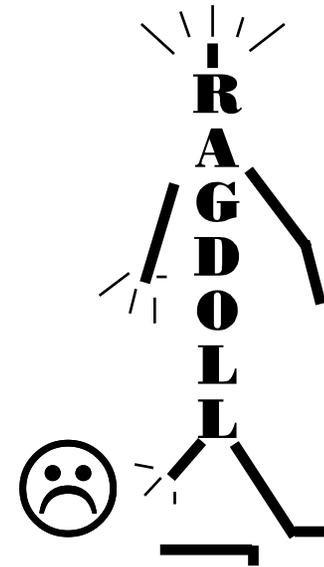
I don't love myself or maybe others, but God understands and has enough love to give me and show me how and that I can!

I can't discern what is right or wrong in my life, God will teach me the places He has for me to go and the people He has for me to share!

When I can't ...GOD WILL! *He will give me the strength, the courage, the desire, equip me with the tools, guide me in His ways where I wasn't able to go alone! But only the places that He wants to take me, am I to go. If I ask for more than He knows I am ready or maybe not part of His plan, He will say, "My grace is sufficient for you, for my power is made perfect in weakness." 2 Corinthians 12:9*



BOUNDARYLESS PEOPLE HURT!



Examine Assertive "Rights" given by God, and how to use them in connection with establishing boundaries. These are the boundaries that we must protect. To lose them is to lose oneself and may become assimilated by others - leaving one lost from even oneself.

Christians have rights!. God given rights. We are the ones who choose to surrender our God-given rights. We must first identify our rights and then learn how to protect them from those who wish to take them away. One must learn not to give others their rights but learn to protect them as a valuable possession they are. To lose them is to cease to be the one that God created one to be, and become something that other's want to manipulate, etc. to be what they want one to be.

And did they say that setting boundaries is an act of lack of compassion. Exactly the opposite, setting and enforcing boundaries gives you strength to carry out acts of compassion, and frees us from the exhaustion suffered from the whims of others who are manipulating us as we hopelessly try to make everyone happy.

Remember: Own yourself - #1 of Assertive Rights Card. - God didn't make us to be victims or assume labels placed on us by others. We are His unique creations designed for His unique purposes. (Galations 6:4-6 He should not compare himself with others. Each person should judge his own actions. Then he can be proud for what he himself has done. Each person must be responsible for himself.)

OWNERSHIP in Relationships

Dog - owned by master. performs for master. always wants to please master. wags tail and licks master. runs away, but wants to return to master. forgives for harsh treatment. always giving and ready to please master.

Cat – independent of owner unless the cat wants something..

Relationships: Sense of being "Owned." Man doesn't "own" another. When one "feels" owned or the property of another in a work, marriage, etc. type relationship, one feels enslaved by the other; stifled, etc.

***Empower:** Educate, strengthen, teach, encourage independence, support, offer suggestions and alternatives for their benefit, plant seeds of hope, and above all allow others the right to choose, to grow, and even encourage them especially/even when they make mistakes.*

***Enslave/Control/"Own":** Withhold plans, ideas, suggestions, alternatives, etc. to other's detriment unless, however, for your own benefit; become threatened and intimidated by those who wish to "empower;" plant seeds and consume with fear, doubt, hate, and discontent in others; manipulate; assimilate; imprison; and mushroom theory (keep them in the dark).*

***QUESTION:** Am I being "Empowered" or "Enslaved?" Or, am I in a relationship where others are trying to "Protect" but I feel "Overprotected?" These are the questions I can ask when I feel I am being enslaved.*

God Loves Me

“He is Di-Vine and I am Di-Branch,” noted by the late Keith Green

Because too many people respond as though they are “the vine” ...

12 God Given Rights - (My Sanity Survival Kit)

- 1 You have the duty, under God, to be the judge of all you are and do. Thus you, not others, must make judgments concerning yourself. (I Chronicles 28:9)
- 2 The feelings, desires, wishes, and preferences of a human being are important. Yours are as important as everyone else's. (Not less important; not more important) But, you are responsible for making your feelings clear to others in a loving way. (Matthew 18:15-19, Matthew 5:23-24, Galations 6:1, Leviticus 19:17)
- 3 You are not obligated in every situation to defend yourself or your actions, make excuses or offer reasons to justify your behavior. (Nehemiah 6:1-8)
- 4 You have the obligation to judge in each case whether you are responsible for finding solutions to other people's problems (Galations 6:4-5)
- 5 There is no divine law against changing your mind; you may do so whenever you wish to, and, under God judge it appropriate. (Acts 11:1-18) (You have the right to express your opinion and the right to change your mind.)
- 6 Although God commands that we do not sin, he knows we can't keep the law. We are responsible to admit our mistakes and ask forgiveness. (1 John 1:8-10, Romans 5:20) (I'm sorry!)
- 7 You do not need the goodwill of others to deal with them effectively. It is not necessary to make everyone love you, etc. all the time. (Matthew 10:14&22, John 15:18)
- 8 You are NOT omniscient. Don't have to be perfect. Can make a mistake. OK to say, “I don't know.” Can't know the future or outcome. (Be kind to yourself.)
- 9 There is no law requiring you to always be logical when making decisions- sometimes our faith leads us to actions that seem illogical to others. (I Corinthians 1:18-25)
- 10 You don't have to guess the desires of others when *they* are trying to induce guilt or manipulate you. Ask people to clarify their comments that presume guilt. (You have a right to say, NO.)
- 11 People's feelings are always valid, even if they seem distorted or wrong to you.
- 12 Love does not require you always to be seen as “Nice,” and *Kindness* doesn't imply always being compliant or that you must meet other's expectations.

Courtesy of Dana Medcalf, Ph.D.

Understanding we do have a Choice, we must learn how to defend our boundaries and limits.

*"When people work for peace in a peaceful way, they receive the good result of their right-living." James 3:18 NCV
God Loves Me (John 3:16).*

Put on the Full Armor of God (Ephesians 6:13 - 18)

For those of us who the "world" says suffers from "low self esteem," we must learn to rely and put our hope and faith in our Lord and Savior, knowing that God loves each and every one of us. (John 3:16) and (John 3:17 says that "for God sent the Son into the world, not to condemn the world, but that the world might be saved through Him" See God loves you and He loves me. That is the first new program we may need to put into our memory banks. (Phillipians 4:13 reminds us "I can do all things through Christ who strengthens me." That's another excellent re-program item.

*Esteem as defined in a dictionary: to value, appraise, estimate, have great regard for, respect, appreciate.
Don't confuse "esteem" with ""power" accrued to overcome insecurities/strongholds/defenses." Jezebel.*

Put On The Full Armor of God

Ephesians 6:13 - 18

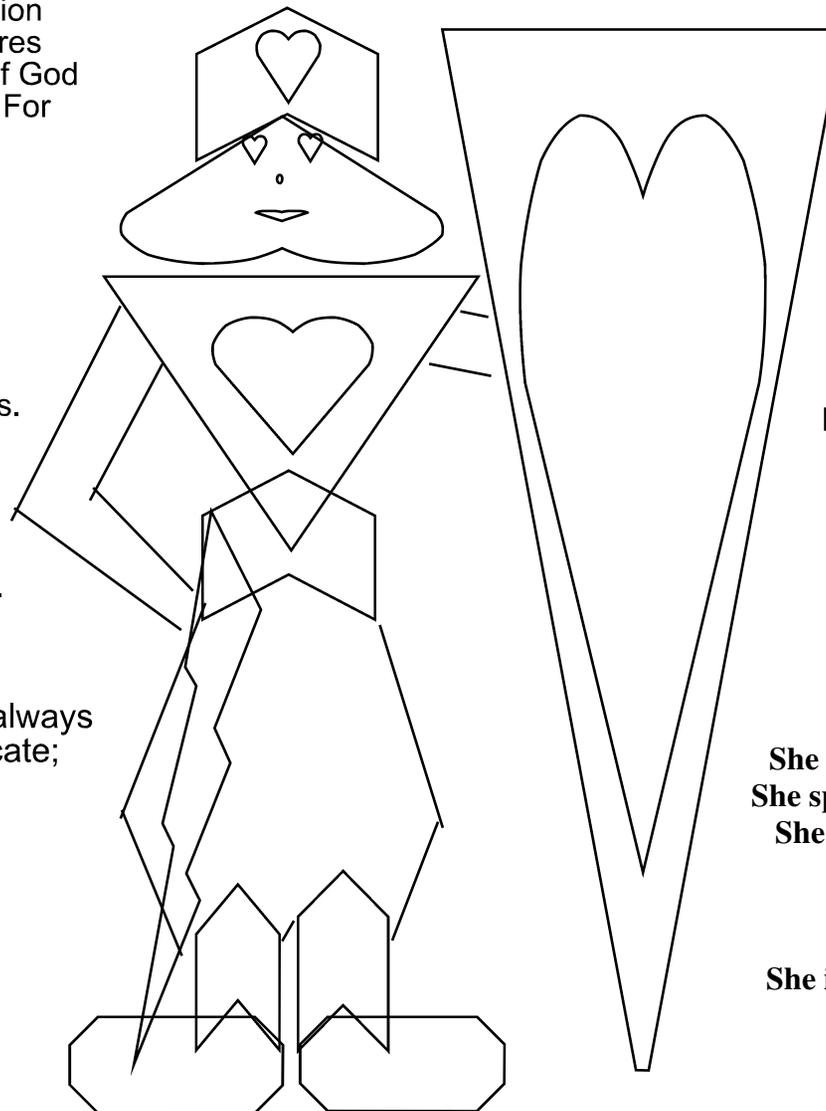
Helmet of Salvation
John 3:16 Declares
I'm 100% A Child of God
Bought and Paid For

Breastplate of Righteousness
Reminds us that living "right,"
according to God's instructions, protects us.

Belt of truth
Encircles our waist
Reminds us to "Always" tell the truth.

The Sword, God's word, is always
ready to restore and educate;
never to destroy.

The Good News of Peace
helps us stand strong, and
also reminds us to come
and go in Peace.



Shield of Faith
Protects from the
fiery darts.

**She sees with eyes of compassion
She speaks from lips of compassion
She lives with a heart that beats
with compassion
She is my idol
She is who I strive to be
She is a Compassion Warriorette**

With the Full Armor of God in place (don't leave home without it), first seek to be a Peacemaker!

Peacemakers Matthew 5:9-13 *(Blessed are the peacemakers: for they shall be called the children of God. Matt 5:9 KJV)*

Avoidance *(Some believe Avoidance is an act of kindness, even the Christian thing to do to "turn the other cheek" as instructed in Matthew 5:39 and Luke 6:27-30.) Avoidance in my opinion is just as harmful as manipulating others through strong criticism or other negative motivation. But you say, Jesus spoke not a word and died on the cross, but there are many accounts of Jesus addressing the Saducees and Pharisees in assertive and even aggressive manner throughout the gospels. In Matthew 5:38 we read of an evil person and in Luke 6 we read of those who are our enemies. In such cases where it is our mission to do so, or one is in a position where one may find oneself overwhelmed, outnumbered, or in danger, etc. consider "turn the other cheek." Whatever it takes, do it, give it, etc. However, as Christians we have the ability to assertively defend our rights and hold others accountable that do us harm and not let others assimilate us because we are doormats allowing others to take advantage of us. Just review Strongholds and Defenses, it will remind you we don't live in a perfect world where everyone is out to do good and treat others fairly.*

What once was a ripple can turn into a tidal wave if not addressed.

2 Samuel 13 -14 King David, Tamar and her brother Absalom and brother Amnon. All we know is "When King David heard the news, he was very angry 2 Samuel 13:21." Sounds like he did not confront the problem, but avoided it, and it grew, and grew, and grew. And what a disastrous story and ending with the loss of his son.

Fly the friendly skies as a Stealth - stay under the radar and keep your plane in the air - SOAR!

Jesus instructed, "Be as wise as serpents as harmless as doves."

Blessed are the peacemakers: for they shall be called the children of God. *Matthew 5:9-13*

***Peacemakers** love God and understand that God loves everyone; therefore they reach out in love to others - even if that means to "confront in love."*

***Peacemakers** look for strengths, talents and skills in others and encourage and affirm them.*

***Peacemakers** look to "really" see people for who they are (that includes others' strengths, strongholds, as well as defenses).*

***Peacemakers** are concerned for other people's welfare and concerns, and are willing to confront and step into conflict if necessary to protect others.*

***Peacemakers** "act" in love. (That doesn't mean that others will not hurt when confronted; and as a result will respond with anger or out of pain.)*

With our Armor in Place, and seeking to be Peacemakers, we can ...

Think First may help us avoid future conflict and confrontation by establishing proper boundaries beforehand.) What's the Cost we will pay if we do choose to something or if one chooses not to? How much additional burden will one bear? Some want to make the emotional cost so great/so painful that the gain may not seem worth the cost. They may emass power around them; use techniques to isolate, divide, and conquer; and/or targeting using their defensive weapons, thereby pushing another to "just give in."

JUST THINK FIRST !!!

*Lest one has to remove one's foot from one's mouth: Just **Think** what one might say and how it will be received. What is the cost?*

Also: Think before one gives or loans anything. Don't expect to receive anything in return especially unless there is an enforceable written contract. If one can't give it freely. **DON'T GIVE IT.** Don't **project** onto others that which one would do and expect that of another. Example: the story of David, Abigail, and Nabal found in **1 Samuel 25-26**

When Helping Others:

By all means offer to help, let them request the need; otherwise one may be viewed as "imposing or pushy." Do not become a burden by offering too much or too often.

*Also: Other people's plans for the most part do not include mine or other's concerns/fears/desires, etc. **THINK FIRST!** And remember that you may have to make these known to others or remind others if you want them considered.*

Think First

- 1. What is the cost?**
(Sanity, Emotions, Money, Time, Energy, Friendship, etc.)
- 2. Am I strong enough to see it to completion?**
(Emotions, Muscle, Bank Account, Time, Energy, etc.)
- 3. Do I have any support?**
(Or are they stringing me along?)
- 4. Any other alternatives? Have I prayed?**

OK! In Everyone's Life Comes Conflict and Confrontation. It is not avoidable as we have established by looking at other's strongholds, defenses, and deceptions, first let's examine the types of confrontation:

3 Sources of Conflict and Confrontation.

***Irritants** are a result of other's coping or habit behavior and pose no harm to others or to themselves. Therefore, it is OK to confront/casually mention these occasionally but since no harm is being committed, it is also OK to ignore occasionally. Just give them a break!*

***Misunderstandings/Miscommunications** arise typically a result of lack of communication. Seek ways to find out the truth. Determine whether the person means to harm, or can harm you or others, or is just truly sorry for their actions. If they meant it, proceed to "Willful Actions."*

***Willful Actions** are purposeful actions meant to manipulate, hurt, harm, or may even result in banishment of you or another, and probably are based on other's insecurities or jealousies. They must be dealt with immediately in an assertive, gentle way always keeping the goal in mind, but make sure your feelings, desires and wants are made known.*

*Note: Who Is "**Really**" Responsible? Analyze the situation - Ask the question, "**Who 'owns' the responsibility.** Those who cause one or another harm are going to make them think they are responsible through manipulation. Think before taking any act; more than likely they are counting on a **reaction** - the more emotional, the better. Once they set off another's emotions, they have won even though they probably were wrong. Just Think First before Reacting - Learn to Respond, instead.*

However, one might want to accept responsibility for miscommunications that may occur. Follow up to ensure all desires/wishes/instructions have been thoroughly understood and carried out (always in a gentle, kind, and humble way). This allows one to avoid a great deal of stress and difficult feelings, or even that wishes, etc. are even fulfilled.

*We don't live in a perfect world. People don't do everything they say they will do, and some just don't understand, but are willing to cooperate, etc. and the list goes on and on. **If it's important in reaching the goal,** follow up, stay on top of the progress, Check It Out - Take Responsibility to see that desires, etc are fulfilled, but always in a gentle, kind, and humble way! Don't blame others because of miscommunication.*

SOURCES OF CONFLICT AND CONFRONTATION

Irritants

Misunderstandings/Miscommunications

Willful Actions

Ready to Confront?

PLAN YOUR PLAN

1. Define Your Objective.
2. Gather facts and research.
3. Develop possible “workable” solutions.
4. Check your motivation/heart.
5. Present your concerns. Be assertive, not aggressive. (perhaps using an email/letter rather than face to face.)
6. Be prepared to receive others “confrontational” responses.
7. Was your objective met? Remember the goal is “reaching the objective;” and not “who” wins.
8. If your objective was not met; was your objective reasonable?
9. If objective was reasonable, make a list of options and decide what is best for your. It is imperative that you not surrender your “God-given” rights. Seek the Lord and He’ll help you make the Choice that is best for you. Many times we allow our fears or other’s strongholds and defenses to be the basis for “bad” choices we make. Guard your heart!

Our Conflicting Ways RESPONDING TO CONFRONTATION

You “will” give in	☹ DOMINATE ☹	no response allowed
Just gives in	☹ PLACATE ☹	”OK, If you say so...”
Gives in a little	☺ COMPROMISE ☺	”Willing, if you are?”
Cooperative	☺ COLLABORATE ☺	”Let’s do it together!”
Retreat	☹☹ WITHDRAWAL ☹☹	”I’m out of here!”

Planning Your Plan

OK - One Must Confront - Define an Objective, Establish a Plan, and Pray, Pray, Pray! "What Would Jesus Do?"

1. Define the objective (Narrow the focus to the **OVERALL** bottom line issue/problem. Make a list of all concerns/issues to enable one to get to the Bottom Line concern.)

2. Gather facts and research (Note: verbal sources should be documented. These sources will probably not be available when it get's tough so don't count on them. However, document conversations, date and time - stories even change later - even after they have been confirmed or re-confirmed therefore documenting is a good idea. Don't reveal any sources unless one has another's permission.)

Remember: The blood of the one hurt from condemnation is on the hands of the one who falsely accuses. Sources may not be accurate. Check the accuracy and get it in writing if possible. (check motivation of your sources)

3. Develop possible "workable" solutions to the problem

4. Check motivation/ heart. Make sure one is confronting out of love and not vindictiveness/retaliation or out of one's own strongholds. Seek to restore/enlighten not to destroy/win for the sake of winning. Ask the Lord and also ask "friends" to help check one's motive. Also re-check the costs. Make sure one is are really ready to pay the costs.

5. Present concerns with confidence and "Assertively" from a Fact Finding/Logical Mindset not an Aggressively Emotional State

Dr. Tim Clinton, President of AACC, Center for Biblical Counseling defines Anger as an "emotional response to a real or perceived injustice or wrong doing," and Aggression as the behavioral response to Anger.

Share ideas and solutions. Beware of being judgmental using ("You Should" comments). Share facts and feelings. (Stay focused on the defined objective and use Assertive Techniques to keep the focus. Others may try to dilute efforts by diverting one from the main objective "concern" by attacking one's character, questioning one's right to express concerns, credentials or authority. Prepare for an emotional outcry if you appear to be "winning." Stay composed and keep focused on the defined objective. (2 Corrinthians 10:3-10 We capture every thought and make it give up and obey Christ.)

Recap: to Cease Aggression:

Control Fear

Stay Focused

Concentrate on an Action

Follow a Choreographed Response (Assertive Techniques and using Boundaries)

Avoid Over Reacting

One Way of keeping your composure is to make your requests known in writing:

***** A letter may work best - 7 Reasons to Lick It, Stick It, Mail it, Fax it, Email It - SEND IT BACK!!!**

1. **Creates a Record**

2. **Puts person on Notice** - Gives time to investigate or just think about your opinions, suggestions, etc. And someone is upset, gives them time to calm down. Also, if they are operating out of deception, lets them know you have noticed.

3. **Formulate your thoughts** - takes the pressure off, giving time to formulate thoughts rather than manufacture answers on the spot in a possibly difficult scenario.

4. **Saves Time** - uses less of one's time by getting to the point and staying focused on the subject

5. **Best Possible Advantage** - allows another to evaluate your concerns at their leisure when they have time available, otherwise avoiding a possible, "no" because they don't have time to discuss it.

6. **Bring it up later** - allows one to open up the matter at a later date in a less confrontational/inquiring type way. "Hey, did you get my fax? What did you think about it?"

7. **Cuts down on gossip and Emotional Down Time** - face to face confrontation heightens the emotions - it can get out of hand and become very difficult to repair relationships after. Also, when falsely accused, etc. one can respond in writing. It gives something to do with the venom; the frustration and feelings of exasperation; one may wait before sending. After cooling down, one may not send at all. **THINK FIRST!** When writing to someone to hold them accountable, do not write a thesis or explain and defending every detail that took place. If possible put your thoughts on a note card. No one wants another to point out their mistakes or errors of judgment. Make it the least threatening as possible. The more info you provide, the more room you give them to turn the tables on you.

Frustration and Exasperation comes in a form of Disappointment, Discouragement, Disgust, and Disillusionment. This may come in the form of being falsely accused, or any form of condemnation etc. The purpose of exasperation according to the dictionary is to aggravate, annoy, cause great irritation, make angry, and frustrate is to counteract, foil, baffle, defeat, thwart, throwing off course to discourage further effort, to bewilder or confuse rendering worthless of efforts directed to some end.

From my own experience: I've been taken by surprise. The condemnation/pain came like a **bite or sting** and the venom surges into you. The best one can do is keep it from hitting your heart. You will probably experience feelings of helplessness or despair. (Remember, God loves you, and He knows what you are going through) Once the venom is in you need an **antidote** - a remedy to **neutralize the poison**. Try to **make things right (you owe it to yourself)**. So you try to remedy the situation by sharing the truth (this gives the venom an outlet), all the time understanding God loves you and knows what has just happened to you. It helps me to write about what happened giving the venom additional outlet and allowing me to calm down, putting my frustrations and exasperations on paper, and better yet sending them away. Of course there is more venom to deal with. I call this muck and mire. Get out the shovel and shovel it onto the altar - focusing again on how much God loves us all and knows what we are going through; and leaving your frustrations and exasperations for Him to consume.

The alternatives: Self Destruction - Consuming others muck and mire till you explode, or cause you physical and emotional damage. Or **Spew** muck and mire all over those who are undeserving in an attempt to rid yourself of its pain, by giving them your pain.

#6. Plan your Plan cont. You Voiced Your Concerns - Brace for Responses - Seek Mediation Techniques as appropriate!!!

Dominate defined as to rule or control by superior power or influence - Prepare to be assimilated - resistance is futile.

"Hurt vs. Harm" (Swine Test as described by Dr. Cloud and Townsend) When confronted, one squeals like a pig and makes the confronting party feel they have killed them.

"Stonewall" - just refuses to acknowledge there is a problem. Doesn't give any input or information. Withholds crucial info.

"My Way or the Highway" Attitude - Don't agree. Then hit the road.

"Not a problem" - Everything's under control - Trust Me - (Don't ever trust others "Blindly" - because of their title, position, rank, education, etc. Trust only when someone has proven themselves trustworthy or has "Earned" one's trust.)

"In Search of the Heart" - Take suggestions/remarks other's make (corrective & meant for good?) "captive" and evaluate whether they apply, or are projected out of the source's own inadequacies and deficiencies.

"Turn the Tables" - One is now the problem because they presented a problem, along with a workable solution; however, both were rejected. They can expect to be blamed, falsely accused, discredited, etc. (And don't be surprised if the idea/solution is implemented at a later date, however, without the originator's name associated with it.)

"The Dance" - Manipulating one through a series of steps to reach another's conclusion for their Agenda - normally taking no prisoners along the way. There is an agenda and set path through a series of questions to set up the unknowing participant. Catholics/Protestants

"The Expert" - "I'm Right" Everything about them projects they are right, however they may be clueless, and probably don't want any input. (A patient trying to explain symptoms to doctor who can't identify illness) If feeling vulnerable, the goal is to seek help, gather facts, and not gain/win another's approval. God is the expert.

"Out of the Blue Stab" - One may think they are in a friendly discussion/debate which they are probably being perceived are winning, when wham one is hit "verbally/emotionally" broadside with something not even being discussed (probably settled or forgotten long ago), but was guaranteed to disable - a surprise attack - it was supposed to be a friendly discussion - Remember if one doesn't pay now, they will pay later - Dominating types never forget and are easily offended.

"Religiosity Arrogance" - Legalism as defined by Dr. Charles Stanley, 2/15/2004 Message about Spiritual Discernment. Pressure of personal preferences imposed on other people as if they that are a mandate from God. Dr. Stanley adds, ask yourself, "What does that have to do with loving God? Without discernment (discerning spirit), people believe what they hear."

"Worldly Arrogance" - same as above but by interpretation of world's ways.

"The Good Samaritan Stonewall" - Will withhold what they perceive as "bad" information as to protect another. Judgement call? Remember, The truth will set you free. Think First before asking others to withhold "bad" information. It unloads the burden on others and weighs them down trying to hide the truth in order to help another.

"Mindmeld/Mind Melt" - Done all the steps - Put the best effort together, as well as time and energy, money, etc. The project/idea/suggestion has been approved. However, it's not what they want! Osmosis? Anyway, one feels drained, and is depleted! - It's Melt Down Time.

"Resist/Refute" - You want to do WHAT? It won't work? And other various ways to resist. Then prepare for the onslaught of questions as they attempt to prove it won't work. They may question to seek info to prove to themselves whether or not it can be done. This type of questioning can leave one feeling very exasperated and frustrated.

"The Eye/The Stare" - Not a blank stare, but one in which they look at you as though they are saying, "You've got to be kidding?" However, if asked for a better way - they usually don't have one. Expect this from a Resist/Refute type personality. (Resist/Refute personalities think of themselves as the "Expert," and don't like others to instruct them.) Don't let them accuse of doing harm or trivializing them.

"Trivialize/Demoralize" - "So, you just had a quadruple bypass. Oh, that's nothing, I just cut my finger last week and had to go to the emergency room where I had to have two stitches." They will trivialize other's pain as well as successes. Theirs are always greater or more intense. However, if they do experience pain, it will be blown out of proportion. They appear to hurt more; suffer more; and achieve more. This person can be very insecure, and if you threaten their positions, usually of authority, be prepared to be at least harmed, even eliminated. They also demand perfection of others. However, if they aren't experts in the field, they will convince others that they are. Understand, they believe their own cover ups; beware if you attempt to hold them accountable.

"Debate Sway" - Wasn't the reason for debating with another to share ideas, etc. Info gathered from a very good source - an avid debater, shares that the skill is to "sway" your opponent's opinion. The debater will actually get a sense if they can sway the other (boundaryless person more than likely). It doesn't matter who is right to the avid debater (due to our deceptions, one person's truth may not be the others), the goal is to get the other to cave or sway from their opinion or position.

"Overreaction/Chain Reaction" - Problem is presented. Someone overreacts. Another overreaction pops up. Soon insults are flying, condemnation is building, and bridges are burning.

"Poor Pitiful Put Upon Me" - Wants status therefore can take on too much burden. Moans and Groans. Becomes indignant due to burden, however, will not release any of it when others volunteer to share the load, etc.

"Don't Hate Me ... because you're jealous" - Wants to get rid of the competition.

"I'm Entitled", because (Arrogance)

"I'll be your Protector as long as it costs me nothing" - There is nothing for them to lose or price to pay, so they'll protect another. However, that protection may cost one being filled with all-consuming fear and doubt as they manipulate them to do other's will. Think First: Do I Really Have Support?

"HIT/RUN" - Slammed/disconnected phone call after condemnation was delivered and guaranteed to hurt. Hurt party was left filled with pain, exasperation, frustration, and with no way to respond; no outlet

"I Have Compassion/I'm Really Interested" - One initiates conversation with one who is suffering; pulling them aside to chat about concerns, etc. However, almost immediately they make it known in some way that they are really quite busy. They have their own agenda, etc. The second party is then left bewildered with feelings of guilt for taking up another's time as well as feelings of "guilt."

"You're Too Pushy" - only when the accuser is uncooperative, procrastinating, avoiding, etc.; otherwise one is viewed as helpful.

CUTTING - Cut another down. Reduce one's prestige or importance; Reducing one's positive affects and focusing on negative affects.

APPEASE TO PLEASE - Those who suffer, must learn to **Believe Other's Actions; not other's words**, and make their own choices.

Other Responses Received When Confronting Others

Placate -pacify; give into demands (Stonewall - acknowledges there is a problem just ignores it). Sometimes placaters will not take any action, and one may become a HOSTAGE to them. If other's needs depend on the Placating person, then one can not only feel like their hostage but is feeling tortured as well, suffering from exasperation and frustration. It is a good idea to set time limits if asking anyone for an evaluation or their opinion. Otherwise, one may never get an answer. At the end of the time limit period, follow up with them to see how things are going, Fax or Email works great for this, or one may agree if they don't hear anything then they will implement an action, without their input. It is a good idea to let all involved know your plans, however. At the end of the time period, don't hesitate to retrieve one's work, or take whatever action agreed at the end of the time period. God has made us all the stewards of our talents, etc. "Think First" - don't let others take/surrender talents.

Compromise - settlement in which each side gives up some demands or makes concessions.

Collaborate - is to work together; to cooperate to reach the goal

Withdrawal - is total retreat. "I'm out of here" type attitude. This response can be very emotional, very traumatic, and leave lots of carnage everywhere. However, sometimes a "withdrawal" is very necessary - especially when others are being harmed and the violator refuses to see the "harm/damage" they are doing. Remember the goal/objective and one can't educate the Vehemently Venemous. Maintain Self Control, but do not appease the guilty party; do not apologize if not guilty. That doesn't do anything to educate anyone.

The positive side to "Withdrawal" might be appropriate when facing insurmountable obstacles, or suffering personal harm. (Luke 6:27-30, Matthew 5:39) Turn the Other Cheek

Example: Genesis 26:12-30. Isaac, the Philistines, and the wells.

NOTE regarding your plan: If it didn't work in the past, don't try the same thing over and over, never changing the approach or plan and addressing difficulties the same way, yet expecting the same result. Get out of the rut and look for a more productive, gentler, quicker, less condemning way to address conflict and confrontation.

The loving thing to do is confront. To not confront means one doesn't really care about the person or one they may harm in the future, as a result of their actions. However "Think First," Remember one can try to educate another but cannot change anyone. We all have free will to make whatever choice we choose "Think First". "Count the Cost".

BACK TO THE PLAN ...

Was your objective met? *(Remember the Goal is Reaching the Objective - Not Who Wins, getting even or getting revenge, etc. Don't become personally insulted. One has nothing to fear when one has the truth and God's love!)*

If not, was your objective reasonable? *Review the facts. Examine and clarify, if not out loud but to oneself - logically focusing the brain. Ask the accuser to clarify and to present facts, if any, to prove their position. (They may be reluctant - continue to next step.)*

If objective was reasonable yet the discussion was still dominated (An Impasse), *consider options available. Evaluate a course of action. First and foremost, seek the Lord. He will give peace and provide understanding and further guidance. Options to consider, again, once the accuser has failed to supply input and an Impasse has been established.*

Agree to Disagree. *Once an Impasse, stalemate, has been reached, just agree to disagree and possibly establish a time in the future when concerns can be addressed. Keep a log. Get together again to discuss those concerns. Have documented facts and a list of possible solutions. Mediation techniques can be learned to empower in this area.*

Conciliatory Compromise. **CHOOSE** *to soothe the anger of another to win them over, to gain (good will, regard, etc.) by friendly acts.*

Journalize/Document incidences with times, dates, and facts. *Confirmation and affirmation (for any future actions taken.)*

Take concerns to a higher level *(over accuser's head.) "Think First!" Evaluate the costs and one's strength. Also is this person someone who might be supportive? This type of action can really backfire and leave one in a helpless/ hopeless state. The accuser and the higher level person may have a very loyal relationship, and prove very expensive when the costs are counted.*

Mediation. *Seek a Mediator, a neutral third party who may facilitate a resolution to the dispute.*

Withdrawal. *If under attack -one may want to find an excuse and flee from the immediate attack. It does a lot of harm to have other's demoralizing your character. Determine beforehand what is "tolerable" and establish a boundary. Don't try to make the "intolerable" work, but on the other hand, one owes it to themselves to seek a "tolerable" solution. Again, a Mediator might be an option. But if one chooses to leave - one may want to postpone that action until they evaluate and take time to find a less stressful/less harmful environment. Reacting rather than "Think First" can leave one with feelings of "failure," leading to feelings of helplessness, worthlessness, and to hopelessness. Empower Oneself!*

Didn't Receive the Response Anticipated ..., You can lead a horse to water, but you can't make him drink!!! Understand all personality types lie to themselves (their coping mechanisms) They may be "blinded/deceived" and unable to comprehend. Look for additional help. **Mediation** (Alternative Dispute Resolution) may provide an opportunity to face an accuser as well as rid one of some of the emotional pain. **Remember: An Old Hateful produces "Old Faithful."** **The Venom rises and will come out - it must - just like the Old Faithful Geyser.** We are not to carry all the burdens on our own shoulders, a neutral third party may just be the answer. If not, make a logical decision that all has been done even all the Lord has shown one to do and He'll take care of the rest. Remember that's what the altar is for. **"Come to me all who are weary and heavy laden and I will give you rest. Matthew 11:28-30.** Maybe, re-evaluate and try again. Maybe, need to walk away. Understand, one has a choice. But most of all maintain control of one's Emotions - **Self Control. (For God has not given us the spirit of fear; but of love, and of a sound mind."** **2 Timothy 1:7** (Also if a decision is made to leave; one might evaluate their best physical, as well as emotional and spiritual condition. (It is best to make a change when feeling strongest).

If feeling emotionally bruised, battered and disgusted: Take a count of your Assets.

GOD LOVES YOU! He's the creator of the universe and He Loves You!

Family, Friends, Church Members; Maybe just one person - **BE THANKFUL !!!** Talk to them. Let them help!

Listen to a favorite song;

Look for ways to share kindness with those who **TRULY** need or want kindness/help

List little things that give pleasure and set out to accomplish one of them

Watch the temptation to overindulge, overspend, overeat, over anything else. .

Write down painful thoughts. Come to a logical conclusion/choice and Develop a plan to address "cope" with the pain.

Don't make the mistake of thinking it is over. Be prepared for the **AFTER SHOCKS** of pain/anger that may surface and can be debilitating if not prepared for. These may come in the middle of the night. Prepare your "support" to be on alert.

IF YOU CHOOSE TO STAY: (One may feel there is too much to lose to leave or withdraw, but feel imprisoned due to finances, circumstances, illness, etc., and may be even thinking suicide is answer)

Survival Mode (transcending the pain and holding onto one's God-given rights) From "The Hurricane, movie about Hurricane Carter a boxer falsely accused and imprisoned, and seems also for POW's the key is the ability to do the time - just hold on. Can't want or need anything that others can deprive one of. In the Hurricane movie, Carter chose to deprive his accusers by not participating (Isolation and seclusion - may be the only way to survive until one gets stronger). He explains, "...lived neither in a cell, in my own heart, but only in mind and spirit." Also from the movie paraphrased, "Do not weaken me with your love - don't offer false hope or that which I can't have - it only makes it harder to do the time. Hope comes from friends who help and the support of others. He also indicates, because the process sometimes moves too slow, or the situation is heartbreaking, may cost others too much time or their reputations, etc.; because the situation may be too tough, or the rewards not enough, people give up and may leave one all alone. I add, Just hold onto Jesus. He will never leave you nor forsake you. Don't ask others for more than they are willing or possibly can give. Understand they have never experienced what another is having to endure. Most just don't understand or can't comprehend. **There is hope, however, God promises to never leave you nor forsake you. Put your trust in Him. He guides and strengthens and teaches how to survive your circumstances and to build "fortitude," strength and courage to bear any future misfortune, pain, etc. calmly and patiently, through the new found faith in Him and firsthand knowledge that His promises are true.**

"The Hurricane" Movie, a Biographical film directed by Norman Jewison, was released in 1999, distributed by Universal Pictures

Some cry out, "I don't know how to live my life anymore! How do I get through my life with what I have now?"

Devastation in our lives - a death of someone close, a life devastating illness, a fire, etc. all leave us with a newly discovered vulnerability like we have never known before, as well as a loss of trust in everything/everyone, even ourselves and a fear that can become all consuming, the more vulnerable we feel. Ex: Our Nation. Devastation can come at any time and at anyone's door step. None of us are immune. Our first response as indicated by Dr. Phil McGraw from the Oprah show dated 10/1/2001, is "SHOCK, then DENIAL:" "This just can't be happening. It must be a bad dream. It can't be real, etc. From there we may get ANGRY. And finally get to RESOLUTION - where we find hope and realize that we are going to get through it." This is unwanted journey is very painful and feels almost impossible to endure.

As with those who suffer debilitating illnesses, we may find ourselves unable to live our lives anymore. Dr. Phil indicated that one must define a NEW NORMAL. The old normal is gone. Can't go back to the way one was or the way it was. Therefore, one must grasp a NEW NORMAL. One may find themselves "weakened" emotionally/mentally/physically, and as with a debilitating illness may find oneself weakened in all three areas. This can happen overnight, and is very frightening. I have learned that this can continue to occur over many years as one continues to try to "get back a life," preferably like the old one, that seemed to once work. However, desperate/futile attempts only deplete any and all strength that one does have, and can hurl one into a downward spin into pit of despair and hopelessness called depression. The quicker one can grasp your new "normal" the faster they can really get on with the life that God has for you; one that you as the creation has been created for. It takes FAITH.

Dr. Phil McGraw states some of these concepts and I add my own insight :

- 1. **Get out of the physical and into the Spiritual.** What one may not be able to accomplish in one's physical body, know by faith that God can and will. He will never leave you nor forsake you. God loves you, and knows what you have to endure. He is faithful.*
 - 2. **Define, Understand,** and give oneself **permission** to have **Limitations** (some are temporary, others will be permanent) resulting from devastation. Also establish new boundaries of protection for dealing with any limitations (physical, emotional, mental).*
 - 3. **Create a "new" normal.** (Listen for God's meaning/purpose for your life - it's hidden in one's heart). Understand the meaning for living is probably not the same as one God has for you. One has to be able to see oneself through His eyes in order to grasp one's true worth to Him and must quit functioning out of your Strongholds and Defenses, trying to get needs met.*
 - 4. **Set short term goals.** Get through each day a little bit at a time. Take small steps if that is the amount of energy that one has. Accept the fact that some days one "can't" do anything. Rejoice the days one is able. Set one's eyes on Heaven and let the Lord lead you. Again listen to one's heart's desire. Surround oneself with reminders of God's love.*
 - 5. **Develop a support group of people** who understand one's pain. Ask for help. If they can't handle your tears, find a group that can. When one hurts, one hurts. Be honest. Share one's pain, difficulties, etc. Be available to others as one gains enough strength to do so. Encourage one another. God is not asking for any more. He knows our hearts, as well as our pain. Remember God is the one who supplies our strength. In our weakness He is strong.*
 - 6. **God does not penalize for Relapses in our faith, when we have relapses in our circumstances, and we will.** He knows how difficult this is. He will see all of us through it. He keeps His promise!*
- Give yourself permission.** The journey will take as long as it takes. Don't compare one's journey to others or their accomplishments. Focus on God's love and His promises to help. Also, others haven't experienced another's pain, so be as understanding as you can.*

SUICIDAL THOUGHTS ... The Ultimate Withdrawal

Also from movie I once watched, In a scene where the nurse is caring for a previously rebellious type patient in a psychiatric hospital after the patient had attempted suicide, the nurse summarizes/trivializes she is a **"lazy, self-indulgent little girl who is driving herself crazy."** Also, from the **"weight loss"** program presented in churches throughout the United States, **"Depression is defined as a legalized pity party,"** or was when I attended. This is the viewpoint of quite a few people. I know because I have encountered them when I was fighting suicidal thoughts every single day for months into months, and was forced into isolation and seclusion to survive, after losing my ability to cope. Then when I ventured out, I had the condemnation of others that I had to deal with, with little coping ability left. As I lost more and more coping ability, I lost hope. I believe when one loses hope, one ceases to want to remain on this planet. This was my pit of despair, where helplessness, worthlessness, uselessness became my companions, and hopelessness became my life. I had nothing to offer others, and when I tried I was met with more condemnation, from which I had to withdraw back into my prison. The girl in the movie, "Girl, Interrupted," explained she didn't ever want to die; "she just wanted the pain, the struggle, and the out-of-control to stop." When I no longer knew how to cope, (tried and failed to exhaustion), I lost hope, withdrew, until I found myself fighting thoughts of the ultimate withdrawal. It was at the point in my own life, when I surrendered, no longer having a clue what else to do but get off the planet, when the Lord intervened and started teaching me understanding and love and filling me with a hope that only He, as a Heavenly parent, can do. This is what I call my testimony. He taught me survival skills necessary for me to stay on the planet, and to help others, as well. He has been true to His promises and has filled me with Hope.

If Someone Lets you Know They Are Going to Commit Suicide or at the least, don't want to continue living any more: Just a few suggestions from my own experience: Determine where they are (physical location). Determine if they have already begun the process, perhaps taken pills, have the gun, etc. If so, call 911 Immediately Get Them Help!

If they are just contemplating: Go to them. Don't make it a huge deal by contacting 911, unless you sense someone is in harm's way. Depression is like a black hole - a deep, dark, dank pit of despair of isolation and seclusion. By all means do not leave them alone. Go to them. Pray with them. Listen to them. Validate their pain. Sit with them. Remember this is about them, not you. By all means, don't watch the clock or give them the impression you don't have time to be with them. If you don't have time, find someone who does have time.

If you are the source of their pain and anger - LEAVE them, but before you do, find someone who can help them stay with them. By all means, do not goad them by saying "I didn't do anything to you," or "You're not going to do anything like take your life," or "You don't have it in you," or the ever popular, "You're just doing this to get attention," you can drive the person right into the act and get hurt in the process. Don't try to approach them - don't try to hug them, etc. Leave them alone until someone who can help them arrives. They hurt and the emotional pain is very severe as well as their brain (ability to properly reason) may be impaired, and remember, they didn't get to this point all by themselves. This is not a time for your pride or strongholds or defenses - it's a time to put "them" first. Give them time for their brain chemicals to settle and calm. Understand, Yes, someone did something that set this reaction off so this is not a time to conjoin your own feelings and yes, if they feel "Pushed" far enough in this state, they can take theirs and your life as well. The only way out of Pain and Misery to them: The Ultimate Withdrawal. Unconditional Acceptance and Love is what is most needed. When stable and able, consider helping them seek professional help ASAP.

"So if you have disagreements that must be judged, why do you take them to those who are not part of the Church (1 Corrinthians 6:3-7)

***WHAT DOES THE BIBLE
SAY about
CONFRONTATION?
(Matthew 18:15-17)***

This is what Jesus said to do ...

*When you've done all you can (Ephesians 6:13 reminds us - Wherefore take unto you the whole armor of God, that ye may be able to withstand in the evil day, and **HAVING DONE ALL, TO STAND**) - **The Serenity Prayer***

*Understand People have the right to choose: They can choose misery, muck, mire, slavery, or they can choose freedom - it's their choice. This means we can't help those who don't want our help - even when they have given us an indication they do - they still **may** really not want our help the way that we have to give it. We can't make someone love or like us even, if they choose not to accept our love. We can't force anyone to do anything that they really don't want to do. We can't live life for another person. We can't **give** or **force** on them good advice, if they aren't willing to take it - even if we know that it is the answer they are looking for. If they don't want our ideas, we can't make them take them. We also can't **enable** someone to continue in the gutter if they are not willing to take steps to get out.*

*Of course people want to change the rules so they can **steal** or take what we have to offer, and accept it and use it as their own - but under their terms not as it was intended, and again we can't let them do that either - God has made us a steward of our own choices, talents and abilities. If we let someone abuse them, then we suffer the shame, guilt and grieve, etc. It's our responsibility what we give and how it is given.*

*However, **WE CAN ALWAYS TRY TO HELP THOSE WHO ARE IN NEED AND ARE WILLING TO TAKE WHAT WE HAVE TO OFFER AND ACCEPT IT BY THE TERMS THAT WE HAVE IT TO GIVE.** We just can't force the outcome to be what we have predetermined it should be otherwise we have set ourselves up for disappointment, disillusionment, discouragement, and of course disgust. I have observed a lot of people are willing to let me help them, and usually I see them making more bad decisions and want me to help them continue along in the muck and mire, and may get angry and upset and reject my offer if I offer to help in a way that is best for all of us. They are the ones that will pay the price in the end. We can only try; we know not the outcome.*

So, what about Relationships "Friendship." Remember staying in a relationship is your choice.

Healthy "two-way" Relationship - relationship in which both benefit, both share each other's pain, successes, etc. communicating back and forth with one another; encouraging one another; a relationship built on trust, mutual respect, honesty, integrity, loyalty, cooperation, understanding, fair and just, etc..

One Way Relationship with Sincere Response - relationship in which one person is constantly initiating the contact, etc. however, the other is very responsive and willing to share and help through the pain and misery and share in successes as well. Some personality types will always wait for you to call, but are receptive when you do and enjoy the relationship.

One Way/No Way Relationship - one in which one party tries over and over to keep the relationship going while the other only takes and never gives back anything. Basically there is no relationship. If the giver quits giving, then the taker has no need for relationship, devastating the giver; however to stay in the relationship will cost more.

Prayer for Serenity,

God, grant me serenity to accept the things I cannot change, courage to change things I can, and wisdom to know the difference; living one day at a time, enjoying one moment at a time; accepting hardship as a pathway to peace; taking, as Jesus did, this sinful world as it is, not as I would have it; trusting that You will make all things right if I surrender to your will so that I may be reasonably happy in this life and supremely happy with you forever in the next. AMEN

Reinhold Niebuhr



Failure – A Successful Suicide or Not developing a relationship with our Lord. Everything else are lessons to be learned, steps to be taken, or fear to be overcome - all with the strength and help of the Lord. (**EVALUATE HOW MUCH IS ENOUGH!**). We may think we are inadequate (Who are we to question our design?) or our current state leaves us feeling a little helpless or lacking **by the world's standards**) **Isn't My Grace is sufficient for you?**
2 Corinthians 12:9

Success: Different for each of us. In my opinion **SUCCESS** is a difficulty overcome. As a Christian, allowing God to fulfill His purposes in our lives. Free of chains of expectations of other's desires or even wants and especially for me, free of tethers of paralyzing fear of failure.

Victory may be bitter/sweet. The pain encountered while achieving the victory can cloud/overshadow the victory, itself. The loser may be furious, at the least, unhappy. Most of us don't want another to point out our deficiencies, etc. The victor may find themselves even subject to or at risk of character assault. . Always remain focus on Processes taken; not on Outcome! Outcome may be out of one's control!

Repentance - Owning "your" responsibility for your "wrong" actions - accepting a willingness to change - and start and continue to act responsibly from then on into the future. To repent of our strongholds, we must allow ourselves to be vulnerable and be willing to lower our defenses. Technique: Admit guilt/ Express Sorrow. Keep it as short as possible to avoid an explain/defend situation).(Note: Others may not want to let another off the hook or may not want to let them off the hook. Remember Woman Caught in Adultery: John 8 Jesus said, "He who is without sin among you, let him cast the first stone."

SAFE PEOPLE We are not to carry our burdens alone - However ...

The World view - from my Real Estate Class and I believe many Christians view:

80% of the people don't care about your problems

20% are glad that you've got them. Sad ... but true.

Many people can't understand the "pit dweller" experience. Mine was one wrestling with worth and depression. Society somehow believes as a pit dweller that I should be able to do better; be strong enough to pull myself out of the pit, or my circumstances. The world is too busy for those with Suicidal thoughts or being imprisoned in isolation and seclusion - and all I need is a good Therapist (\$\$\$). They just don't understand that if I try hard enough, if I exercised my body, got a new wardrobe, perhaps found a new mate, and just worked harder at making more money then I could lift myself from the pit by my new found High Self Esteem..

Christians fault me for not having a close enough relationship with Jesus, not reading the bible enough, not memorizing the right scriptures, going to the wrong church, not going to church enough, and don't forget not praying enough etc. - and if I did the right things then Jesus would have lifted me out of the pit, and I would not have suffered. A pit-dweller understands they have no strength left and submit to surrender. In my opinion, the weak find strength and are made strong as they grow to know the love of God during their helplessness.

Have I forgiven others? When you forgive others, you are the one set free. Lower your expectations of the one who caused you pain. Seek to identify their addictive nature therefore understanding the true source. Forgiveness is not forgetting, excusing, tolerating what others have done, nor is it blind trust, it is understanding we are human and driven by our own selfish self-centered nature. If you have committed a wrong, and someone else has felt pain as a result, express remorse, repentance, decide on some change and make them, seek restitution, and regeneration. Those were another's thoughts, but not name not noted.

FAILURE!

REPENTANCE!

The key to “Trusting” again.

ARE THERE ANY “SAFE” PEOPLE?

HAVE I FORGIVEN OTHERS?

For Example: Most will not understand; they haven't experienced your pain; they lack empathy .

Some will trivialize other's pain, and by doing so leaving the injured party feeling demoralized.

Some will make another feel condemned because they experience pain/difficulty indicating one should pray more, go to church more, exercise more, lose weight, read their bible more and God would take care of their problems. Just Straighten up and quit complaining.

Some are just looking for something to share "entertain" all their friends - one may become the topic of good old gossip.

Then there are those "eager beavers" who really want to help (makes them feel good), and are SURE they know how to help/solve the difficulty. Beware, they can cause a tremendous amount of harm and possible trouble. "Think First" What works for one may not work for another. However, they will try to force their advice, and if not received, will become "upset". And watch out for those who go the wrong parties (compounding the difficulties) while trying to resolve a disagreement, absolutely sure they can make things better.

Yes - Some may even try to convince others they are infiltrated by demons.

But most: Out of sight/Out of Mind. Basically they're just too busy with their own families, life, etc., but won't admit it.

Translation: Be careful who one shares "expose" their pain with.

Ephesians 4:29-32: When you talk, do not say harmful things - But say words that will help others become stronger. Then you will help those who listen to you. And do not make the Holy Spirit sad.

Safe People - People who are not afraid to share their pain, mistakes, or vulnerable areas with others. They are humble. They don't boast about their accomplishments in a way that reveals their conceit. "I did this; I accomplished that; etc. and without anyone else's help." They are willing to expose their own pain to another in order to help them with theirs. They know what works because it has been tried and proven by them. They offer their help in a way of listening, sharing, and helping, not forcing. One can say no! .

How to determine if we have forgiven others? When we don't seek revenge or want to retaliate in some way. It helps me to Seek "Understanding" regarding the party to be forgiven and probe to satisfaction the questions of "what happened" and "Why?" with a dash of empathy can't hurt. *Ephesians 4:29-32, "Only in God's mercy and love can we forgive"*

We might want to try the olive branch test. That doesn't mean that we totally surrender ourselves and set ourselves up to be abused again. Understand because of their "blindness," others can hurt us, thinking they are helping us. Try to re-educate them. Also, others may hurt us because of their fear, self-centeredness, etc. Look for change or repentance of their harmful actions. If not be careful till the one who has hurt us has proven unable to do so or given an indication that they mean us no harm. From the movie, "The Hurricane" about boxer, Hurricane Carter who was falsely accused and imprisoned for years, the character states, "Don't want from others what they will use against you." If they won't willingly give you what you want - don't try to force them. By not forgiving others, you become "enslaved" to them and what they did to you. Let go and Let God. He'll Heal You.1 Sam. 24 David & Saul

Suggestions for Mending Fences once the Bridge has been Burned

The best way I know to avoid Burning a Bridge when you are at that point in a conflict/confrontation is to "Agree to Disagree," outlined earlier in this booklet. Also, "Conciliatory Compromise" mentioned earlier.

Once a bridge is burned, one may be able to restore the relationship, understanding one is willing to pay the costs and others may be manipulating or working out of their Strongholds/Defenses. It is not likely one can mend a fence unless it benefits them. "Think First" before you act. For the most part, they have their own life and are getting along just fine.

For those who won't let another off the hook for a mistake in the past – they can't remember what initiated the response, only that you had a response of which they disapproved. God given right #1. First, validate their concern for past behavior, and gently assure them that none of us are not the same as we were 10 years ago, 5 years ago, 1 year ago, or even 1 week ago. We, all, are constantly growing in understanding. And, the statute of limitations has expired so its time to move on.

*One might need a **liasion** to share, help, convey one's message, provide info on their behalf until the offended party can trust again.*

***Letter/EMail** indicating desire to put past hurt feelings and pain aside - uniting for the good of each other or others.*

***Face to Face** Contact, probably the most difficult, for the good of another with a common cause putting past hurt feelings and pain aside.*

***Hand in Need** is reaching out, putting aside all hurt feelings and pain in order to help someone in need.*

BE CAREFUL ABOUT BURNING A BRIDGE; ONE MAY WANT TO GET BACK ACROSS IT!

Heart'' Spring Cleaning - My clutter/checkbook story. How God showed me that not only was it difficult to find things in a cluttered house, but also to find His love in a cluttered heart, and that there is a lot of people TOO BUSY controlling their lives to let Jesus come in and help them clean up some of their clutter (muck and mire). (Also need a treasure box for memories, pain, etc. can't get rid of but want to take out and examine from time to time. (Clutter seeping back in) -

Phillipians 4:8 ... whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report, if there be any virtue and if there be any praise, think on these things."



... whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report, if there be any virtue and if there be any praise, think on these things.

Philippians 4:8 KJV

Change mindset from looking at the difficulties but embracing them for the freedom that has come about as a result of them.

Because the old self's programming is still running, even though I am a new creation in Christ my brain can lie to me. Reality forces me to pray for renewing/reprogramming of my mind to know the truth. When my vision is skewed, I am unable to see that things aren't as they may appear, including people. Reality forces me to pray for discernment.

Also understand that you have been given tools. The tools can be used to help. However, they can also get in the way of God's desires and plan. Don't worship the tools. (remember the suffering symbol from Numbers 21:4-10)

How should God's people live? Let love be your guide.

One can ask, "What Has God done for me?" Not only the air that one breathes or a sun shining day. Sure God gives that to us all, but what has he done just for you recently. By Faith, Believe God is waiting right now with open arms waiting for all of us to tell him how we feel, what we want, that we love Him. He wants to teach us and strengthen us and help us over our own hurdles. He wants to lead us down the treacherous paths. We needn't be afraid, because God promises to Never leave us nor forsake us. What did He do for you today. He just shared this message of love with you. Open your heart and receive what God has for you, and let Him take away all your fear and let God's Love Be Your Guide.

What does one give up? What does one gain?

Can one give up that which they crave, to discover that which is filling and fulfills (to be consumed by God's Love).

What is it that one craves?

(What I think I want ... What I crave the most... What I think I have to have or accomplish ... even if I had it in the past, may no longer exist or if I have it, may cause me or other's harm. Reality forces me to seek God's plans and prioritize and focus on what is most important, not feed the desires/lusts of my old self.

Can one give up holding onto the pain of the negative things that happen to them, and be filled with love of their Heavenly Father?

Can one give up feelings of frustration and exasperation, and be consumed by a peace that surpasses all understanding.

Can they give up holding onto their own strongholds/defenses/deceptions and be molded in order to fulfill God's purpose for their life.

Sir Isaac Newton's 3rd law of motion states that for every action there is a equal but opposite reaction. So I can do all things that I feel compelled/driven or just feel guilt or shame for not completing or accomplishing, however a price will be paid. One's health can even be compromised, etc. Reality forces me to evaluate before I suffer even more than I have already.

John 16:33 KJV

Jesus said, "In the world you shall have tribulation: but be of good cheer; I have overcome the world."

Matthew 10:16&17&19 KJV

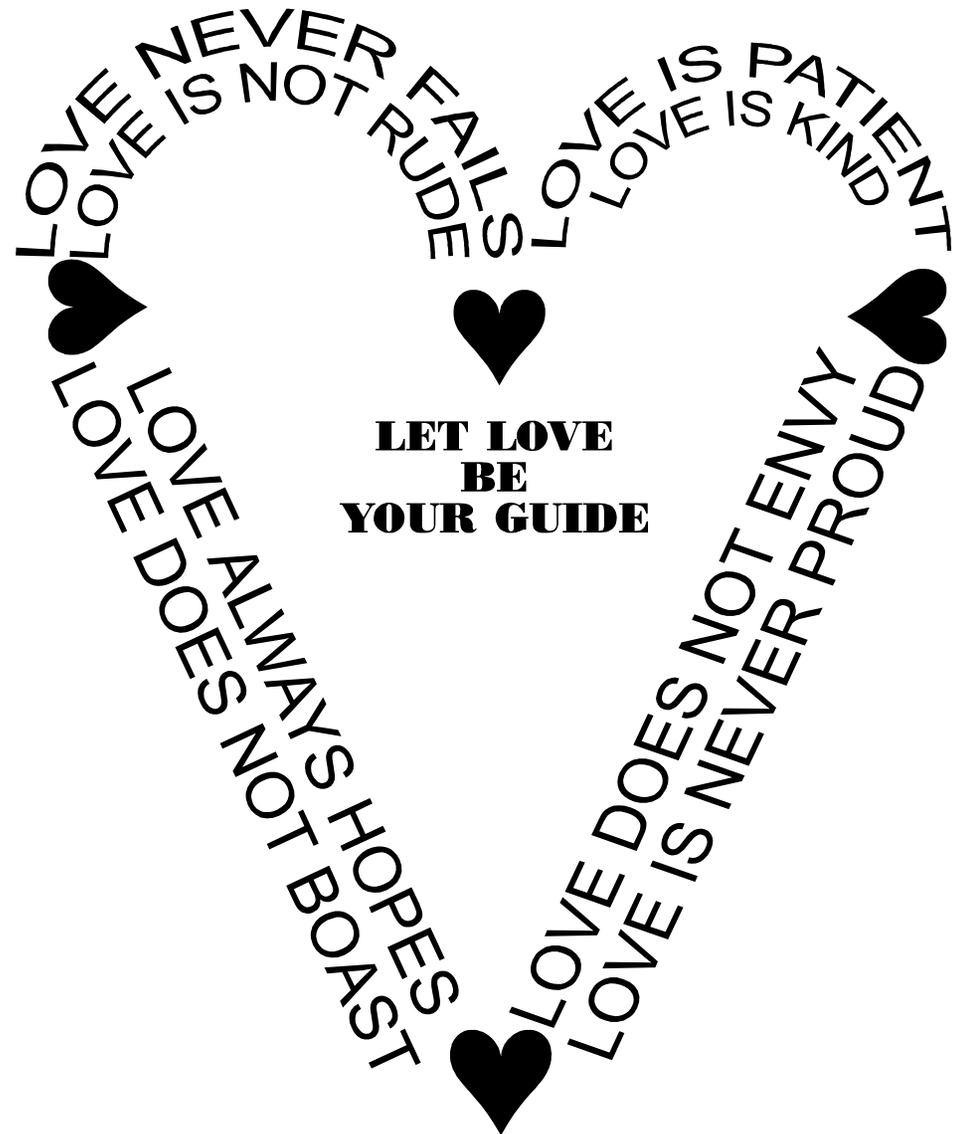
Jesus said to his twelve disciples, "Behold, I send you forth as sheep in the midst of wolves; be ye therefore wise as serpents and "harmless" as doves. But beware of men: for they will deliver you up to the councils and they will scourge you in their synagogues."

Matthew 5:11-13 NIV

*Jesus said, "Blessed are you when people insult you and persecute you and falsely say all kinds of evil against you because of me. Rejoice and be glad
...You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled by men."*

Ephesians 4:1-6 NCV

Paul encourages us, "... I tell you now to live the way God's people should live. Always be humble and gentle. Be patient and accept each other with love. You are joined together with peace through the Spirit. Do all you can to continue together this way. Let peace hold you together. There is one body and one Spirit. And God called you to have one hope. There is one Lord, one faith, one baptism. There is one God and Father of everything. He rules everything. He is everywhere and in everything."



1 CORINTHIANS 13:1 - 14:1

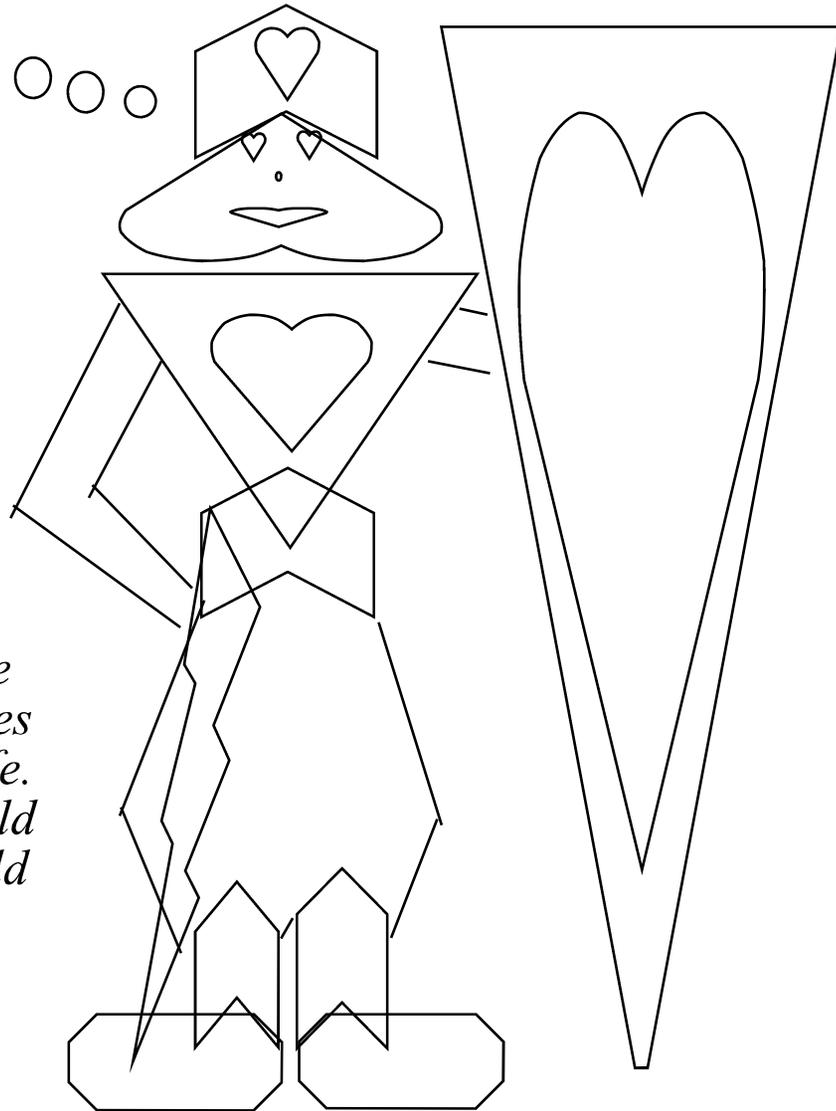
Bottom Line: No Need for Strongholds and Defenses or Jealousy or Envy or even Fear

God Loves ME and He LOVES YOU, TOO and He loves all and gives eternal life to all who believe in Jesus! Even when we encounter difficult people, we must remember God Loves Them, Too. Many times in Scripture we are commanded to love one another. Jesus said, This is my commandment, that ye love one another, as I have loved. John 15:12. We know how much Jesus loved - He spread his arms wide open and gave His life for us - for us all. As He was nailed on the cross, Jesus, as is recorded in Luke 23:34, made a special request. As followers of Christ let us not forget His words when we face our own difficult encounters with difficult people: Note that most people are functioning out of their strongholds and defenses so:

- 1. Make the choice by the leading of the Holy Spirit,*
- 2. Then when you have done all that you know to do, then Stand.*
- 3. Remember Jesus words from the cross "Father, forgive them; for they know not what they do."*
- 4. But above all know how much that God Loves You!*

John 13:34, John 15:12, John 15:17, Romans 13:8, 1 Thessalonians 4:9, 1 Peter 1:22, 1 John 3:11, 1 John 3:11, 1 John 3:23, 1 John 4:7, 1 John 4:11, 1 John 4:12, 2 John 1:5

God "Really" does Love ME &
He Loves You Too & He Loves
& He Loves & He Loves & He Loves
John 3:16 (Debbie's Version)



"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him." John 3:16 & 17 NIV

Do you know what God's plan is for Saving Your Life?

A. (Admit that you have sinned)

All of us have sinned and fallen short of God's glory (Romans 3:23)

B. (Believe in Jesus)

The penalty for sin is death. But God's gift is eternal life given by Jesus Christ our Lord (Romans 6:23)

...God is patient, because He wants everyone to turn from sin and no one to be lost (2 Peter 3:9)

C. (Confess and Forsake your Sin)

But if we confess our sins to God, He can always be trusted to forgive us and take our sins away (1 John 1:9)

*By faith we have been made acceptable to God. And now, because of our Lord, Jesus Christ, we live at peace with God
(Romans 5:1) (an eternal life)*

Translation: Acknowledge that you have sinned, Ask for forgiveness of your sins, Believe that Jesus paid the price for your sins and thereby you are made acceptable to God, then Receive all the love God has for you by faith.

Sick

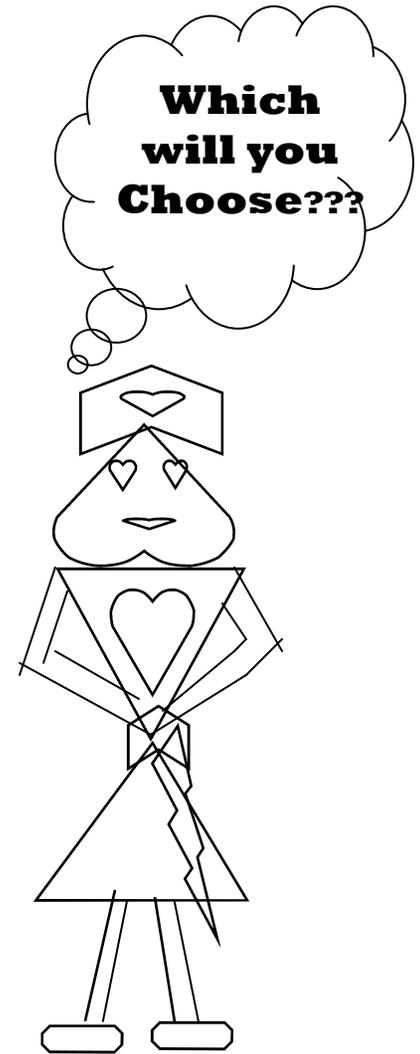
(Continue to live life the same old way; feeding my addiction at others and my own expense; being deceived, a Captive expecting a different/positive result.)

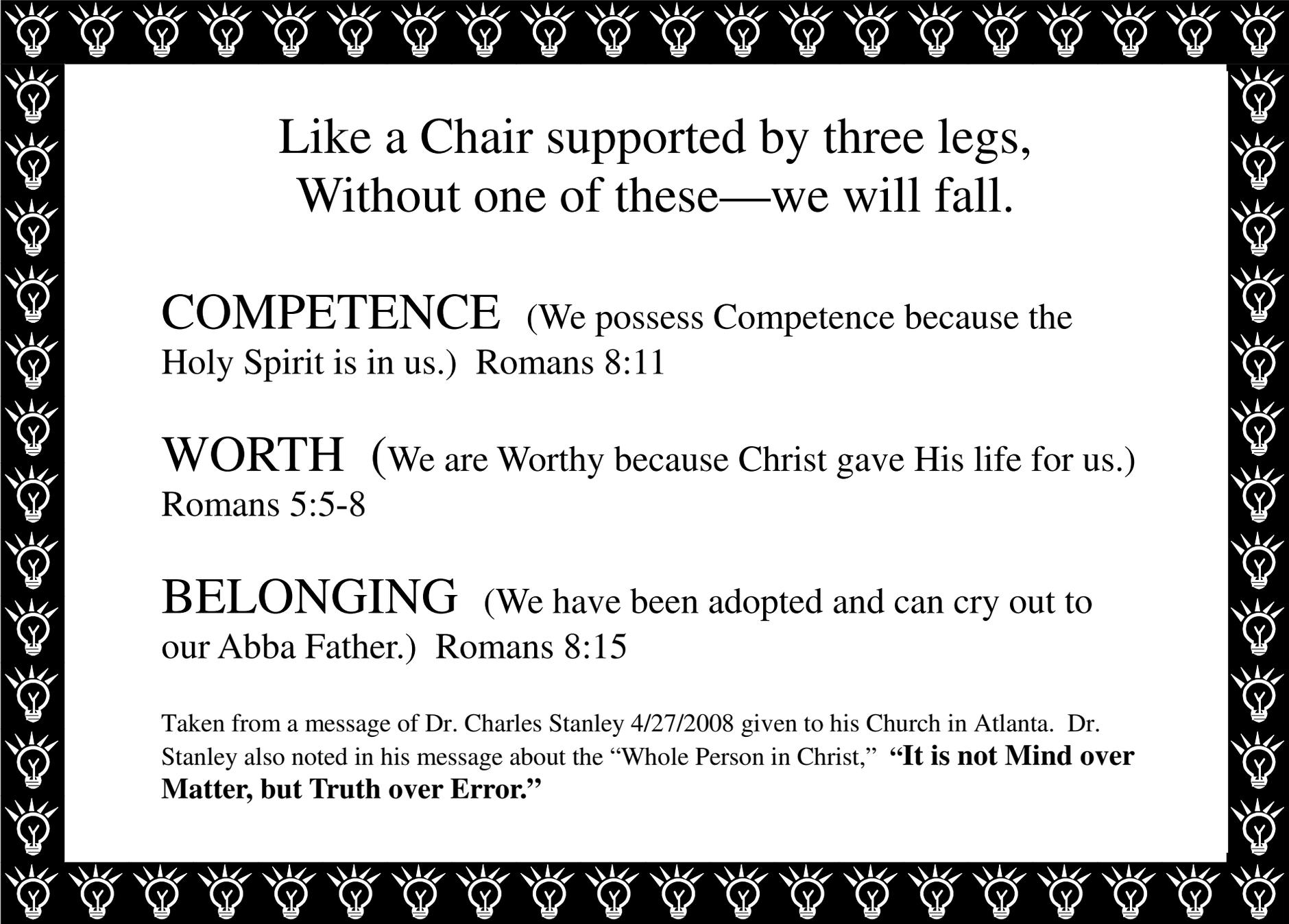
Safe

(Can only function where I am respected and accepted—
Safe at the present, but still a Captive of Fear or even Perceived Fear.
Or maybe, I've learned to control others though fear, intimidation, or
manipulation; all forms of control. I may appear Safe, but I'm still a Captive.)
Can I be/do what God has created me to be/do if I can only function in a safe place?

Well

(Asking, then Trusting the Lord to help me identify my addictions and help
me face my fears so that I have Victory and can live my life free from any
Addictions/Deceptions/Strongholds/Defenses and live life God's Ways.)
To be and Do what the Creator Created the Creation to be and do.
Truly Live Life More Abundantly.
Ephesians 3:20





Like a Chair supported by three legs,
Without one of these—we will fall.

COMPETENCE (We possess Competence because the Holy Spirit is in us.) Romans 8:11

WORTH (We are Worthy because Christ gave His life for us.)
Romans 5:5-8

BELONGING (We have been adopted and can cry out to our Abba Father.) Romans 8:15

Taken from a message of Dr. Charles Stanley 4/27/2008 given to his Church in Atlanta. Dr. Stanley also noted in his message about the “Whole Person in Christ,” **“It is not Mind over Matter, but Truth over Error.”**

SOURCES (Many of these sources are dated—don't know if still published)

Understanding How Others Misunderstand You, by Ken Voges and Ron Braund. Gives specific breakdowns of personality groups beginning on page 79.

Personality Profile Analysis, provided through Career Pathways, a career guidance outreach of Christian Financial Concepts, P.O. Box 1476 Gainesville, GA 30503 or call toll free 1-800-722-1976. Booklet is \$10. Is a guide to identifying and understanding your personality strengths.

Seminars provided by National Seminars Group - "How to Handle Difficult People," "How to Handle Negativity in the Workplace," and "How to Manage Conflict and Manage Anger." Their address is: National Seminars Group, a Division of Rockhurst College Continuing Education Center, Inc. 6901 West 63rd Street, P.O. Box 2949, Shawnee Mission, KS 66201-1349. (They have small booklets available on Assertiveness, How to Manage Conflict, etc.)

Information provided in the form of newsletter and video as well as audio tape from Lifetime Guarantee, 4100 International Plaza, Suite 520, Fort Worth, TX 76109

Dr. Dana Medcalf, Ph.D. His understanding of how difficult it is for us to see each other as we really are because we project an image onto other people that is most like us, which can cause us extreme difficulty in our lives. His Principles of Assertiveness, can help us become aware of our true identity, and thus become free from the bondage we have been placed.

"The Jerk Book" Don't Let Jerks get the Best of You by Dr. Paul Meier, Thomas Nelson Publishers, 1993. Provides advice for dealing with Difficult People.

Boundaries, by Dr. Henry Cloud and Dr John Townsend, Zondervan Publishing House, 1992. Boundaries will help you learn when to say "Yes," when to say "No," and "To Take Control of Your Life."

Safe People by Dr. Henry Cloud and Dr. John Townsend, Zondervan Publishing House, 1995. Safe People will help those who have lost "coping ability" to be able to determine people who can be an encouragement to them and recognize those who can do additional harm.

Assertiveness: Get What You Want Without Being Pushy. Booklet from National Press Publications, a Division of Rockhurst College Continuing Education Center.

Changes that Heal, by Dr. Henry Cloud, Zondervan Publishing House, 1992. Dr. Cloud states, "We all have broken relationships with God, others, and ourselves. Because of this brokenness, we develop symptoms that are felt on an emotional level and lived out in our spiritual lives." Also he shows us that we, "Must take a stand otherwise we love the approval of men, rather than the approval of God."

Caring Enough to Confront, by David Augsburg, Regal Books, Revised Ed. 1981. Helps us understand "how to" and "why" we will have conflict in our lives. Also God's desires for us and others regarding confronting.

Living in the Lion's Den without being Eaten, by William Carr Peel, Navpress, 1994. A step by step account of the book of Daniel, and how to apply the lessons learned from Daniels life in today's sometime hostile culture, not only for survival, but to flourish and make a difference for God's glory.

Winning Over Your Emotions, H. Norman Wright, Harvest House Publishers. 1998. "Helpful Answers that will change your life" Including the Physiological Effects of stress, anger, worry, and anxiety.

How to Get It Right, After You've Gotten It Wrong, Gary J. Oliver Ph.D., Victor Books, 1995. "God Can Turn Your Setbacks into Comebacks." A look at failure through God's eyes. Examining failure as a means to success. One of the best books I ever read.

Mastering Your Moods, Meier, MD; Arterburn, MD; and Minirth, MD. Nelson Publications. A great book to help understand Depression: Situational, Clinical as well as Chemical.

The Freedom of Forgiveness, Augsburg, Moody Press. Forgiveness as a path to our own freedom from the hurts and pain others have caused.

The Creator of the Universe, the Lord Jesus Christ, our Savior and Friend, and the Holy Spirit