

COURAGEOUS CONNECTION

Understand this, my dear brothers and sisters! Let every person be quick to listen, slow to speak, slow to anger.

James 1:19

Paul writes, “If it is possible, as far as it depends on you, live at peace with everyone.” Romans 12:18

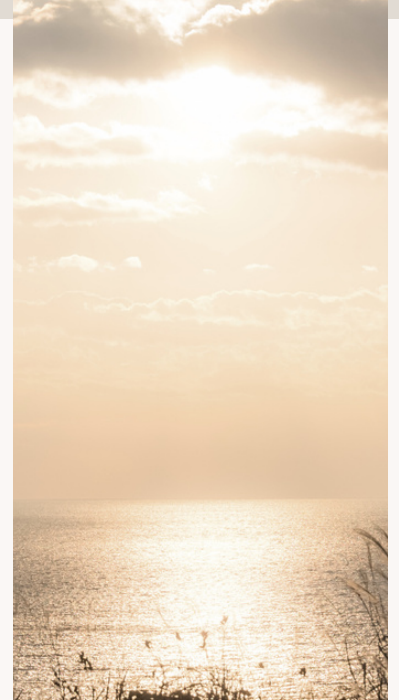
In every relational dynamic whether with family, friends, neighbors or co-workers we have the opportunity for connection. When conflict arises we experience disconnection. Simply put, every misunderstanding can be resolved through reconnection.

To reconnect, we have to be truth tellers and overcome our fear of self-protection by living in God’s “perfect love which casts out fear.” 1 John 4:18

Steps to consider*:

- Person #1 who caused harm:
 1. Own it: “My Part Is...”
 2. Empathize: “I can imagine the impact on you is...”
- Person #2 who was hurt:
 1. Impact - Share the impact of behavior on you
 2. Make a reasonable request for change
- Both: Confession/Forgiveness: #1 confesses for act and impact, #2 Forgives for act and impact
- Both: Collaborate - Both parties learn from the conflict/disconnection and collaborate strategies to remain connected and better navigate reconnection.

*adapted from Getting to Zero by Jayson Gaddis



Roadblocks to Reconnection

1. Fear
2. Blame
3. Apologies
4. Distraction/avoidance
5. Time
6. Excuses
7. Defensiveness
8. Stonewalling
9. Gaslighting

All disconnection from others is rooted in fear. Fear doesn’t just go away, but it can be transformed by God’s truth. To understand where this fear is coming from within yourself and others, we need to be seeking the wisdom of God diligently. Proverbs 2:1-6 says,

“My child, listen to what I say, and treasure my commands. Tune your ears to wisdom, and concentrate on understanding. Cry out for insight, and ask for understanding. Search for them as you would for silver; seek them like hidden treasures. Then you will understand what it means to fear the Lord, and you will gain knowledge of God. For the Lord grants wisdom! From his mouth come knowledge and understanding.”

Jamie Winship in his book, Living Fearless, writes we need to ask God, “What do you need me to know and then what do you need me to do.”

We need to be actively listening to God and praying while we listen to our spouse, our friend, our neighbor or our co-worker. Only He has the power to transform our disconnected and fearful encounters into places where we can live at peace with everyone. Have you asked Him what you need to know and what you need to do? The Bible says that as believers we have the mind of Christ and the Spirit of the living God dwelling within us.

Ultimately, your greatest step to take in becoming a person who lives at peace is to pursue the God who created you, get to know what He thinks about you and then listen to how He wants you to love your neighbor.

I’m praying for you today, *Pamela*