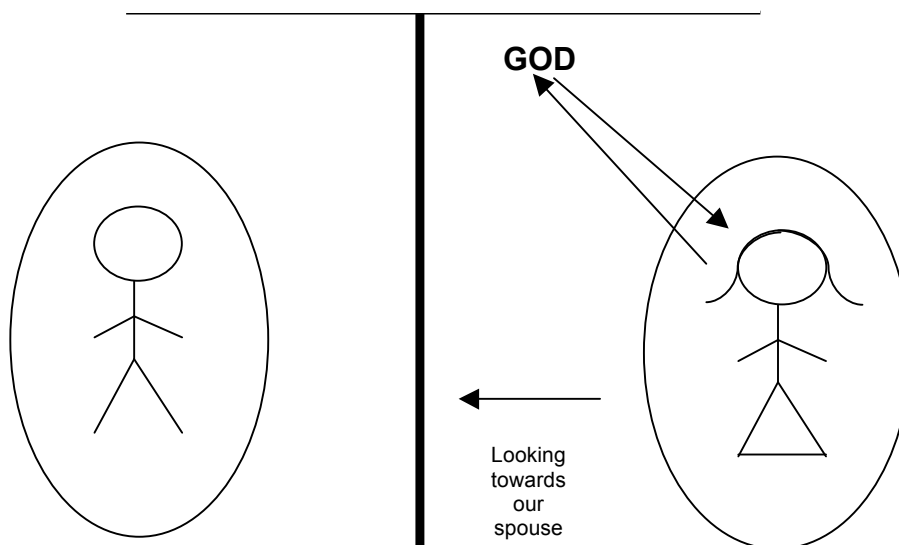




(November 18, 2009)

### SPAN OF CONTROL



Intentional Blinders

Action → Source Feeling ← Person

The above illustration was created in our November 18, 2009 Meeting from a discussion on our span of control.

Key points to this illustration:

1. The circle around us represents that which we can control: ourselves. We cannot control others or their actions.
2. Every **action** on our part can be traced back to a **source feeling**; many of our feelings result from our interaction with a **person**. As we learned in our *Whole Armor of God vs Wiles of the Devil* T-time,<sup>1</sup> people are not our enemy, though they are the instruments the devil uses against us. The devil is our enemy! The *source feeling* is the open door that allows the devil to get us focused on others and what they are or are not doing instead of staying focused on us and what God is seeking to do *in* us and *through* us.
3. In our relationship with our spouse (and others), we can only focus on what we have control over: ourselves. That means whenever conflict exists, we must go to God (the up arrow) and ask Him what role we played in the conflict. We must then keep our hearts open to hear what He will speak back (the down arrow) as He helps us to identify what the *source feeling* is that generated our *action*. It is

<sup>1</sup> T-Times can be retrieved from [www.wow2women.com](http://www.wow2women.com) Documents page.

the feeling and our resulting action we need to learn how to manage, not the other person's behavior!

4. When we seek to look at what our spouse is doing, we must intentionally put on blinders (the wall between the man and the woman), so that we do not become focused on his actions. Instead, we must remain focused on what God is speaking *to* us *about* us as He helps us manage our emotions and change our behavior.
5. The intentional blinders allow us to spend fruitful time with the Lord. In this time we focus on asking the Holy Spirit the "Ys" of life. Here are just a few examples: *Why does it hurt? Why am I angry? Why do I want to knock his block off? Why do I not care anymore?* Since we are the only one in our circle, the Y must be focused on us and not on our spouse! Yes, we need to acknowledge what we feel to the Lord, but then we release those feelings to Him so He can bring His Word to the light. We must then choose to obey His Word rather than follow our emotions!
6. As we process through our Ys, the Holy Spirit can cleanse the filter through which we see our spouse to remove the hurt, pain, anger, bitterness, and unforgiveness, to name just a few. When we look at our spouse through an unclean filter (a hurting heart), we cannot see our spouse. Instead we see an enemy. However, we must remember, our spouse is not our enemy! The devil is our enemy, though he will come at us through our spouse!
7. As the Holy Spirit teaches us how to manage our emotions and to overcome the things that "clog" our filter, we will begin to see our spouse differently. Once we can see our husband as God sees him, we will be able to see his struggles, his hurts, and his pain. We can then take those things to the Lord in prayer asking God to reveal to us how we can best help our spouse.