

Series: Focus on Christ (Philippians)

Sermon: Stop, Reflect, Connect

Bible Verses: 4:2-5

By: Jeff Piepho

Date: 6-4-17

Last week: "One mind, one _____. Don't be the one obstacle, be the _____."

The question: How can I be a physician in a _____ relationship and hurting people?

Stop (pause my initial reaction),

Reflect (consider what's happening _____ the other person and myself),

Connect (make a meaningful _____ connection).

C- _____

We need to think about how their brains work, and what state our brains are in, too.

Instead of getting _____ by being soothed, wounded people's brains often kick into overdrive and produce _____.

O- _____

These people's brains are over alert or "hyper-vigilant."

Amygdala: "two almond-shaped groups of nuclei [in the brain]. Shown in research to perform a **primary role in the processing of memory, decision-making, and** _____, the amygdalae are considered part of the limbic system." (wikipedia)

Tip: don't deal with relationship problems unless you have both _____, have _____ (drank plenty of water) and maybe even have food available (within reach), including water & cups.

NN - Notice their _____

"Give them a voice" by paying attention to what they are asking for, or sensing what they need and _____.

E - _____ age

We should deal with people's emotional age, not their chronological age.

C - Connection before _____

It's normal to want to correct poor behaviors. But, for people from hard places, _____ is *more needed* than correction, and we should always put emphasis on connection even when they are acting out.

T - try to say _____

There are few things better for someone from a hard place than a caring friend, or parent, who says, "yes" (especially to giving themselves). Yes, I'll hang out with you, yes I'll wrestle on the floor, yes I'll let you work on the car with me, yes you can... There will be plenty of times to say "no" automatically, so work on saying yes more often.