

EMOTIONALLY
HEALTHY



RELATIONSHIPS

THE AUTHENTIC — YEAR OF COMMUNITY

Stop Mind Reading & Clarify Expectations

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“Emotional health and spiritual maturity are inseparable. It is not possible for a Christian to be spiritually mature while remaining emotionally immature.”

- Peter Scazzero, *Emotionally Healthy Spirituality*

“Love in practice is a harsh and dreadful thing compared to love in dreams.”

Galatians 5:6

The only thing that counts is faith expressing itself through love.

Stop Mind Reading & Clarify Expectations

(video link): <https://youtu.be/VTNmLt7QX8E>

“The stories we tell ourselves have an enormous impact on our feelings. Consider the difference of what goes on in your mind when a friend, who agrees to meet you for dinner, is forty minutes late. How different are your feelings when you tell yourself, ‘Maybe he had an accident driving here,’ or ‘This relationship is clearly more important to me than it is to him!’ Each interpretation generates a different feeling. Why? Because our feelings are closely related to the story we tell ourselves about the things going on around us. To quit faulty thinking and maintain good emotional and spiritual health, we must make an intentional decision to stop mind reading and to verify our assumptions by talking to people—in person instead of in our heads.”

- Geri Scazzero, *The Emotionally Healthy Woman*

Proverbs 18:2

Fools find no pleasure in understanding but delight in airing their own opinions.

Proverbs 18:13

To answer before listening— that is folly and shame.

Proverbs 18:15

The heart of the discerning acquires knowledge, for the ears of the wise seek it out.

Exodus 20:16

You shall not give false testimony against your neighbor.

“Every time I make an assumption about someone without confirming it, I am at risk for believing a lie about this person. My assumption is just a breath away from misrepresenting reality. Because I have not checked out my assumption with the other person, it is very possible I am believing something untrue and effectively bearing false witness against my neighbor. I am especially prone to this temptation when the other person has hurt or disappointed me. That also makes it more likely I will pass on my false assumption to others. When we exchange reality for a mental creation (a hidden assumption) we enter a counterfeit world. At that point we exclude God from our lives because God does not exist outside of reality and truth. We also wreck relationships by creating needless confusion and conflict.”

- Pete & Gerri Scazzero, *Emotionally Healthy Relationships*

Clarify Expectations

Problems with Expectations:

- Unconscious
- Unrealistic
- Unspoken
- Un-agreed upon

Expectations must be:

- Conscious
- Realistic
- Spoken
- Agreed Upon

Mark 5:21-43