

Communication 401:

Learning to Communicate Effectively
and Resolve Conflicts

4-Part Seminar Series

presented by

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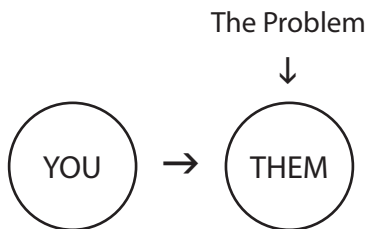
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SESSION 3
Responding Versus Reacting

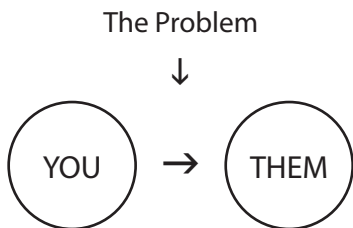
The Low Road: _____



They are the _____.
_____ need to change _____ attitude and behavior.

*“Why do you look at the speck of sawdust in your brother’s eye and pay no attention to the plank in your own eye?
How can you say to your brother,
‘Let me take the speck out of your eye,’
when all the time there is a plank in your own eye?
You hypocrite, first take the plank out of your own eye,
and then you will see clearly
to remove the speck from your brother’s eye.”—Jesus
Matthew 7:3-5*

The High Road: _____



The problem is the way I am _____ to them.
It is my _____.

In RESPONSE to THEM to what degree have you been...

- ___ **Patient**—Capacity to tolerate delay and suffering without becoming upset
- ___ **Kind**—Gentle, considerate, generous, courteous and not harsh
- ___ **Humble**—Modest, not arrogant, self-righteous, boastful or haughty
- ___ **Selfless**—Focused more on the welfare of others than on self
- ___ **Self-controlled**—Temperate, self-disciplined, responds versus reacts.
- ___ **Forgiving**—Keeps no record of wrongs nor holds grudges
- ___ **Optimistic**—Looks for the good, believes the best, stays hopeful
- ___ **Persevering**—Keeps trying and doesn't give up
- ___ **Willing to confront problems** and practice tough love if necessary

Rate yourself: 4—Always, 3—Often, 2—Sometimes, 1—Never

Really want to know? Ask the one you love to rate you!

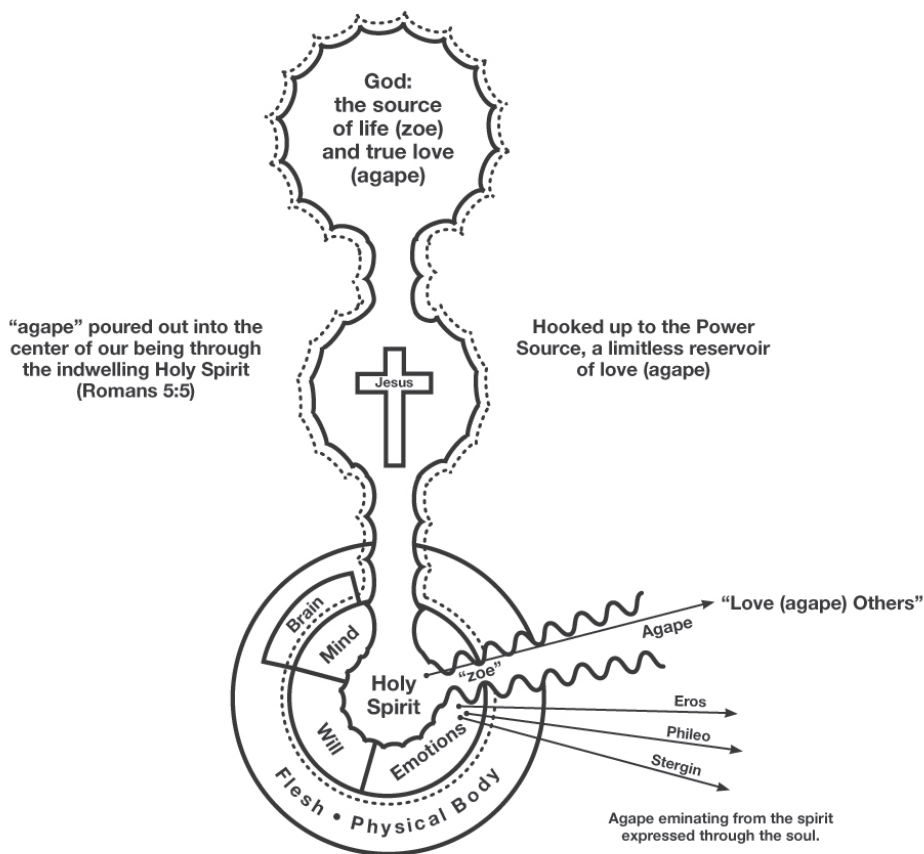
*“But I say, walk by the Spirit,
and you will not carry out the desire of the flesh...
the deeds of the flesh are evident,
which are...enmities, strife, jealousy, outbursts of anger,
disputes, dissensions, factions, and things like these...
But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness,
faithfulness, gentleness, self-control.”*

Galatians 5:16,19-23 (See also Galatians 6:1-2 and Romans 8:6 NAS)

Weekly Challenge: How to Respond Versus React

1. Stop blaming people and circumstances for the way you are and stop justifying the way you act and react.
2. Develop and consistently practice the habit of daily connecting with God through prayer, Bible study, reading, reflecting, meditation, worship, journaling, solitude, fasting, serving, etc.
3. Diligently work on yourself and the way you respond to others and life's challenges (The “5 Keys” and “ALEG”).

Being Hooked Up to God (The Divine Internet of Infinite Power)



"And it was at this time that...[Jesus] went off to the mountain to pray, and He spent the whole night in prayer to God. And when day came, He called His disciples to Him; and chose twelve... apostles...and there was a great multitude of His disciples, and a great throng of people from all [over]...the...region...who had come to hear Him, and to be healed of their diseases; and those who were troubled with unclean spirits were being cured. And all the multitude were trying to touch Him, for power was coming from Him and healing them all. "

Luke 6:12-19



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