

Communication = Content + Relationship

Gal 5: 13 - 26

13 You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh rather, serve one another humbly in love. **14** For the entire law is fulfilled in keeping this one command: “Love your neighbor as yourself.” **15** If you bite and devour each other, watch out or you will be destroyed by each other.

16 So I say, walk by the Spirit, and you will not gratify the desires of the flesh. **17** For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. **18** But if you are led by the Spirit, you are not under the law.

19 *The acts of the flesh are obvious: sexual immorality, impurity and debauchery; 20 idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions 21 and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.*

22 *But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law. 24 Those who belong to Christ Jesus have crucified the flesh with its passions and desires. 25 Since we live by the Spirit, let us keep in step with the Spirit. 26 Let us not become conceited, provoking and envying each other.*

Introduction

**The key to effective
communication is
RELATIONSHIP**

RELATIONAL COMMUNICATION

Communication

=

Content

+

Relationship

Marriage

Workplace

Parent-Teen

RELATIONAL COMMUNICATION

Communication

=

Content

+

Relationship

What?

How? + Who?

(facts)

(feelings)

Verbal

Non-Verbal

20%

80%

“I LOVE YOU VERY MUCH”

How do you understand this communication?

‘How’ is more important than ‘What’

‘WHO’ IS MOST IMPORTANT!

Story of MZ & Shun

For the entire law is fulfilled in
keeping this one command:
“Love your neighbor as yourself.”

Communication = Content + Relationship

**Effective communication & relationship starts
from loving ourselves**

“Love your neighbor as we love
OURSELVES”

What is Self-Love?

1. Self-Love is not Self-Freedom but Freedom from Self-Slavery

“It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.” (5: 1)

‘...we were in slavery under the elemental spiritual forces of the world’ (4; 3)

We are no more slaves but we are children of God.

Chicken or Eagle?

2. Self-Love is not Self-Gratification but Spirit-control

So I say, walk by the Spirit, and you will not gratify the desires of the flesh. (Galatians 5:16 NIV)

*The acts of the flesh are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who LIVE like this will not inherit the kingdom of God.
(Galatians 5:1, 19-21 NIV)*

Litany of Fleshly Behaviors

Temptation is real, physical pressure.
It is everywhere.

It's like living in deep sea. Pressure to conform is very strong.

Thresher: Collapsed into pieces, crushed its strong steel hull

Deep Sea Challenger: Making the 7-mile (11 km) descent to deepest end of earth.
Like building spacecraft to Mars.

One-of-a-kind vertical attitude to innovative material highly sophisticated synthetic foam. With all kinds of back-up systems....
All to withstand the pressure!

Contrast

DeepSea Challenger vs Fish

Fish, Sea Creatures: Living at such depth

No army tank, no steel, special material

Swim freely & curiously around Deep Sea Challenger

Just fish skin, a fraction of an inch (1 mm) thick.

How?

Equal & Opposite pressures inside themselves

How do we overcome temptation?
Some Christians protect themselves by
running away

James Cameron

Others wrapped themselves with layers of steel.

God's freedom is more like the fish.
Keep strong not through steel plate but by God's Spirit &
inculcated values
INSIDE us, through mind & heart.

Walk by the Spirit
and
Don't gratify
the desires of the flesh

Temptation:

You can't stop bird from flying
across your head but you can
stop it from
making a nest on your head.

No temptation can gravitate a man
unless there is that heart which is
capable of responding to it.

Muhammed Ali

2. Self-Love is not Self-Gratification but Spirit-control

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(Galatians 5:1, 19-21 NIV)*

Litany of Fleshly Behaviors

We gain the strength
of the temptation
we resist.

Ralph Waldo Emerson

3. Self-Love is not Self-Serving but Other-Serving

*“But do not use your freedom to indulge the flesh
serve one another humbly in love (5:13)...**22** But the
fruit of the Spirit is love, joy, peace, forbearance,
kindness, goodness, faithfulness, **23** gentleness and
self-control. Against such things there is no law.”*

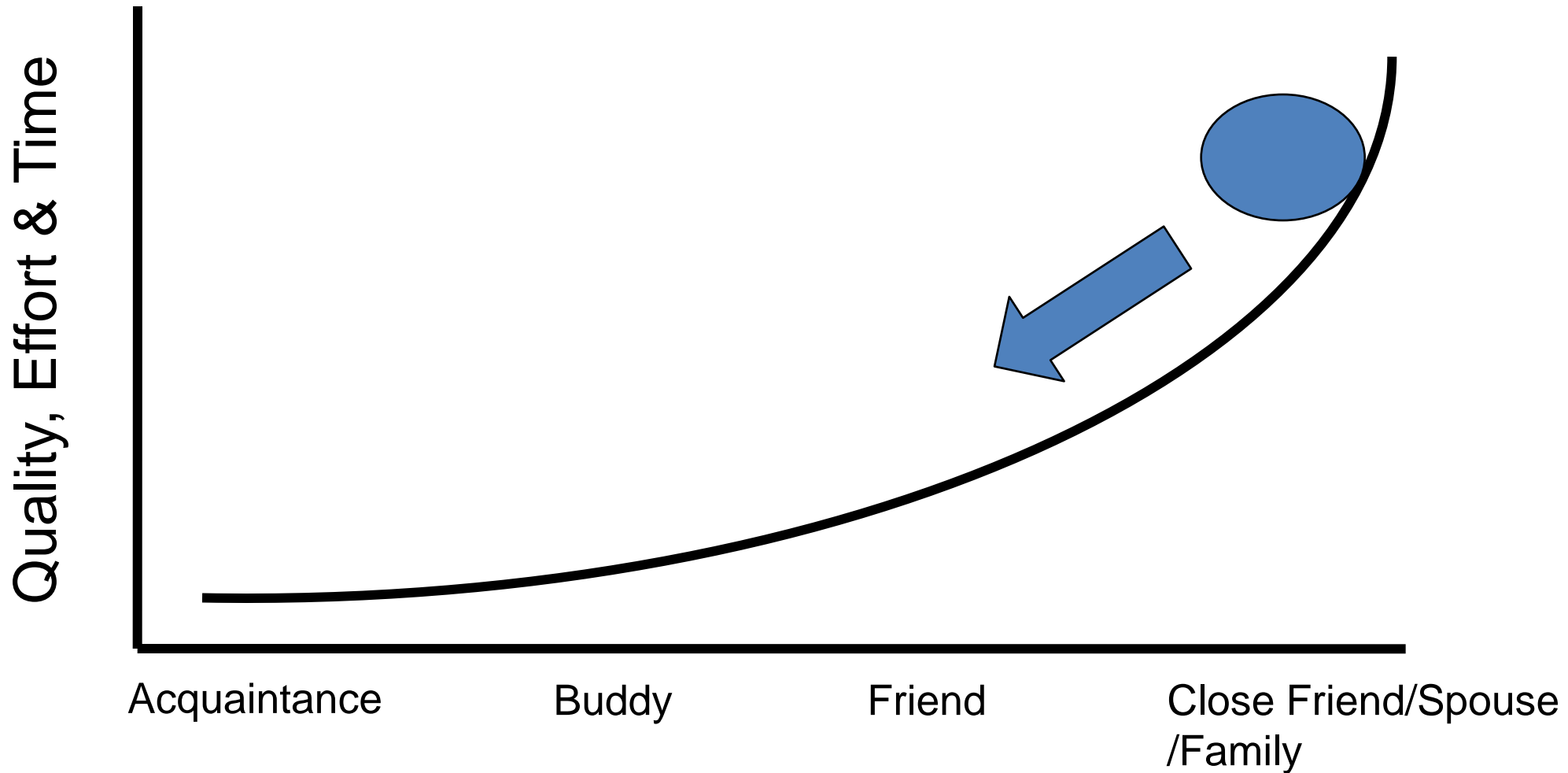
All these words are Relational Behaviors

Relationship demands time, effort & commitment

Second Law of Thermodynamics:
In closed energy system things tend to
run down and get less orderly.

“Do nothing” relationship will not do:
It will break down!
Relationships take effort!

Relational Intimacy



Before marriage....

He: Yes. At last. It was so hard to wait.

She: Do you want me to leave?

He: No! Don't even think about it.

She: Do you love me?

He: Of course! Over and over!

She: Have you ever cheated on me?

He: No! Why are you even asking?

Before marriage....

She: Will you kiss me?

He: Every chance I get.

She: Will you hit me?

He: Are you crazy! I'm not that kind of person!

She: Can I trust you?

He: Yes.

She: Darling!

After marriage....

- **Simply read from bottom to top.**

Strengthening Relationship: 5:1 Principle

Ratio: 5 X positive moments : 1 negative moments
if marriage is to be stable.

Marriage needs positivity to nourish love!

Great Marriages: Biddings

Concept of 'Bidding': Fundamental unit in human connection, desire to make emotional connection with others.

Three types of responses:

- Positive
- Indifferent: Unintentional, few 2nd bid
- Negative

Great Marriages: Biddings

Happily married do more biddings

Happily married couples engage in 'biddings' about 100 times in 1 hour dinner conversation while divorcing couples only 65 times in that same period.

Great Marriages: Biddings

- Husbands heading for divorce disregard their wives bidding 82% of the time, while husbands in stable marriage, 19%.
- Wives heading for divorce disregard their husbands' biddings 50% while wives in stable marriage, 14%.

Great Marriages: Biddings

Failure to bids & indifferent, negative responses result in loneliness, emptiness, have more conflicts, & tend to escalate in conflicts, more mental health problems (high stress, depression, & anxiety attacks).

More bids & positive responses result in greater expressions of humor, affection & interest, less conflicts, more willing to forgive & less escalation.

Great Marriages: Biddings

- Biddings can be trained and developed.
- Becoming more self-aware & other-aware, they CAN learn to give bids & reciprocate positively to bids.
- Relationships will improve significantly & healthier.

FRUIT OF THE SPIRIT

Conclusion: Power of Focus

Keep in Step with the Spirit

***25** Since we live by the Spirit,
let us keep in step with the Spirit.*

Daily Discipline of FOCUSED Alignment

Tim Howard: Growing up with Tourette syndrome and OCD (Obsessive-Compulsive Disorder)

OCD – Anxiety disorder that brings conscious intrusive thoughts & compulsions

Tourette Syndrome – Unconscious physical urges: Had to touch someone before he spoke.

Goalkeeper for Everton & USA. Made 16 saves in USA-Belgium Match

I wasn't much of a student.

Actually, that's an understatement: I despised school.

I couldn't sit still, couldn't focus, desperately wanted to be anywhere but at my desk.

I hated school, hated everything about it

I was 10 when symptoms began to appear.
First came the touching: tapping certain objects in
a particular order.

Touch the railing.

Touch the door frame.

Touch the light switch.

Touch the wall.

Touch the picture.

On the soccer field, whole world changed.
While the ball far away, my mind might still order
me around (touch the ground, twitch, snap the
Velcro on the goalie glove, cough, touch the
goalpost, blink).

But the closer ball came, the more my symptoms receded.

The tics, crazy thoughts, conflicting mental messages –
poof! Gone in an instant.

Players, colours, people on the sidelines, they all blurred
and fell away.

Only one thing remained in sharp focus, its every detail
vivid: the ball, moving toward me.

I would kick it or catch it or parry it.

POWER of FOCUS

DAILY FOCUSED:
WALK ONE STEP AT A TIME
WITH SPIRIT