

Listen to Audio Session 6 – “Changing Your Thought Patterns”

A. Romans 12:2 – The renewing of your mind

Annotated Bibliography

Adams, Lane. How Come It's Taking Me So Long to Get Better? Wheaton, Illinois: Tyndale House Publishers, 1975. This helpful book deals with the experiences of Christians following conversion. From the Scriptures, the author honestly shares what we can and cannot expect to happen in our lives as we grow in maturity. He reminds us of our need for forbearance as we allow for growth and development in our lives as well as in the lives of others.

Augsburger, David. Caring Enough to Confront. Glendale, California: Regal Books, 1973. A readable and helpful book which discusses conflicts in relationships and offers workable suggestions on how to confront such conflicts lovingly. The author gives many practical suggestions to help us deal with such situations truthfully and to work through to effective solutions.

Augsburger, David. The Freedom of Forgiveness. Chicago: Moody Press, 1973. The book is a biblically oriented presentation of the many facets of forgiveness. In a helpful, readable style, the author discusses such subjects as: "What is forgiveness?" "How can I forgive?" "Why should I confess?" "Can forgiveness set me free?" He seeks to give understanding of the forgiveness that frees both the forgiver and the forgiven.

Larson, Bruce. No Longer Strangers. Waco, Texas: Word, Incorporated, 1971. The author discusses relationships in the Body of Christ and how they can become more meaningful. He examines the following four topics thoroughly: "You and God," "You and Your Inner Self," "You and Your `Significant Others,'" and "You and the World." A rather complete chapter on the importance of communication in relationships is included.

Powell, John. why am I afraid to tell you who I am? Niles, Illinois: Argus Communications, 1969. This book, written in a popular style, presents a number of insights on self - awareness, growth, and communication. The author discusses interpersonal relationships, growing as a person, and how to deal with emotions. He emphasizes that the courage to "tell you who I am" is basic to maturity, dedication, and love.

Tournier, Paul. To Understand Each Other. Richmond, Virginia: John Knox Press, 1962. Though primarily intended to deal with problems of communication and interpersonal relationships in marriage, the principles enunciated in this book apply to communication in any relationship. It is attractive, easy to read, and helpful.

INTERPERSONAL RELATIONSHIPS

Leaders Guide

George Sanchez

This seminar, on the biblical guidelines for interpersonal relationships, comes to you with a prayerful desire that it will be helpful to you in all your relationships. It comes after many hours of prayer and frequent exposure of the material in real - life situations. These have been in the counseling room as well as in conferences and seminars in many places in the United States.

The primary source for the content of this seminar has been the Scriptures. I have done a great deal of reading in both Christian and secular literature on interpersonal relationships, and where it is helpful I have used some of these concepts. But primarily the Word of God serves as the basis for the conclusions presented here.

The seminar consists of five sessions, arranged in a distinctive format. The participants prepare the study material before they meet with you and the group; the value of the seminar is enhanced when they do some thinking and preparation beforehand. Then as you meet with your seminar group for about an hour and a half, you should follow this general format:

- 10 minutes - Discussion of prepared study, Part 1
- 10 minutes - Listening to audio, Part 1
- 10 minutes - Clarification of Part I; discussion of prepared study, Part 2
- 10 minutes - Listening to audio, Part 2
- 10 minutes - Clarification of Part II; discussion of prepared study, Part 3
- 10 minutes - Listening to audio, Part 3
- 10 minutes - Clarification of Part III; discussion of prepared study, Part 4
- 10 minutes - Listening to audio, Part 4
- 10 minutes - Clarification of Part 4 and windup

The purpose of this unique format is to encourage interaction and dialogue in your group. It avoids having to sit and listen to a disembodied voice for 40 minutes and trying to keep attention focused on what is being said. It also allows for discussion and clarification of fresh material, rather than what might have been said 33 minutes ago. So the vital information about an important subject is broken down into more digestible segments.

As the leader, you should listen to each session at least three times in order to familiarize yourself with the material. As you do this, you can fill out your own workbook more fully and be prepared to lead the discussions more meaningfully. You should also answer the preparatory study questions on the basis of your own study and the information on the audios.

The sixth session in the study is a related topic: *Changing Your Thought Patterns*. Its use in connection with the seminar is optional.

Each participant in your discussion group should have his or her own workbook. (Husbands and wives should not share a workbook.) Participants should download and print out their workbooks at least a week in advance of the first session in order to complete their assignments. Each member of your group should be encouraged to answer all the questions in each week's Preparatory Study before coming to the discussion.

The material presented in this seminar is intended for use with many groups of all ages. Adults from 13 to 113, in all categories of life and professions, can benefit from the principles presented, whether they have

problems in this area or not; high school students could profit from the principles involved because this is a critical area in their lives; even advanced junior high students would find it helpful. Certainly it could be effective in a collegiate situation and for career singles. These principles have proved helpful in family relationships, of course, and could be used profitably with couples and in a total family context.

Not only are these principles useful, but they are reproducible. After you have finished the seminar, encourage members of your group to start another group of their own. They can listen on-line at DiscipleshipLibrary.com. The study guide is also available here on the website. All they have to do is ask some people to participate, distribute the workbooks, and begin.

For best results and for remaining within the one-and-a-half-hour time-period, your group should consist of 7-10 people. Above that number you will lose the dimensions of a small group discussion. Participants should commit themselves to attending all five sessions, as the continuity in this series is very important. As the leader, you should develop an openness in your group to the teaching of Scripture - not what you as the leader or George Sanchez have to say.

Each session should take about 1 1/2 hours, but some groups may choose to extend it to two hours. In that case, you should allow more time - 12 - 15 minutes - for each part. As another alternative, you might want to begin the following session with a discussion of any questions from the preceding session that have come to the minds of the participants throughout the week.

The following is the recommended procedure for each session:

Leaders Guide – Session 1: Biblical Basis For Interpersonal Relationships

1. Introduce the seminar and the material to be studied and listened to over the next five sessions.
2. Introduce yourself and the members of the group to one another. Ask each person to give a 2-minute sketch of himself/herself.
3. Discuss the questions the participants have answered in Part 1 of Session 1. For additional help in leading the discussion, obtain a copy of *Lead Out, A Guide for Leading Bible Discussion Groups* from your local Christian bookstore or from Customer Services, NavPress, P.O. Box 20, Colorado Springs, Colorado 80901.
4. After discussing the questions in Part 1, turn the tape recorder on and listen to the brief presentation on the same topic on the cassette for Part 1. Before turning the machine on, encourage the members of your group to take notes on their outline sheets in the workbooks
5. Allow a brief time for questions on issues from Part I that may require clarification, then proceed to a discussion of the Preparatory Study questions on Part 2.
6. Listen to the audio on Part 2. Then follow the same procedure for Parts 3 & 4.
7. Conclude with any clarification needed on Part 4, and windup with a summary of the whole session. Encourage your members to prepare for next time. Close in prayer, committing the lessons of the session to God, so that He can begin working them out in the lives of the participants.

The first session may be summarized as follows: the principles in the seminar apply to all relationships we have; interpersonal relationships are basic to New Testament truth; biblical interpersonal relationships demonstrate the reality of reconciliation; interpersonal relationships are basic to the effective functioning of the Body of Christ; and a positive relationship with God is basic to effective interpersonal relationships.

Leaders Guide – Session 2: Biblical Self-Esteem

1. Review the contents of the first session, particularly noting some of the discussion that your particular group had. Summarize the conclusions of your group and ask if anyone has something that he or she might want to share about putting into practice some of the lessons learned.
2. Introduce the material to be studied this session and proceed into a discussion of the Preparatory Study questions for Part 1.
3. Follow the procedure given in Session 1 for Parts 1-4.
4. Conclude your session with a summary of both sessions and close in prayer.

A summary of this session is as follows: many non-biblical concepts abound on the subject of interpersonal relationships; a healthy self-esteem is biblical; a poor self - esteem produces defensiveness and insecurity; a biblical self-esteem is developed by seeing ourselves from God's point of view; and the level of our self-esteem directly affects interpersonal relationships.

Leaders Guide – Session 3: Openness And Teachability (Disclosure, Vulnerability)

1. Review the contents of the first two sessions, again stressing the results of some of the discussions your group has had. Summarize the conclusions and ask for some testimonies.
2. Introduce the new material and proceed into a discussion of Part I of the Preparatory Study.
3. Follow the procedure given in Session 1 for Parts 1-4.
4. Conclude your study with a summary of the first three sessions and close in prayer.

This session may be summarized in this way: disclosure means opening our lives to others on a personal level; vulnerability is the risk involved in disclosure; only God can meet all our needs, but we still need one another; we must be willing to admit our feelings and know how to deal with them; and we must be willing to build bridges of relationships that can bear the weight of truth.

Leaders Guide – Session 4: Biblical Guidelines For Handling Conflicts (Part 1)

1. Review the contents of the first three sessions, emphasizing the direction your group's discussions have taken. Summarize the conclusions and ask group members to share what God has been doing in their lives as a result of this seminar so far,
2. Introduce the material to be studied and discussed this session, then proceed into a discussion of the Preparatory Study questions for Part 1.
3. Follow the procedure given in Session 1 for Parts 1-4.
4. Conclude your study with a summary of the first four sessions and close in prayer, asking God to help all the participants (including you) resolve their conflicts biblically.

A summary of the fourth session would be as follows: conflicts come from clashes between people; conflicts are normal and necessary for our growth and development; working through conflicts can produce greater understanding and compassion; unresolved conflicts become problems; and some causes of conflicts are pride, self - centeredness, and deceitfulness.

Leaders Guide – Session 5: Biblical Guidelines For Handling Conflicts (Part 2)

1. Review everything you have done in the preceding four sessions, noting the directions your group's discussions and conclusions have gone. Summarize what you have learned from the Word of God and ask various ones for testimonies of what God has been doing in their lives.
2. Introduce the material of this last session and proceed into a discussion of the assigned questions in the Preparatory Study, Part 1.
3. Follow the procedure given in Session 1 for Parts 1-4.
4. Conclude your study and the series with a summary of all that you have done together. Allow time to discuss any issues that need to be clarified. Ask the participants to share what they feel God wants them to do in the future with what they have learned.

The last session may be summarized like this: to end our conflicts effectively, we must begin with ourselves; loving confrontation is biblical, but involves risks; the reconciliation of relationships is more important than the resolution of issues; forgiveness is an act of the will and should be immediate, while forgetting may take time; and a celebration occurs when biblical reconciliation has taken place.

Optional - Session 6: “Changing Your Thought Patterns” is a presentation of some biblical material on how to change our thought patterns. It is related to the seminar in that it deals with a vital principle that must be understood and practiced in order for us to experience effective changes in our behavior. The biblical basis for this presentation is Paul's instruction to us to be "transformed by the renewing of your mind" (Romans 12:2). I understand this to mean that our way of thinking must be changed and the information in this presentation will help accomplish that goal. Also, a booklet titled Changing Your Thought Patterns, an edited version of this tape, is available from [Glen Eyrie Castle Bookstore](#). You may want to obtain one for yourself and each member of your group. These may be purchased in lots of ten (10).

***As a personal note at the end, I want to express my appreciation to you for leading your group in the discussion of this material. My desire in preparing this seminar has been to make it as helpful and practical as possible. I have also wanted to emphasize how specifically and tangibly the Bible speaks to these issues in our lives today. I am personally convinced that the Scriptures are totally sufficient to meet every area of our needs as we apply the truths that are revealed to us.*

My prayer has been that this material will be a blessing to you personally in your sphere of relationships. I further trust that it will be a helpful tool in your assisting others to have more effective relationships. Any suggestions or thoughts you may have and would like to share with me would be greatly appreciated.

I would like to encourage you to suggest to those in your group that they use this same seminar with some of their friends. In that way, they would not only be disseminating the principles of the seminar, but in a very real way you would be multiplying your own ministry through them in the lives of others.

Thank you again for the privilege of co-laboring with you in this way. May the Lord encourage your heart with Himself as you experience more and more the reality of all that He has for you.

George Sanchez