

Listen to Audio Session 3 - Part 2

(II. Biblical Emphasis Regarding My Need for Disclosure & Vulnerability – Continued)

B. Demand for a wise use of Scripture - Colossians 3:16

C. Extending encouragement - 1 Thessalonians 5:14

1. Admonish the lazy or careless person.
2. Encourage the struggling person.
3. Help and support the weak individual.
4. Be patient with everyone.

D. Guidelines Regarding How Much to Disclose

1. Not indiscriminately "dumping"
2. When there is a conflict in a relationship
3. When I'm having personal difficulties
4. Biblical guidelines of Ephesians 4:15

E. Levels of communication

1. Cliche conversation
2. Reporting the facts about others
3. My ideas and judgments
4. My feelings (emotions); "gut level"
5. Peak communication

F. Dealing with feelings

1. The emotions respond
2. The intellect evaluates
3. The will chooses