

[00:00:00] I appreciate that, Pat. It's good stuff. The, it, in one sense, I've kind of felt like that, that, that train picture you have. Yeah. Actually is a picture of the, of, in the reverse, of like emotions come from, from our beliefs or faith, which, from facts or experiences, however you want to think of it. Yeah. Oh, well, I, I, I would say this, it's our interpretation.

Yeah, all those experiences. Absolutely. Yeah. If you change facts to our, our understanding of events, which is the way the whole world tries to run the universe, which is, we'd like to have a little more concrete information. Um, but for the way we operate, I think you're right, Dov, that we, we start with what is our interpretation of that event?

That, okay, therefore, what makes, what true, and how do I feel about that, and that produces. [00:01:00] And so that's how we would tend to operate. And so to get back to what actually is true, the emotion will lead us back to the, the, what's producing that emotion. That's why the emotion is helpful. Yeah, and I absolutely agree with that.

I've just, I've just, it's stuck out to me that that train has been kind of used to say emotions have no value. But I'm like, this train itself shows emotions come from this place. It's like, you can't deny that. So like, that's anyways, it's, I think it's, it's really cool in reverse how the truth of it. Yeah.

What else? The feedback? Yeah, I had a thought. Um, so, you know, we have last two years or so, um, been working with a lot of people that you meet for the first time at a perspectives [00:02:00] class or something like that. Maybe interview as a recruit. As a recruiter for frontiers and a recruiter for our own team. And also we were like, um, raising support and that, you know, did that kind of the, for the first time where our whole salary, everything we were raising was support.

And so we got some training in that and there was all kinds of thoughts about training, you know, the God ask all kinds of books, all kinds of coaches, you could get. Personal coach, everything from the fundraiser type guy, you know, that too, you know, kind of more ministry based church based thinking. And anyway, so in that, one of the things that we come across was a guy at stewardship ambassadors who was a financial salesman and he built like a, he didn't just sell financial advice.

He sold. Like little private companies that he, he would franchise these companies where they would do financial advice. And he said, one thing that he's learned sitting at a million kitchen tables. [00:03:00] And he said, uh, was

people do not make decisions based on truth or decisions based on reason. They make emotional decisions and they use truth.

Whatever truth they want to, to justify their decision. They have a place they want to land really. And some are convinced otherwise, but I mean, they're, they really have a place they want to land. And I thought as a leader of people. We found that to be very true. Uh, people have this heart, they want to serve God.

And then all of a sudden, certain nuggets of truth come there when they'll make whole changes of decisions and you're going, wow, that is crazy. You know what I mean? And I found out that the truth was a little more relative than I like it to be. And it was just that the base of that was sitting on, there was a lot of emotion carried.

And that emotion was built in truth or lies, right? And so how we pitch things to people or how we get people to follow us as leaders, how we draw our circle around them and how we bring [00:04:00] them in and around them, that, that idea that emotion is underlying all those things. I mean, yeah, it was just, it was just a huge change.

And then as we raise support, it was a real shift to try to not work on people's emotions. But to try to connect with people and see what their emotions were telling them. And if we were a good fit or what the kind of support they wanted to do, or the kind of mission they wanted to support, if we were the kind of people they wanted to connect with.

And so it was just a different approach and really helped us. And, and I mean, it's just, it's in all of our worlds from the people we shepherd to the people that we, you know, we work with the people that we lead, which is a pretty, pretty intense shift. Cause I'm from that world where it's like, Hey, just brainwash, just wash that brain down with truth.

The truth that I say is truth and then you'll be fine and it helps no one deal with this powder keg of brain chemically and stuff that's just going on. [00:05:00] So yeah, it was just super, super, I just, this stuff just resonates with me completely. Yeah. One thing just to, I appreciate that Brian, one thing to keep in mind, why do people believe what they believe that it's a fascinating study, but there's a combination of.

certain facts and then authority that need to come together to persuade someone. So, so if, if, if I'm trying to tell someone to, this is what God says and it'll be

really good for you and they kind of believe the scripture or they kind of trust me, they might move that direction until they hit something inside of them.

He goes, Nope, that will not be safe. That has more authority than me and they will go with that voice that says, no, what's true is if I try that it's going to hurt, I'm going to be embarrassed, something bad is going to happen. They may not even know what it is, but there's an authority in their heart. And that's where those [00:06:00] having the, the, the systems and the courage to pull that emotion out and go, what is going on there?

Allows us to, to not be ruled by those things where we're, we're kind of trapped by our own, uh, wrong beliefs at different times. And, and, and relationally, that's true. I don't, just again, working with the firehouse, there's, there's some folks just pretty, and it's legitimate. I'm not making fun of it at all.

There, there's, there's a sense that if I did this, something bad would happen. I'm really uncomfortable with that. Um, and so that there's a whole process. You're going to have to help people walk through when they hit those. Those places of fear. In fact, I would say for many couples that we, we deal with it would be in the more distressed camp.

I would say creating a safe place is our first job. Not any content, not anything else. How can we create safety? That you can, you can take off a little fig leaf and be known and not be judged. Um, and not be [00:07:00] condemned. To just know that's a huge part of

this ministry. Hey Pat, I like, um, that phrase you said about, um, I forget exactly how you phrased it, but those who are maybe the least, um, emotionally literate are often the most given to emotionalism, you know, it's, it's just, I, I, I think for a while I lived in a world even before I became a believer that I thought I didn't have emotions, I was all very logical, rational, everyone else was emotional, but I realized in hindsight that I was so integrated with my emotions that if I felt it, it was, It was true, you know, and it wasn't an emotion, it was just true.

And that's very interesting to see that there's that, there's a danger there if you're not understanding and able to distinguish where things are coming from and how they should play in. Yeah. But, yeah, that's, that's helpful just to be [00:08:00] thinking about. Good

talk. Yeah, Brian, when you were kind of sharing your thought, I, I remember a proverb in general. It basically says, you know, the wicked look for wicked

things and they find them. Yeah. And the righteous look for righteous things and they find them. Basically, whatever you want to find in life, you'll be able to find.

Um, because you'll be able to find, uh, kind of like that, like you said, that, that rationalization for what you're actually wanting to do. If I, if I can find that reference, I'll, I'll try to see if I can remember it, but it's kind of that same idea that you were talking about.

You want to kick around or? Well, I, I [00:09:00] love all this idea of, of trying to understand our hearts. And I think for sure related to marriage, I think, uh, corollary would be parenting. Um, and, and helping our kids through their emotions and helping them to, to navigate those things and connecting with them. I think this is so critical and not just to say, you know, be quiet, stop, don't be sad, um, but to, to really meet emotion with emotion with them and then to help, to care for their hearts.

So, I don't know if you guys have thoughts of just even how this relates outside of marriage and to parenting and to workplace into neighborhoods into Every human relationship. I feel like this is really where God intended things to go

nathan. I know for us we at morgan and I sat down and we're talking about, you know As we're learning our own [00:10:00] You know, relational needs through the survey and stuff. We also were like, we want to sit down with each one of our kids and just kind of assess them so that we can connect with them, you know, and we're already starting to see, oh, that one, there's the tension there and no one's appreciation.

And, you know, they're just absolutely clear. Looking forward to integrating that in, you know, in parenting stuff as well.

Yeah. I don't know if you, uh, caught it on the email that, that link, I sent the relational values assessment. It does have age appropriate for your kids, like teenagers or elementary school versions of the, so the questions for the relational needs assessment are, are more appropriate for those ages.

Eventually those will, hope to have those on our website as well, but right now they're available. on that relational values. Oh, that's great. I'll have to double check that then.[00:11:00]

I grew up in a very, um, I'd say truth focused home. My parents are less emotional than, um, this material for the most part. They've grown a lot, I think,

over the last years. Um, but I definitely it's at the end of my parenting, uh, very much a quickness to just grace and alert always. Just like very not, I just, I just want to move on to the next thing and take care of the attitude real quick.

Um, and so I think there's trying to figure out the balance of I mean, my natural desire is just okay. Let's just take care of it. No, that's not what we do [00:12:00] because of this principle and move on. And I think there's some appropriateness there with like You know, the training tree of that, like, early, very young parts that seem to get constantly reminded.

Um, but I think as, especially as they're getting older, uh, being very, I need, I know I need to grow in slowing down with them to understand their emotions and walk through this material. Um, yeah, coming from that very truth based background. Yeah, I appreciate that perspective. One thing is that because there's.

A number of you still have young kids in your, in your homes. I would just, um, some of the tools we use in connect or the soul care tools, which would more of the transformational prayer or, or contemplative kind of quieting kind of tools as well. But there's really, really interesting understanding [00:13:00] when you're, when you're talking there, Ben, about even your younger children kind of being in this place of, of, um, experiencing some kind of distress.

And if we can just call any distress a trauma, any child that, and any person, but especially young children, if they experience a trauma outside of connected relationship, the likelihood that they're going to assign the wrong meaning to it goes up, like, multi factor, okay? So, so, even in those places, to take time to go, to help them process their interpretation of those traumas or distresses in relationship.

Even as you're correcting, that it's, it's from that posture of being connected, the, the odds of them making bad assumptions or drawing those conclusions that are completely incorrect, lie based, are way down. So, anyway, just to, to be committed to that, I think, is a, is a noble goal. [00:14:00] It's true with human, with adults as well.

Um, but, but especially important with young children, helping them process all those little traumas, little distresses in a relational way. This might be a Conversation for a different time, but like in the example of like driving down the road and a two year old just whining in the back yard and the backseat, like is in that moment, how is it a, okay, let's, let's figure out how we can connect

here, or is it, no whining, you know, like, and just, yeah, and that might be a different conversation.

It might be a different conversation. I would just say I would, I would always have the posture of trying to understand. Where that's coming from. Now, what that looks like in that situation, I don't know. Maybe it, maybe it is correction, but I would always try to be in a posture of understanding what they're experiencing in that moment [00:15:00] before I would, by the way, and it's just parenting, uh, confession, this whole arena of relationship, I feel like I was, God granted us great mercy to very disciplined and, and very intentional and very careful.

And, and focused on raising godly, self controlled, good citizen kids. Like, we weren't a relational, but we were not skilled relationally. There was lots of love and laughter and joy, but it was never skilled, and it was far more moralistic, much like probably your parents. Um, we did not have this language.

And that is my only strong regret in parenting, is that, that we did not have these tools. To apply and to really slow down enough to go make it a higher value to know what is going on inside of them before I correct it. Not that they, I won't get to that place of [00:16:00] correction, but to slow down enough to go what is actually going on before I would just try to correct behavior or change the outward manifestation of what I was going to have that high value.

I feel like I missed it and my wife and I would both deeply regret not having that tool. Um, it's not that we don't correct or that all, you know, all kids are, emotions are valid and they will grant them just, yeah, just go ahead and whine and do whatever you want. That's not what I'm saying. I'm saying there is a, there is a, a blessing in having a very high value on knowing what is going on inside them at that moment.

And they might be just being foolish, rebellious kids. And I can live with that. And it needs to be corrected. But I don't, I don't, I would never, as a parent, I would never want to make that, um, assumption again without more, having tools or vehicles to understand more what is actually going on. I think it's a classic example, just how we arrive at beliefs, is what you said, Pat, is we, we [00:17:00] experience things and then outside of community on our own, we interpret what, what is actually happening, and then we, we, uh, we make true statements.

So like with our kids all the time, right? It's like, they're crying about something. Why are you crying? Oh, well, Susie, Susie hates me. You know, Susie thinks

I'm the worst. Okay. Well, what happened? She said, I can't play with that. Okay. Well, that doesn't mean Susie hates you. Right. Like, and so it's just classic that we arrive at these beliefs with poorly interpreted, uh, experiences.

And so I would just agree, you know, walking with, with kids through those things and trying to untie the knots. Um. And understand those things. I, I see it all the time. I'm sure you guys do too.

Pat, um, I guess I wanted to understand what you said. You said take time to help them process [00:18:00] trauma while correcting. And so obviously our kids have just been through something really traumatic. And they've, um, they've shared all kinds of different thoughts. Including, you know, guilt and stuff like that.

Like what, what does that look like? That correcting piece, I think, is the part I don't want to touch on. Um, well, I, again, I, without a specific, which I don't know if you want to share on a video that might go around the world. Um, I, I would just say, ask lots of questions. What, what, what are you thinking in that?

And, and, and so my, my, my goal is a. And this, I think I, not that I was a great parent or even a good parent, but I do think one thing we did well is once I, what I understood is once kids hit teen years, it was no longer about presenting truth and demanding behavior, but trying to help them form conviction or build principle based thinking.

And so when, when we [00:19:00] hit a snag that needed thinking, needed correcting, it'd be lots of questions. And sometimes it would go all the way, go back to, well, do you believe there is a God? Okay, well, would he communicate, do you think the Bible is that communication? Yes. Okay, well, so then we could probably trust that to give us some answers on how to deal with life.

And so that was, and sometimes there was, what could have been a two sentence correction was a 45 minute dialogue on how do we form a conviction on what the right choice is here. To teach them to try to think it through on their own. What God, what has God given us? What has he proven by, by what he has done in history?

What can we believe to be true based on those things? What is our hope? Um, all, all those kind of kind of big framing questions that you can kind of laser down to, well, here's my application in this place. Well, no, God has proven love me and it is okay because, you know, there's a deposit, you know, it might

be gospel related based on what you've been going through or, or forgiveness or God's [00:20:00] delight in, in, and, uh, you know, where, where is our sin?

So what if, what if you were guilty? Well, what would that mean? Did the, did the cross cover that? Can you rest in that? And why not? So all those kind of questions would be the kind of way that I would just want to walk through and gently asking those questions and helping them say, well, what, what do you know, um, you know, the people you love and respect, is that how they act?

Do you feel like that's how you've been treated? Well, maybe then you could choose to treat someone else in a similar way to be caring and kind and grateful or whatever, whatever it is, but it's more as an appeal or with questions or conversation, then here's the right thing to do. Go do it. Um, and, and, and even, even watching their non verbals, again, for you, I'm speaking specifically to you guys because of the severe trauma you've been through, really watching their non verbals and when they're counting as false, does that make you sad to think about?

What do you think about right now? [00:21:00] You know, just being very present in their moment as they're sorting out what has happened. Um, And that does take focus, and I'd probably just take a time out on pretty much everything else you're doing. And you may be doing that already, but there may be more you can say.

We're just going to spend a lot of time together unwrapping this and trying to enjoy each other, and care for each other, and care for the flock, and that's, it's general enough, but that's the general approach is making it about how are you doing, let's do this together. Come let us reason together with the verse that would shape those conversations for me.

Give me your heart, my son. Let's, let's walk this out. Um,

don't give your heart to those other things. Let's stay right here together. Yeah, that's good. Thanks, Pat. I appreciate that. [00:22:00]

I had another one, just a question, Pat, maybe a thought that I wanted to push your way, get your opinion on. Uh, the, one of the things I've noticed is we started using the relational language and we started to add some We're asking the questions about how maybe our daughter, so on this trip that we're on right now, you know, talking about our relational needs, it's kind of funny, it's a joke.

Sometimes she'll say, Oh, dad would meet my relational need if we had banana pudding or something, you know, and, uh, you know, that's great actually. But what a thing I've noticed traveling together and we travel a lot is with every trip there's expectations. And what happens now is we, we don't navigate unmet expectations.

In an unhealthy way, because all of a sudden they're just popping, Oh, you had an expectation you didn't even voice, right? Because we're, because those things come out of emotion that isn't dealt with. And I feel like we're not playing in the surface area, trying to figure out, you know, unmet expectations or [00:23:00] unvoiced expectations.

Because it's really difficult to voice all your expectations when you're not even really sure what they are. And so getting to the emotion part where I asked, well, you know, when you pick me a flower today, she picked this flower, handed it to me and I said, Oh, that's nice. I, you know, I was just thinking about something else.

And, uh, she goes, dad, it would really meet my emotional need. If you noticed the flower I picked for you. And I said, Oh. I said, so you were trying to meet my emotional needs. She said, well, picking a flower for your dad should make you happy. And I said, well, yes, it should, you know, so. Uh, sorry, honey. And so we stopped and we did look at the flower and looked at a couple flowers.

And, but she just needed that. And it's funny, you know, your expectations for connection are there. Expectations for. Experiencing things together or being noticed are so real. And so anyway, I'm just pushing that to you. Do you find that that's true where if you're dealing emotionally better, [00:24:00] then expectations tend to get met in a different way.

And there isn't so much chaos in the unmet expectations or, you know, that kind of thing. Yeah. I think that the, the, the whole process does two things exceptionally well. One is it makes me more aware of what I'm experiencing emotionally. And so it gives me that pause button to go, what am I feeling that right now?

What's going on? And so I could bring an expectation or I could bring, you know, some sense of being missed because I, I picked you a flower and you didn't notice. And so I, it hurts my heart and I go, okay, well, wait a minute. What's going on there? Instead of just going, well, Brian's a jerk, I go, oh, wait a minute, that kind of stung.

I should, I should bring that to him. I should try to move towards connection rather than my normal previous pattern of Brian's a jerk, I'm never doing anything nice for him again. That's the way I would have dealt with it historically. Um, all of which may be true, but, [00:25:00] um, but now I want to move towards connection.

Now I want to be, I want to be in that place. So that's, that's one. The second one is to know when something goes sideways or you see it in someone else, you're more alert, watching, learning those non verbals, paying attention to what, what does it look like when they feel healthy and cared for versus when they don't.

And maybe it's me, maybe it's something else, but I can be present. And, and so as we go through the day, we can just say, well, your accountant's kind of down. You know, what's, what's going on? How, how can I, how can I meet you wherever you are? So, and, and sometimes that's on a trip. Oh, I'm just disappointed. I thought we were going to get to do that and we're not going to get to it.

So I'm just kind of sad now. Well, that is hard. Those, those little sadnesses, those little boo boos are worth kissing and saying, yeah, that was a little loss. And, and, and I have time and energy to say I care about that.

Probably won't spend the day grieving it, but you can just hit the pause button there [00:26:00] and go. I noticed that. That probably stung. I'm sorry that happened. And I feel like, especially young kids, have a pretty high need for attention. I think attention is a huge one for kids.

Okay, well a couple things, just a reminder that relationalvalues.com, some good resources if you want to learn more or review some different ways of thinking about the relational needs definition, that's a good resource. Plus it has the digital That you can send to yourself as a PDF for your kids for 18 and up, teen and elementary school age to, to, if you want to do some work in your, in your spheres of influence, kids or neighbors or whatever.

Um, and the other thing I wanted to mention is that if, [00:27:00] if this is going to land in your world, and, and this is not necessarily just for those who are on the call right now, but others, it might be other pastors that might be jumping on. It's, it's going to be at some point, it's going to be really important to find a champion because most guys that are responsible, especially if there's like a single staff, um, elder that's, that's kind of taking the point on a lot of the, the management teaching of church to add this in is probably not going to be, um,

very practical to, to be the champion and sort of be thinking about thinking about who could be the champion in your world that you'd want to maybe start introducing.

Maybe you invite him to watch the videos or. We can, we can certainly arrange other ways to, to, uh, try to, um, have these discussions when others are not in the middle of the workday or find other opportunities to, to, to chat about things. Um, I think that's gonna be [00:28:00] important for most. And, and I, and I think Nathan was, I don't Yeah, you weren't a pastor when we first started doing this, and you really embraced it and started implementing it and, and now really, really competent.

And I mean, our local church that doesn't need me to do this at all anymore. Nathan and others would be, specifically, Nathan would be able to just track it all out, teach it, and, and do it all. Mark was one up in, in, in, uh, Fort Collins who's been helping out and learning for a long time, and. a huge resource to the elders there, which is a larger church in Fort Collins.

He's just a huge blessing because he, he became a champion of these things. And so, um, just be thinking about that. So it's not just, you know, pastor putting more on their plate. Um, but, but think about how can you build a team and others to do it. So that'd be one thing. The other one would be who, who in your world would you want to start just at least sharing some of these things with maybe training someone else or talking about or having a [00:29:00] A conversation or coming alongside or meeting with a couple, but really start trying to handle some of these concepts.

Um, that may be a way to just test what you, what's, what's sticking, um, to have that kind of obedience or application based, uh, process here, not just be acquiring stuff. So, anyway, I don't know, any, anything else, anybody feels compelled to communicate, otherwise we're We're coming up on my 90 minute deadline here, and I, I put the link for that app in Love While Parenting in the chat.

If you want to take a look at that, it's got a lot of great short two, three minute long videos and super helpful. Yeah, and it's, it's a good, it's, it's about both. It's about relationship with, in marriage, but also with kids. And I just found it really, really helpful brain science. The only only caveat I would say is because.[00:30:00]

They're secular because they're non biblical, non created, they have no place for the soul. So the whole thing we're trying to manage and create health in does not

exist in their world. It all has to be brain chemistry, okay? Because to acknowledge there's a soul would mean to acknowledge there's something beyond the physical chemicals and electrical charges and sparks in us.

But to have this eternal thing that can contain Um, eternal thoughts is it just, it just doesn't fit. So just know that's not going to be present and, and, but, but who we are and what we are and how we love and all these different things are way more than brain chemistry, brain chemistry reinforces everything that's true, um, and shapes our experience, but it is, it's not our essence.

Um, we are eternal, made the image of God. And, and so just know that, and as you would pass that on to others.[00:31:00]

Their solutions have to be based in non, non God centered explanations. So how we got there and what to do with it are not going to be vocal. But the information is really solid.

Okay,

anything else?

I wanted to hear that sneeze, Mark. God bless you. God bless you, Mark. Ha ha ha. I'm going to blow on your eardrums. All

right. Well, we will, we will catch you next week. Pass this stuff along. Feel free to re watch. If anything comes up you don't understand, have a question about, anything I said that should be in our folder, shared folder that isn't, [00:32:00] I will, I'll try to get it posted in there. Just keep praying. I'm really hoping to get the website moving there.

I don't know if it's God opposing me or us or this thing or the devil, but, um, it's been really hard to get things moving. So, uh, appreciate your prayers. All right, we'll talk to you soon. Take care.