



www.RelationalValues.com



VETERANS

 **CONNECT**
relating wholeheartedly

CONNECT

marriage





www.connectioncompany.org

WHY DO WE GO ON THIS JOURNEY?

- Relational Theology Convictions
- Kingdom Centered Theology
- Common Language Defined
- Reproducible Practices
- Heart Centered Discipleship



A COMMITMENT
TO HEART-CENTERED
DISCIPLESHIP

HOW WE WILL GET THERE?

(EXPERIENTIAL)

- Explain the Foundation
- Teach the Skills
- **Demonstrate the Skills**
- **Practice the Skills**
- **Share Experiences!**
- **Learn in Community from Experiences**



THE JOURNEY BEFORE US

WHERE WE ARE GOING

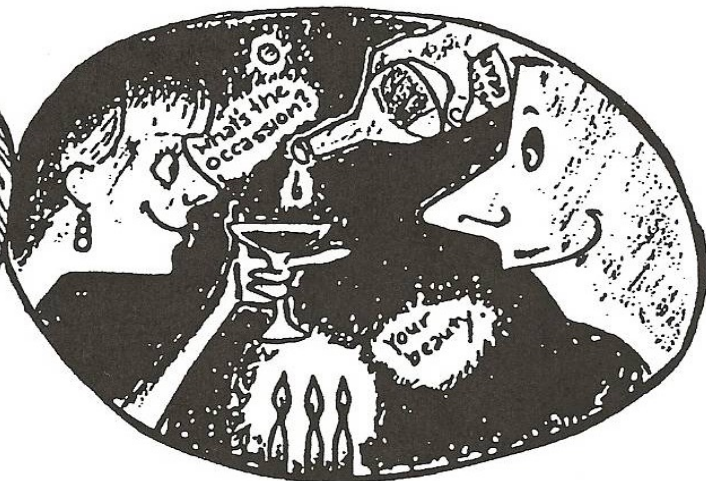
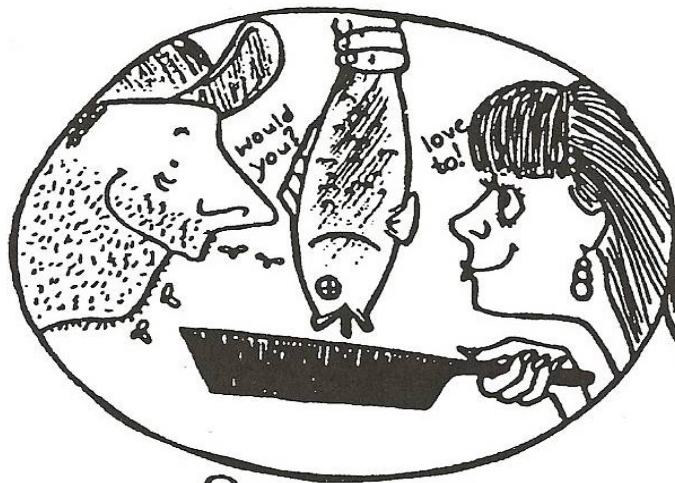
1. Skill vs Knowledge

USE IT OR LOSE IT!!!



MARRIAGE KNOWLEDGE QUIZ

- Eve was given as Adam's Helpmate
- There are different roles in marriage for Male and Female
- Men are to care for their wives as Christ loved the church
- Gracious speech is important in a healthy relationship
- Conflict is a normal part of human relationship
- Healthy resolution of conflict is essential to maintaining unity in marriage
- God desires intimacy in marriage.
- God's primary goal for marriage is our personal fulfillment and happiness





THE JOURNEY BEFORE US

WHERE WE ARE GOING

1. Skill vs Knowledge

USE IT OR LOSE IT!!!

2. Challenge of Current Patterns

RECOGNIZE AND UNDERSTAND



MORE THAN INFORMATION!



Access Video: <https://videos.files.wordpress.com/nvV9D7RK/connect-marriage-skills-power-point-training-video-bike-riding.mp4>

Access Video: <https://videos.files.wordpress.com/AehsKUZl/sheep-falls-in-crack-again-after-being-saved.mp4>

THE JOURNEY BEFORE US

WHERE WE ARE GOING

1. Skill vs Knowledge

USE IT OR LOSE IT!!!

2. Challenge of Current Patterns

RECOGNIZE AND UNDERSTAND

3. The Most Important Thing³

A Clear Target → Conviction & Will

A Path → Understanding

Care and Connection = Fuel





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DESIGN YOUR OWN PARADISE

- My paradise would be...
- The stuff I would want there is...
- What I would want to do there is...

THE RULES OF PARADISE

- You get to call the shots
- God is there
- ????

ADAM'S DILEMMA

- Perfect Environment
- Possessed Everything
- Position Exalted
- He had God and no sin!

and then, God said...

“It is not good for you to be alone”

Biblical Foundations

GOD'S "BIG IDEA"
FOR MARRIAGE

GENESIS 1:26 (ESV)

Then God said, “Let us make man in our image, after our likeness. And let them have dominion over the fish of the sea and over the birds of the heavens and over the livestock and over all the earth and over every creeping thing that creeps on the earth.”



GENESIS 2:18 (ESV)

Then the Lord God said, “It is not good that the man should be alone; I will make him a helper fit for him.”



GENESIS 2:24-25 (ESV)

“Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh. And the man and his wife were both naked and were not ashamed.”

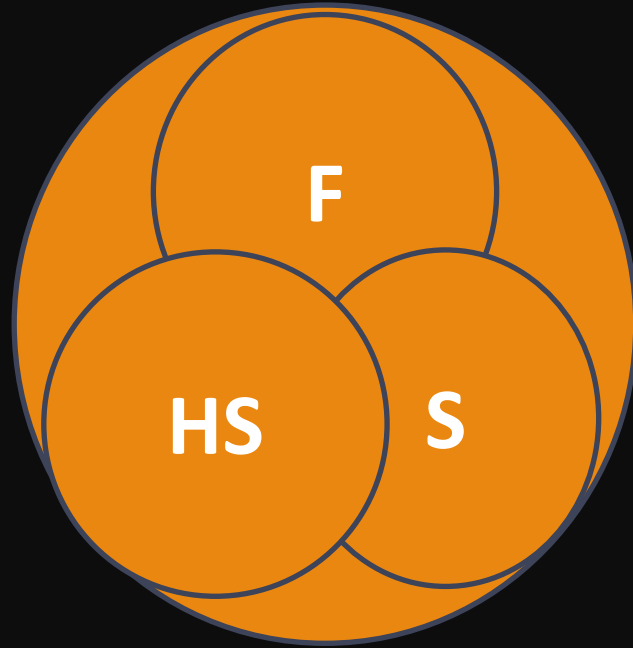


GENESIS 1:31 (ESV)

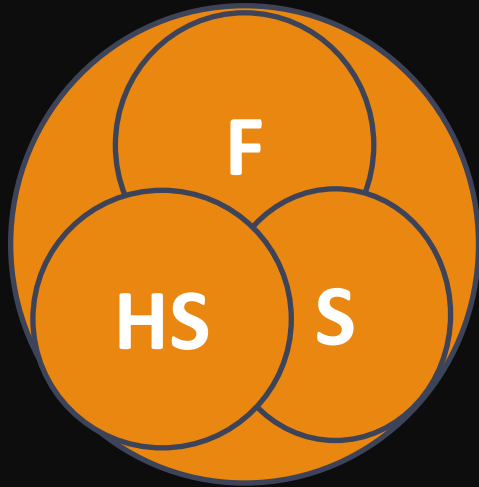
“And God saw everything that he had made, and behold, it was very good. And there was evening and there was morning, the sixth day.”



GOD!



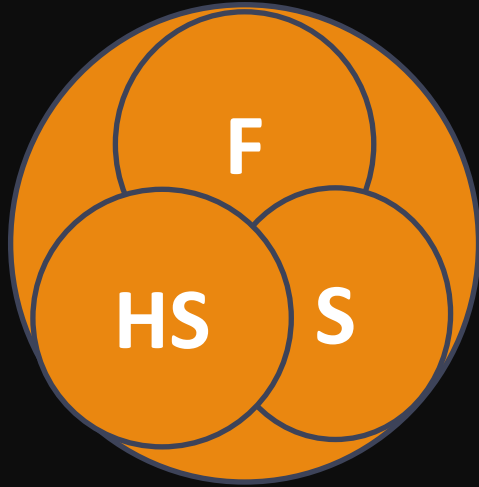
GOD



MAN



GOD



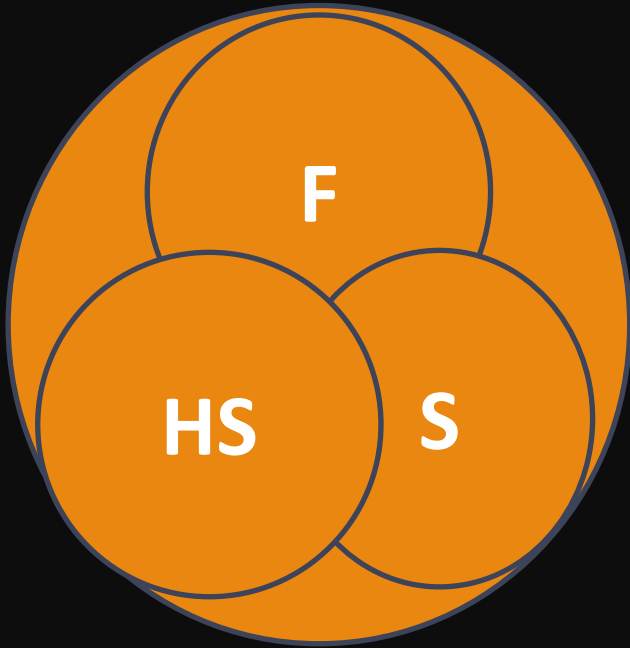
MAN



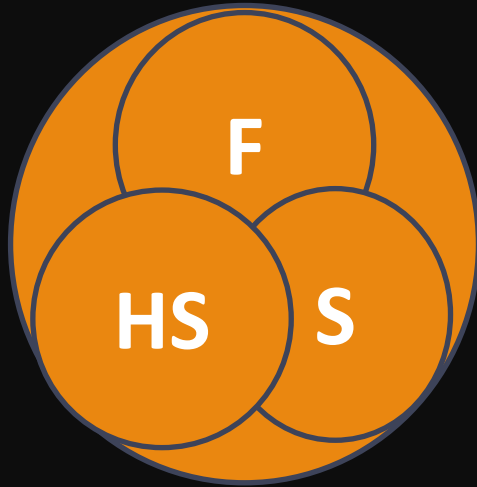
GOD!

“Hear, O Israel: The Lord
our God, the Lord is
one.”

DEUTERONOMY 6:4



GOD
(ONE)



MAN
(ONE FLESH)



JOHN 17:20-23 (ESV)

“I do not ask for these only, but also for those who will believe in me through their word, that they may all be one, just as you, Father, are in me, and I in you, that they also may be in us, so that the world may believe that you have sent me.



JOHN 17:20-23 (ESV)

The glory that you have given me I have given to them, that they may be one even as we are one, I in them and you in me, that they may become perfectly one, so that the world may know that you sent me and loved them even as you loved me.”



PHILIPPIANS 2:1-2 (ESV)

“Therefore if there is any encouragement in Christ, if there is any consolation of love, if there is any fellowship of the Spirit, if any affection and compassion, make my joy complete by being of the same mind, maintaining the same love, united in spirit, intent on one purpose.”



**“ONE” IS EXPRESSED IN
RELATIONAL CONNECTION,
NOT MERELY CORRECT
BEHAVIORS.**

DEFINITION OF ONENESS/RELATIONSHIP

- KNOW
- BE KNOWN
- CARE
- ACT

HOMework

1. Complete the Relational Needs Questionnaire
<https://www.relationalvalues.com/relational-needs>
2. Pat.sokoll@gmail.com

HOMework

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HOMework

MAKE SOME LISTS

- Three stories from childhood that were hard or challenging
- Three stories from Childhood that were fun or exciting
- Three things you would like more of, or less of in your relationship and what need or feeling would it address.
- Three things the Spirit would convict that you need to ask your mate for forgiveness.





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DEFINITION OF ONENESS/RELATIONSHIP

- KNOW
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Created With Needs

NEEDY BY DESIGN

Human Condition
Aloneness
and
Falleness

CREATED WITH NEEDS

THE REALITY OF
RELATIONAL NEEDS

THE PATH – KEY RELATIONAL NEEDS

- Acceptance
- Affection
- Appreciation
- Approval
- Attention
- Comfort
- Encouragement
- Respect
- Security
- Support

The Potential

Healthy Thinking

Positive Feelings

Healthy Behaviors

Positive Outcomes

Connection Experienced

Relational Needs

Aloneness Experienced

The Pain

Faulty Thinking

Negative Feelings

Unhealthy Behaviors

Painful Outcomes

THE ROLE OF EMOTION

Driver door

SPORT



CHECK ENGINE CATALYST
L R L R

(ABS)

4WD

AIR BAG

Passenger AIR BAG OFF

Fuel gauge icon

Temperature gauge icon

Temperature gauge icon

Headlight icon

ABS icon

ABS icon

Air bag icon

ABS icon

Door icon

Seat icon

Seat icon

Seat icon

Seat icon

Door icon

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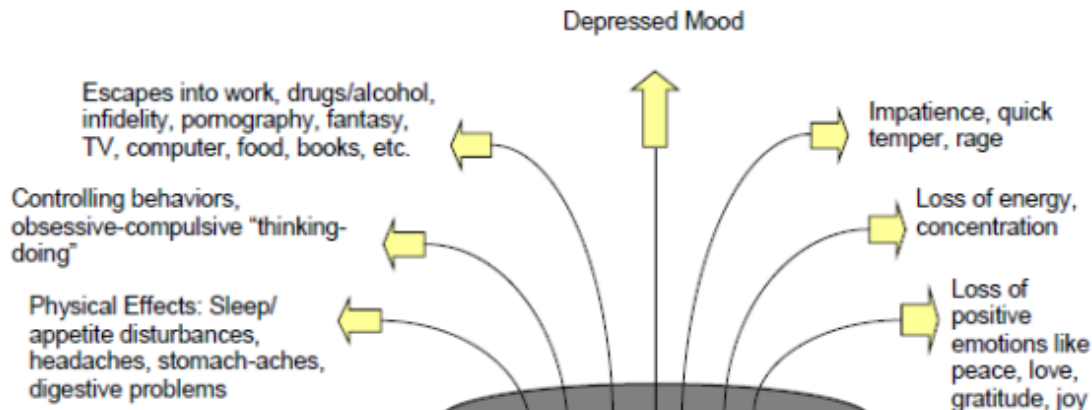
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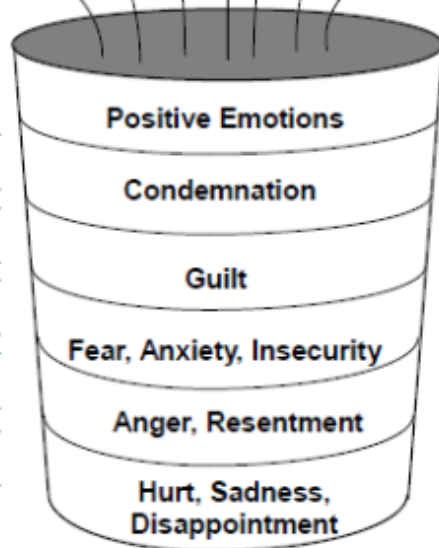
EMOTIONAL AWARENESS
VS
EMOTIONALISM

Symptoms of a "Full Cup"



Biblical Antidotes:

Romans 8:1, 33-34; John 8:32
1 John 1:9
James 5:16
Matthew 25:40; 2 Corinthians 7:10
1 John 4:18
1 Peter 5:7
Philippians 4:6-7
Ephesians 4:31-32
Proverbs 15:1
Romans 12:15b
Matthew 5:4
2 Corinthians 1:3-4



EMOTIONAL CUP

WE CAN ONLY HANDLE SO MUCH EMOTION!!

HOW WE COPE

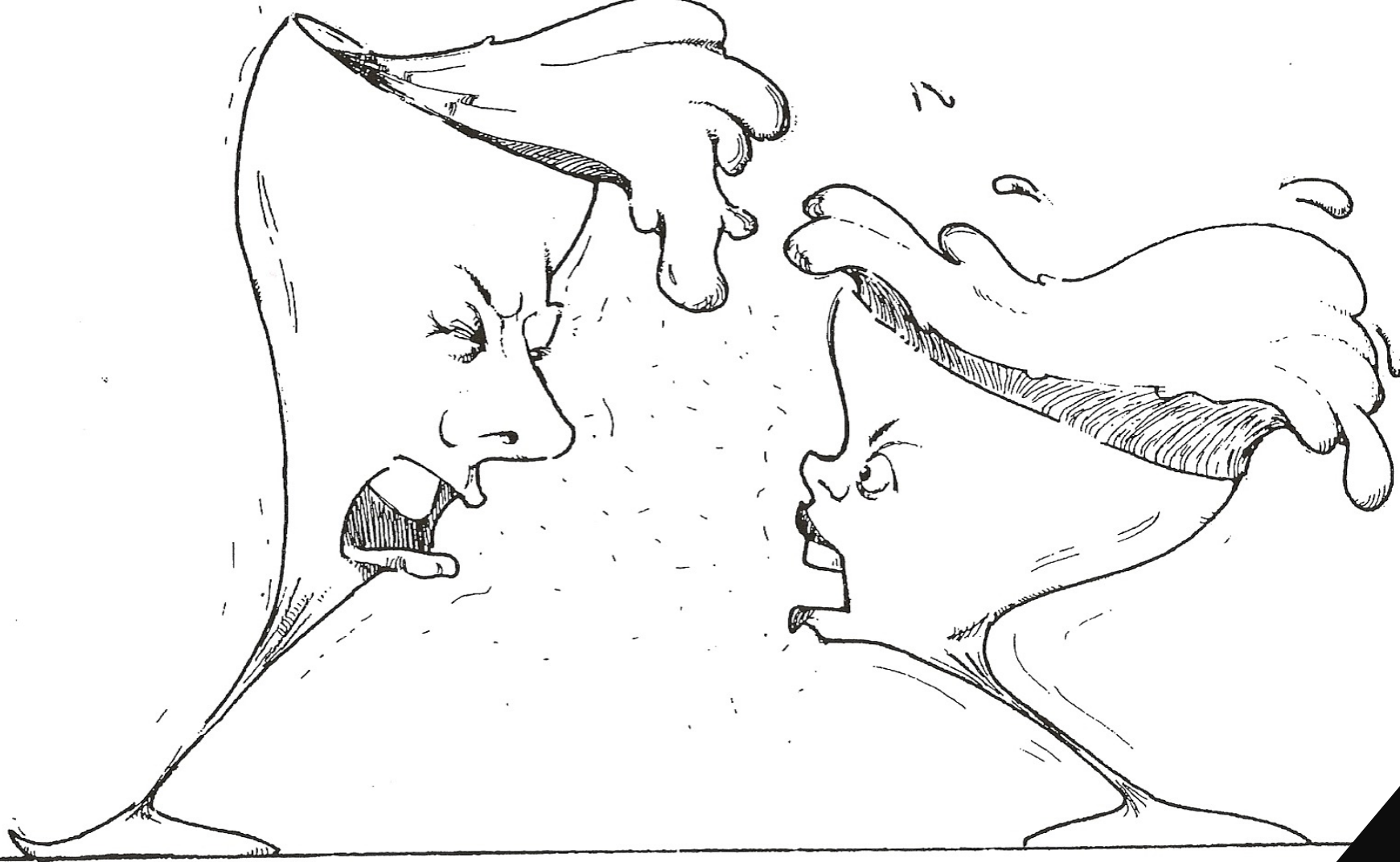
ANGER/PRIDE *Self-Reliance*

FEAR

Control/Selfishness

SHAME

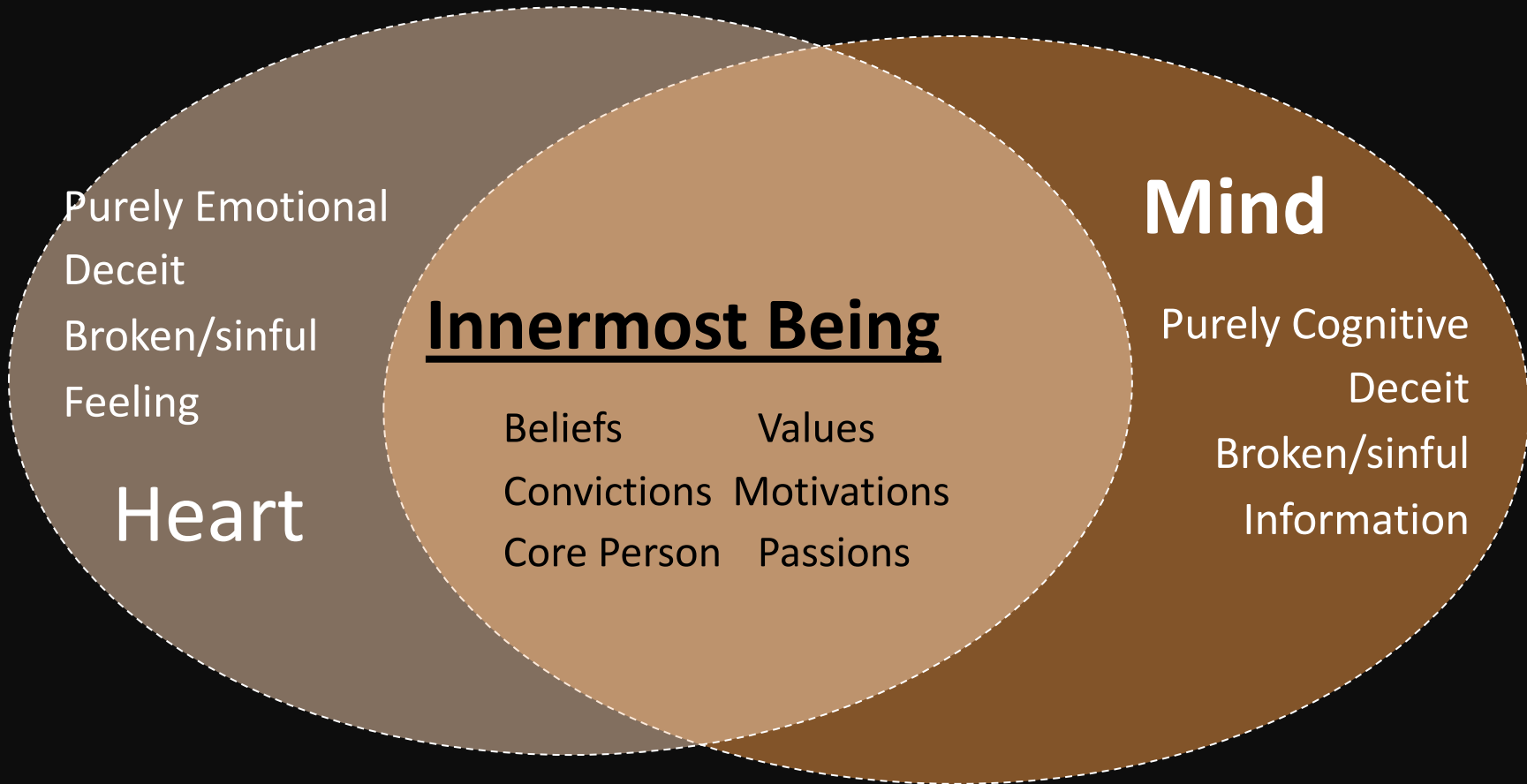
Self-Condernation



MANAGING YOUR HEART

“Keep your heart with all vigilance, for from it flow the springs of life.”

PROVERBS 4:23 (ESV)



PROVERBS 4:23 (PAV)

Above all, with all vigilance and all diligence, above every charge, Guard, Watch, and Keep your Heart, for it determines the course of your life, from it flows the springs and well spring of your life, the issues and outgoings of life, everything you do!



YOUR HEART

=

YOUR LIFE

Wisdom Applications

TRUTH IN ACTION

SPIRITUAL ACTIVITIES WITH SPIRITUAL OUTCOME

SKILL SETS

Confession/ Forgiveness

Repentance

Comfort

Rejoicing



COMMUNICATION

SKILL SETS

SPEAKING

LISTENING

VULNERABILITY



INTIMACY

SKILL SETS

KNOWING

CARING

INVESTING





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INTIMACY

DEEP MUTUAL KNOWING
FOR THE PURPOSE OF
CARING INVOLVEMENT



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ENGAGING YOUR HEART

ONENESS RESPONDING

ROMANS 12:15 (ESV)

“Rejoice with those who rejoice,
weep with those who weep.”



Access Video: <https://videos.files.wordpress.com/uXRMAN9b/empathy-video.mp4>

EMPATHETIC RESPONSE

MEETING EMOTION WITH EMOTION

- Perspective Taking
- Staying Out of Judgement
- Recognizing Emotion in Other People
- Communicating That Emotion
- A Vulnerable Choice!

BING BONG MOMENT

Access Video: <https://videos.files.wordpress.com/A9rA2a7Y/bing-bong-video.mp4>

ENGAGING YOUR HEART

“REJOICE WITH THOSE WHO REJOICE”

SHARE WITH YOUR PARTNER:

“As I reflect upon my growing up years, I remember a time when _____.”

Share with your spouse this exciting time and then rejoice together!



ENGAGING YOUR HEART

“WEEP WITH THOSE WHO WEEP”

SHARE WITH YOUR PARTNER:

“As I reflect upon my growing up years, I really missed _____ ,
and it left me feeling _____.”

*“I’m sorry that happened...it hurts me that you were hurt like that...because I care...
I love you”*





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ASSERTIVENESS & ACTIVE LISTENING

ASSERTIVENESS & ACTIVE LISTENING

Assertiveness:

The skill of expressing your needs and what is important to you in a safe and respectful way – it is not demanding!

Active Listening:

Choosing to care about the persons needs and restating their request in order to know them – it is not defensive!



ASSERTIVENESS & ACTIVE LISTENING

Assertiveness:

An exercise in “Being Known”, giving someone understanding how to “Act in Care”

Vulnerability

Active Listening:

An Exercise in “Knowing” and expressing Care!

Not a to do list!



ASSERTIVENESS & ACTIVE LISTENING

EXAMPLES OF ASSERTIVE STATEMENTS:

“It would make me feel respected and supported if we kept the bathroom sink area free of stuff and wiped down the surfaces when we are done with it.”

“It would help meet my need for security if we could talk over larger financial decisions together.”



“It would help meet my need to keep my CAT alive, if you were to close the toilet lid”



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CONFESSION
&
FORGIVENESS

CONFESSION
&
FORGIVENESS

(Reconciliation)

BAD APOLOGIES!



BAD APOLOGIES

INSINCERE/INCOMPLETE/INCONCLUSIVE

“I’m sorry...”

“I’m sorry if I hurt you.”

“I’m sorry that I hurt you...I didn’t mean to hurt you.”

“I’m sorry I hurt you...I’ll try not to let it happen again.”



BAD APOLOGIES

REALLY! IT'S NOT MY FAULT!

“I’m sorry I hurt you, but I wouldn’t have done it if you hadn’t done (_____).”

“I’m sorry I hurt you, if you would (_____), I don’t think I’d do that as much.”

“I’m sorry I hurt you ...you just have to understand that’s the way I am.”



BAD APOLOGIES

ITS REALLY ALL ABOUT ME

“I’m sorry I hurt you...I guess I just had a bad day with the...(kids, work, etc).”

“I’m sorry I hurt you; I hope you can get over it soon. It really bothers me when you’re upset with me.”



BAD APOLOGIES

ITS REALLY ALL ABOUT ME

“I’m sorry I hurt you; I guess I really am a lousy husband/ wife / person... I don’t see why you even stick around.”

“Please (please, please, please) forgive me for hurting you...

I promise to not let it happen again.”



Access Video:

<https://videos.files.wordpress.com/5u1EAYA9/go/rilla-reconciliation-video-tansuyegen.mp4>

Past Attempts at Reconciliation!

Confession

Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy.

PROVERBS 28:13 (ESV)

Confession:

“One of the ways I have hurt you is_____.”

(State specifically what you did or did not do.)

“I was wrong to treat you this way because_____.”

(“I was wrong” is better than “I’m sorry”; it’s also good to express more about why it was wrong. Being wrong can also involve not being very caring rather than just specific behaviors)

CARE: Empathy & Comfort

For **godly** grief (sorrow) produces a repentance that leads to salvation without regret, whereas worldly grief produces death.

2 CORINTHIANS 7:10 (ESV)

Rejoice with those who rejoice, weep with those who weep.

ROMANS 12:15 (ESV)

Empathy & Comfort

“You must have felt _____.”

(Express your understanding of how your wrong affected the other person; This is empathy — tuning in to the other’s feelings! Identify the pain you have caused)

“And I feel _____ for you.”

(This is comfort and Godly sorrow!)

CARE: Empathy & Comfort

“I want to understand any other ways that this hurt you. Is there anything else you want to tell me about how I hurt you?”

(Listen and receive whatever is shared with you. Then comfort the sadness and hurt even more, and additionally confess as needed. It is very important that the one you hurt, experience that you understand and care about how you caused the hurt.)

Asking For and Receiving Forgiveness

“Will you forgive me?”

Put on then, as God’s chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive.

COLOSSIANS 3:12–13 (ESV)



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PROBLEM SOLVING

10 STEPS



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GENESIS MANDATE

ACCEPTING YOUR MATE

Healthy Rhythms

Three kinds of regular meeting

- Staff Meeting
- Play Date
- Intentional Oneness Connection
- Build skills into flow of life
- Gentle Rentry!

Relationship Dynamics



Relationship Dynamics



Stress Management Priority Exercise



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GOD'S GENESIS MANDATE

To build your marriage on the foundation
God wants you to have, you must:

Access Video: https://www.youtube.com/watch?v=1E_Njg9CseQ&t=12s

KNOW

1. Receive your mate as God's sovereign and good gift to you personally, not as a fortuitous life circumstance.
2. Become a student of your mate's relational/ aloneness needs.
3. Accept individual Differences as part of God's specific plan for your marriage.

BE KNOWN

1. Pay Attention to, and seek to understand your own aloneness needs.
2. Acknowledge your mate as God's primary resource to meet your specific relational / aloneness needs and commit to revealing your heart to them.
3. Reveal your "heart" to them by growing in vulnerability

CARE

1. Take personal responsibility from God to care for your mate's heart and their relational needs.
2. Practice the discipline of keeping your love and affection in a healthy place.
3. Shepherd your heart.

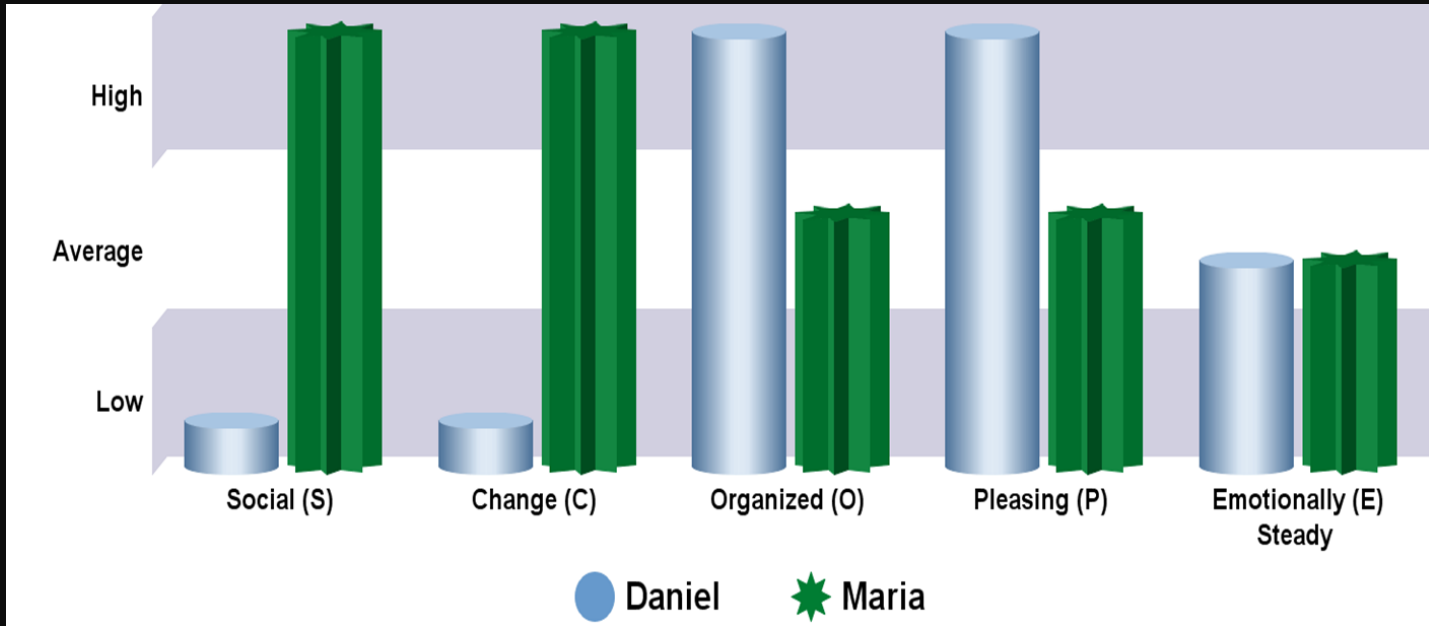
ACT

1. Regularly make proactive deposits to care for your mate's relational needs
2. Commit to a rhythm of relational investment to know, hear, care for, and reconcile with your mate

Prepare-Enrich

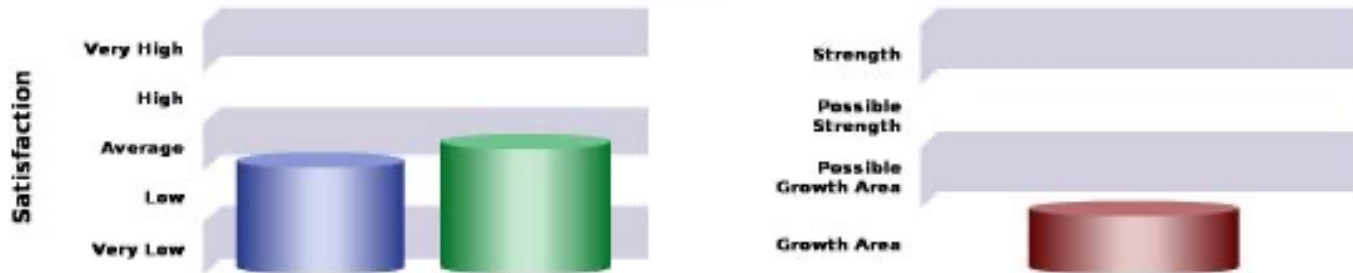
Your way to a Healthier Marriage

SCOPE Personality Scales



Communication

The **Communication** category measures how couples feel about the quality and quantity of communication in their relationship. It explores how they share feelings, understand, and listen to one another.



Communication

Couple Agreement — *The couple agreed with one another on these statements.*

- I feel my partner is honest with me.
- When we are having a problem, my partner and I are able to talk about it.

Disagreement — *The couple disagreed with one another on these statements.*

- I can easily share negative feelings with my partner.
- I like the way my partner listens to me.
- It is generally easy for me to ask my partner for what I want.
- My partner does not make comments that put me down.

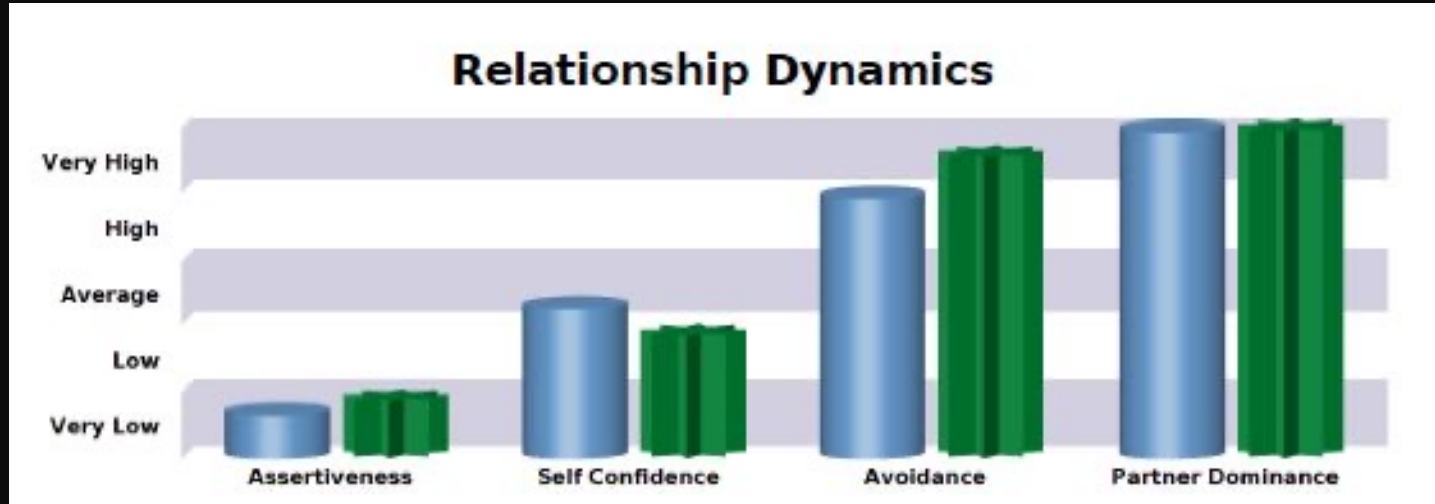
Indecision — *One or both individuals were undecided about the issue.*

Special Focus — *Both individuals expressed concern about the issue.*

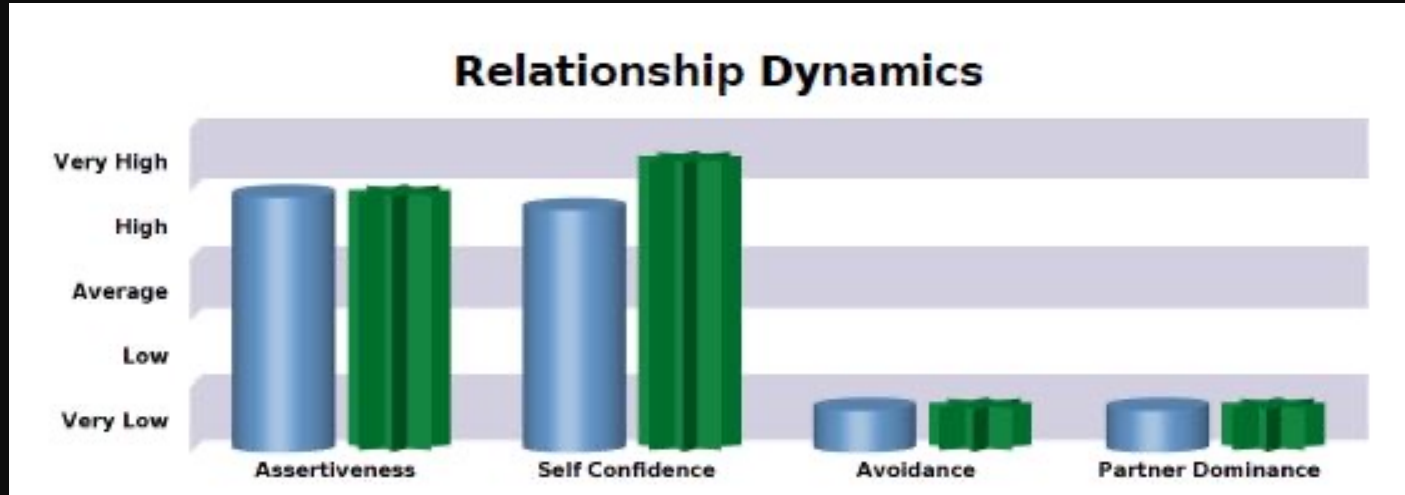
- I am very satisfied with how my partner and I communicate.
- It is easy for me to express my feelings to my partner.
- My partner is willing to share his/her feelings with me.
- My partner usually understands how I feel.



Relationship Dynamics



Relationship Dynamics



Relationship Dynamics

POSITIVE CYCLES

Goal is to Strengthen
the Positive Cycle

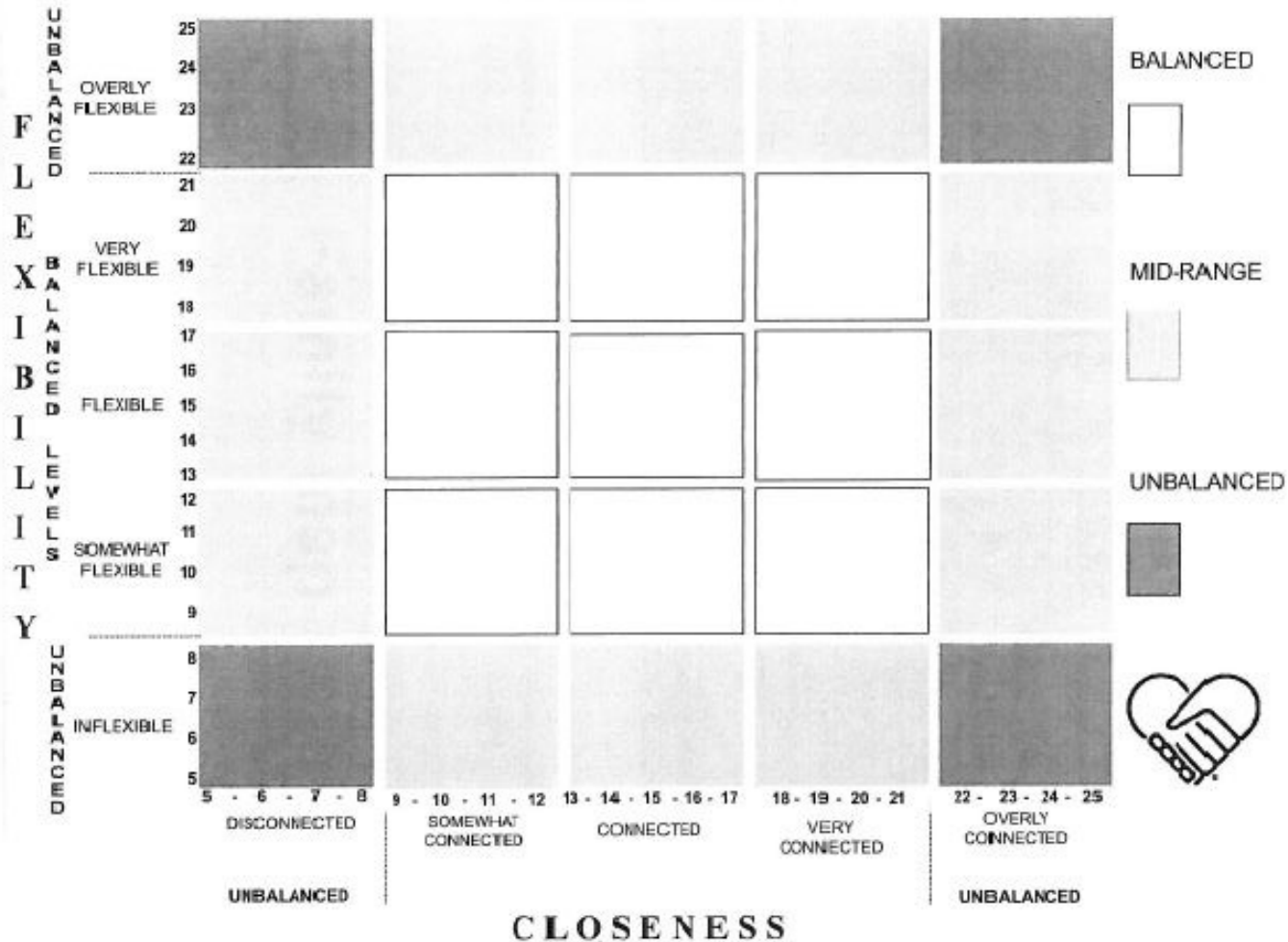


NEGATIVE CYCLES

Goal is to Reduce
the Negative Cycle



FAMILY MAP



CONNECT

marriage



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relating wholeheartedly



CONNECT
relating wholeheartedly





CONNECT

relating wholeheartedly

THE MEANING OF INTIMACY

ONENESS

- Yada: to know deeply
 - JEREMIAH 1:5 / JOB 19:14 / PSALM 139:1
- Sod: to reveal or disclose
 - PROVERBS 3:32
- Sakan: to be caringly involved
 - PSALM 139:3

CONFESSION & FORGIVENESS

“Confess your sins to one another and pray for each other, that you may be healed.” (JAMES 5:16)

“...when you did it to one of the least of these my brothers and sisters, you were doing it to me!”
(MATTHEW 25:40)











