

# Emotionally Healthy Relationships The Community Temperature

Discipleship that changes your relationships with others

Presented by: Pastor and Sis Amy Hedrick

Material by: Peter and Geri Scazzero



Question: Is the love in  
the church different  
than that in the world?



Question: Do we recycle the same personal problems year after year, thinking nothing is wrong?

**Emotional Health and Spiritual Maturity are inseparable:** It is not possible to be spiritually mature while being emotionally immature.

## 1 Corinthians 13:1-2

**13** If I speak in the tongues of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal.

**2** If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, **but do not have love, I am nothing**

Bible knowledge or gifts don't speak to our maturity.

**Emotional Maturity does not come easily. It must be learned and practiced.**

# 8 Necessary Skills

1. Clean Fighting
2. Ladder of Integrity
3. Incarnational Listening
4. Explore the Iceberg
5. Genogram Your Family
6. Stop Mind Reading
7. Clarify Expectations
8. Community Temperature Reading

Each skill must be built upon.

# Community Temperature Reading

This structure may seem stiff at first, but it will hopefully become more natural.

**The Goal is to bring the “temperature down in the relationship.**

**Purpose:  
To use our God given voice to express ourselves.**

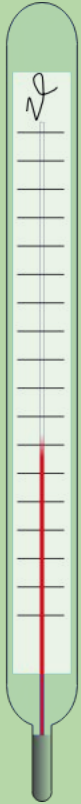
**This is a foundational skill.**





## Appreciation

- Many times we only appreciate in our heads.
- We are wired to give and receive appreciation.

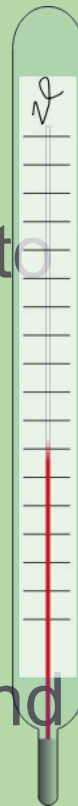


## Puzzles

- It is human behavior to fill in the gaps with negative interpretations. Negative conclusions greatly impact how we relate to that person.

*“I’m puzzled as to why you didn’t call me back?” Instead of, “Why didn’t you call me back?”*

- The phrase “I’m puzzled” is more loving and changes the temperature.



## Complaints with Possible Solutions

- It is easy to complain and not take responsibility.

Use “I noticed” and “I prefer”

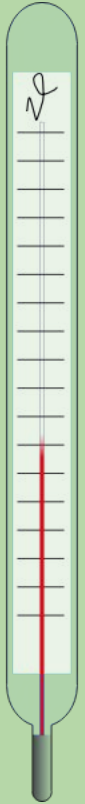
*“I noticed you arrived late to the meeting and prefer that we start on time.”*

- This is meant to be with light disagreements.



## New Information

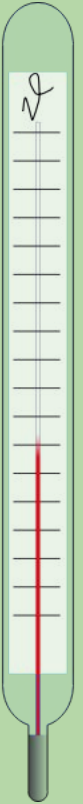
- Relationships can only grow when more information is shared.
- It is a way of staying current with one another.



## Hopes and Wishes

- Our relationships deepen when we are able to share hopes and dreams.
- It reveals the significant parts of who we are.

Share video at 18:40 for example of how this works.



This is a tool to use.

Some tools can be used to build up and some to tear down.

We cannot do these things on our own strength. Jesus said, "apart from me, you can do nothing."

Remember to love others as yourself.

# Final Thoughts

Being together involves knowing ourselves and how to connect with others.

This skill takes practice.

Healthy relationships lead to healthier people.