

BUILT TO LAST

Part 2: Seeds And Weeds

NO ONE IS A BLANK SLATE

A. Relational Influencers (*Philippians 4:9 NIV*)

1. Upbringing and family
2. Relational experiences
3. Faith / fear levels (*Romans 15:13 NKJV*)

FOUR RELATIONAL WEEDS

A. Weed of Criticism

1. Disapproval expressed by pointing out faults or shortcomings
2. Sends the message that “something is wrong with you”
3. The other person can feel attacked - starts a fight/flight mode

B. Weed of Defensiveness

1. Excessive sensitivity to criticism; defending from a perceived attack
2. Keeps people from taking responsibility for problems

C. Weed of Stonewalling

1. When someone withdraws from a conversation
2. Often the result of being emotionally overwhelmed - trying to calm
3. Can create the perception that the other person “just doesn’t care”

D. Weed of Contempt

1. Lack of respect accompanied by conveying intense dislike
2. Mocking, name calling, sneering in disgust, eye rolling
3. Very demeaning and conveys that the other person is inferior

GOOD SEEDS TO PLANT (*1 Thessalonians 5:15-18 NIV*)

A. The seed of doing good, not getting back

1. Wrongs happen, but we’re not keeping score
2. Responding on a higher level
3. Key phrase; what’s good for them

B. The seed of rejoicing

1. Everything and everyone looks better with a happy heart (*Proverbs 15:15 NLT*)

C. The seed of prayer

1. Praying for the important people in our lives

D. The seed of gratitude

1. Expressing thanks to God
2. Expressing thanks to and for the people we love