

High dreams for this talk

Who I am

- this is a very intro look into basic skills
- can't use the question in my talk, think of own
- these questions are for personal reflection

1. Exploration Questions

-John 1:38

-First words of Christ in John

-“What do you seek?”

-Connect ☐ Explore ☐ Challenge ☐ Inspire

2. Demonstration of Empathy

-Body language and eye contact big part of empathy

-Connects

-Good empathy involves heart connecting

-Empathy combats repetition

-Bring your heart

3. Reflecting Feeling

4. Reflecting Meaning

-They are mirrors of each other

What does it look like?

-Pick up on key moments where client expresses an emotion or a significant impact they're experiencing

-Put mirror back on them

-Articulate what they are feeling or what that means to them

-In first session, anger usually comes out

-Not the raw emotions at first

-Let them know you “get it”

-or “get them”

5. Paraphrasing

6. Summarizing

5- Usually singular in focus

-one topic

6- Usually involves connecting multiple focuses together

-Bring together all the topics and events

-Use key words, events, issues, considerations, and movements that client has communicated

-Help client to see importance of what they have said or done

-You “get them”

ACTUAL TOPIC

I. Knowing yourself/loneliness

Knowing yourself is crucial if you want to help others

- We all want to be encouraged by other people

But other people will not and cannot satisfy that deep desire

We should always encourage and minister to others, while realizing our need to be encouraged will not be fulfilled by other people

Only God can fulfill

Loneliness brings complete dependency on God, which leads to caring about others more than yourself

Extreme loneliness is critical for being in the ministry

If you're afraid of asking yourself that question, you will never ask another person it

You can only go as deep with others as you have gone with yourself

We look for people to keep us satisfied and valuable

-yet these are temporary solutions

-people are fallen and will let you down

-The question is not if, but when

-What do we do when we realize that everything about us was built into a sinful person who lets you down

-what happens to how you see yourself?

-it goes down with that person

How would it impact you if people abandoned you?

(can't use this question in small groups)

II. Personal story of me and Katie

- a falling out with a close friend

(NEXT SLIDES)

I struggled with seeing any worth or inherent value in who I was as a person

-I had this belief that there was something about me that made people leave me

- I went to counseling and began to wrestle through these things

-As I was wrestling, God was slowly making me realize how I needed to depend on Him

-My close friends were not enough to satisfy me

-Because my view of myself was based in other people and my relationships with them, God began to take those away from me

-I was faced with two options

1. Switch my source of knowledge from external relationships to God
2. Keep putting my self-worth and value in my relationships

I was utterly alone, as I realized the futility of me placing worth in other people

I was broken by God

I acted in ways to disguise and keep myself from being known by people

-in turn this kept me from really knowing people as well

-Questions like “what has been the cost of keeping a wall between you and your friends”

This loneliness left me with the question of where to go

-It can be more emotionally satisfying to hear someone else say “You are valued, I appreciate you”

-but to truly believe that I was valuable outside of any external relationships required a change of perspective

what would be the benefit of placing my worth in God?

-eternal security

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What risks are involved?

-my comfort

-what I am used to

-the unknown

-taking control out of my own hands

How would that alter my actions towards others?

Who am I in God?

The image of the Triune God in us as humans (Gen 1:26-28; 2:4-7; 5:1-3)

“It is part of the legacy of creation, the initial gift of a gracious creator” (Burrell, 535) (To The Image Of The Trinity: A Study In The Development Of Aquinas' Teaching)

We are in the image of the Triune God, comprising of Father, Son, and Holy Spirit

-How does that affect how we view ourselves?

-We typically only say “made in the image of God”, yet this God is not only one, yet Three

Letting that idea sink into you deeply impacts the self-image we have

What does that say about us?

Not just in the image of God, but of the Son and Holy Spirit.