FBC BIBLE STUDY: Emotionally Healthy Spirituality

The Bill of Rights: RESPECT MEANS I GIVE MYSELF AND OTHERS THE RIGHT TO:

- ___________ and ___________ (e.g., knocking on doors before entering, not opening one another’s mail, respecting each other’s needs for quiet and space)
- ___________ ___________ (e.g., allowing preferences for food, movies, volume of music, and how we spend our time)
- ___________ (e.g., making room for each person to think and see life differently)
- ___________ ___________ (e.g., listening to each other’s desires, opinions, thoughts, feelings, etc.)
- _______ _______ ___________ (e.g., making room for each person to think and see life differently)
- _______________ (e.g., checking out assumptions rather than judging one another when misunderstandings arise)
- _______________ (e.g., counting on the truth when asking each other for information)
- ___________ ___________ (e.g., checking and asking when decisions will affect others)
- _______________ (e.g., leaving room for breaking things, forgetting things, letting each other down unintentionally, failing tests when we have studied, etc.)
- ___________ and ___________ ___________ (e.g., using words that don’t hurt, asking before using, consulting when appropriate, treating each other as I-Thou’s)
- ___________ ___________ (e.g., taking one another’s feelings into account)

Stop Mind Reading
Define Assumptions? __________________________________________________________

Read Exodus 20:16

To check out assumptions, or stop mind reading, as we like to call it, is a very simple but powerful tool that eliminates _______________ _______________ in relationships.

It enables me to check out whether, what I’m _______________ or _______________ about you is true.

It enables me to _______________ potential misunderstandings.

Every time I make an assumption about someone who has hurt or disappointed me without confirming it, I believe a _______________ about this person in my head.

This assumption is _______________ of reality. Because I have not checked it out with the other person, it is very possible I am believing something untrue. It is also likely I will pass that false assumption around to others.

Read Proverbs 6:16-19