

LOOKING BACK TO MOVE FORWARD

Resetting My Life – Part 4

Milan & Kay Yerkovich

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“Search me, O God, and know my heart; test me and know my anxious thoughts; (ways of pain) and see if there is any offensive way in me, and lead me in the everlasting way.”

Psalm 139:23–24 (NASB)

**GOD MADE IT CLEAR, WE HAD TO LOOK _____
TO MOVE FORWARD.**

Romans 12:1–2 (NASB) says: “Present your bodies as a living sacrifice. Do not be _____ to the world, but be transformed by the renewing of your mind.”

Why look back?

Objections to looking back:

THREE SKILLS NEEDED FOR HEALTHY RELATIONSHIPS

**1. DID YOU LEARN A WIDE RANGE OF _____
SO YOU CAN DESCRIBE WHAT YOU FEEL AND WHAT YOU
NEED TO YOURSELF, GOD, AND OTHERS?**

THIS REQUIRES:

- _____ – Awareness: Curiosity and vulnerability.
 - Did you learn to describe your inner _____?
 - Were you taught to communicate this awareness to others in a _____ way?
 - Did you learn about the times your current feelings were fueled by _____ wounds?
- _____ Awareness: Curiosity and non-defensiveness.
 - Did you learn to put yourself in another person’s _____?
 - Were you taught to _____ on their perspective?

“My soul is deeply grieved, to the point of death.”

Matthew 26:38 (NASB)

GROWTH GOALS: Learn to use the _____ words.

Anxious, uneasy, preoccupied, scared, hyper-vigilant, weighted down, shocked, traumatized, grieved, angry, irritated, abandoned, disconnected, unwanted, sad, depressed, betrayed, duped, misunderstood, ashamed, embarrassed, invisible, forgotten, unimportant, despised, shame, confused, exhausted, let down.

**2. DID YOU LEARN TO MANAGE _____
EFFECTIVELY?**

- A. How did your _____ manage stress?
- B. How did your _____ manage stress?
- C. Write down a specific stressful situation or event you recently faced.
- D. Using the soul words list above, write down three feeling words you experienced because of this stress.

1. _____ 2. _____ 3. _____

- E. What were your _____ due to this stress?
How did you manage the stress?
- F. Managing stress well is learning to deal effectively with difficult _____.
- G. How did Jesus handle stress and difficult, uncomfortable emotions? (*Matthew 26:36–46*)

Jesus sought relational relief versus non-relational relief.

GROWTH GOALS:

- Know your _____ response.
Confess to someone, ask for help and comfort.
- Recognize stress responses in spouse, friends, family. Invite them to share their feelings and how you may comfort them.

**3. DID WE LEARN TO ACKNOWLEDGE _____ AND
_____ THEM?**

- Do you notice when a relationship has suffered hurt?
- Can you apologize if needed and take responsibility for your part of a conflict?
- Can you _____ a conversation to restore peace and understanding?

GROWTH GOALS: Ask family members, “*What is one thing you would like to change about me?*” Or “*Is there anything between us that needs repair?*” Listen, don’t debate, apologize.

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