

## Becoming Courageous Connectors

2/26/2023

**Intro:** "And the 2 will become 1 flesh. So they are no longer 2 but 1 flesh." Mark 10:8

### **What is the goal of your marriage?**

"The goal of marriage is: Two POWERFUL people pursuing a loving, intimate connection."-Danny Silk

- Powerful- I made a \_\_\_\_\_. You are my choice. I chose you and I choose you and I will continue choosing you until death do us part.
- Loving- "My command is this: love each other as I have loved you." John 15:12 Jesus set a high standard!
- Intimate- A relationship that is \_\_\_\_\_. We are fully known and fully loved. The good, the bad and the ugly.
- Connection- The innate human sense that tells us that "our hearts are turned towards each other." It feels like hope and love and "happy to be with you."
- We are created for connection. " This is how God wired human beings. Like legos.
- \_\_\_\_\_ is the ultimate disconnecter of a relationship. Disconnection feels like "I'm afraid of you, I don't want to be close to you, I don't feel safe with you..."  
Fear and love are at war and the way of loving connection takes so much courage.

*"Success is not final, failure is not fatal, it is the courage to continue that counts."*-Winston Churchill

For God has not given us a spirit of fear and timidity but of power, love and self discipline.  
2 Tim 1:7

How do we live a life of courageous connection?

Courageous \_\_\_\_\_

Courageous \_\_\_\_\_

Being Courageous in \_\_\_\_\_

**I. Courageous communication:** If connection is the goal, communication is the highway. We don't get to "connection" in any other way. ("Can't go over it, can't go under it, gotta go through it.") However, not all communication leads to connection. So much of our communication actually leads to disconnection.

- a. Communication is \_\_\_\_\_!
- b. Communication takes \_\_\_\_\_.
- c. Communication takes \_\_\_\_\_.

"The tongue has the power of life and death." Prov. 18:21

### **II. Courageous Vulnerability**

a. 3 levels of communication

- i. \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
(Dr. Les and Leslie Parrott,)

- ii. \_\_\_\_\_ happens at the “Feelings level.”
- b. Feelings are not good, bad, right or wrong. They \_\_\_\_\_ to us.
- c. \_\_\_\_\_ produce feelings.

“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.” Phil 4:8.

### III. Being Courageous in conflict

- a. Conflict is \_\_\_\_\_.
- b. Conflict is not the \_\_\_\_\_! Living \_\_\_\_\_ is the enemy.

“In your anger do not sin. Do not let the sun go down while you are still angry, and do not give the devil a foothold.” Eph. 4: 26-27

1. “In your anger, do not sin.”
  - a. Anger is a \_\_\_\_\_. It happens to you. Sin is a \_\_\_\_\_.
2. “Do not let the sun go down while you are still angry,”
  - a. Address your issues \_\_\_\_\_.
  - b. Don’t imprison your partner
3. “and do not give the devil a foothold”
 

“The devil has come to steal, kill and destroy...” John 10:10

  - a. Footholds include: \_\_\_\_\_

### The chirping alarm story

1. What we \_\_\_\_\_ about our problem can be a bigger problem than the problem.
2. \_\_\_\_\_ doesn’t solve the problem. Disconnection perpetuates the problem.
3. Hiding the problem or ignoring the problem doesn’t fix the problem, Nor does killing it and burying the body! In fact, the problem will come back louder and more traumatic than it ever was in the first place.
4. Our unresolved problems inevitably \_\_\_\_\_.
5. When we have bad beliefs, avoid our problems and disconnect from our relationship, we open ourselves up to \_\_\_\_\_.
6. Tending to the problem honestly and with courage makes a way for \_\_\_\_\_.

“We don’t know what to do but our eyes are on you.” 2 Chron. 20:12

Fight the good fight. 2 Tim 4:7 “I have fought the good fight, I have finished the race, I have remained faithful.”

(choice, safe, fear, communication, vulnerability, conflict I. hard, humility, intention, II. Grunt, Journalist, Feelings, connection, happen, Thoughts. III. Inevitable, enemy, disconnected, feeling, choice, timely, bitterness, contempt, resentment, unforgiveness, thoughts against your marriage or partner, keeping score, believe, disconnection, affect others, danger, reconnection)