

## D-LIFE BOOT CAMP

Training for a lifestyle  
of discipleship.



# Keeping it Real

CHRISTIAN FELLOWSHIP

Pastor Dale L. Crawley Sr. Senior Pastor

*"Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age." Matthew 28:19-20*

Rev. Deborah Crawley, Teacher  
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## Emotionally Healthy Spirituality

### Grow into an Emotionally Mature Adult - Part 2

**Emotional Maturity and Conflict** – At the heart of **true peacemaking** is acknowledgment, once again, that we are human beings made in God's image. Likeness to our Creator, along with Christ's example, puts us on paths that desire to live in the truth and not in pretense, even when that means a conflict may result.

**Ignoring Conflict – False Peacemaking** – A tragically misinterpreted verse in the New Testament is Jesus' proclamation: "**Blessed are the peacemakers, for they will be called sons of God**" (Matthew 5:9). Most people think that Jesus calls us in this verse to be pacifiers and appeasers who ensure that nobody gets upset. We are to keep the peace, ignoring difficult issues and problems, making sure things remain stable and serene.

When, out of fear, we avoid conflict and appease people, we are false peacemakers. True peacemakers love God, others, and themselves enough to disrupt false peace.

**Embracing Conflict – The Path to True Peace** – Conflict and trouble were central to the mission of Jesus. He disrupted the false peace all around him—in the lives of his disciples, the crowds, the religious leaders, the Romans, those buying and selling in the temple. He taught that true peacemaking disrupts false peace even in families: "**Do not suppose that I have come to bring peace to the earth. I did not come to bring peace, but a sword. For I have come to turn 'a man against his father, a daughter against her mother, a daughter-in-law against her mother-in-law—a man's enemies will be the members of his own household'**" (Matthew 10:34-36).

Why? You can't have the true peace of Christ's Kingdom with lies and pretense. They must be exposed to the light and replaced with the truth. This is the mature, loving thing to do.

### Learning Skills to be True Peacemakers

1. **Speaking and Listening** – Communication is the lifeline to any relationship.

AS THE SPEAKER	AS THE LISTENER
Talk about your own thoughts, your own feelings (speak in the "I")	Put your own agenda on hold. Be quiet and still as you would before God.
Be brief. Use short sentences or phrases.	Allow the other person to speak until he or she completes a thought.

Correct the other person if you believe he or she has missed something.	Reflect accurately the other person's words back to him or her.
Continue speaking until you feel you've been understood.	When it appears the speaker is done, ask, "Is there more?"
When you don't have anything else to say, say, "That's all for now."	

2. **Checking Out Assumptions** – The ninth commandment reads: “**You shall not give false testimony against you neighbor**” (Exodus 20:16). Checking out assumptions is a very simple, but powerful tool that eliminates untold numbers of conflicts in relationships. It enables me to check out whether what I'm thinking or feeling about you is true. It enables me to clarify potential misunderstandings.

- **Reflect** on something you suspect the other person thinks or feels but hasn't told you.
- **Ask:** “Do I have your permission to check out an assumption I am thinking?”
- **Say:** “I think you think...” or “I assume you are thinking...”
- **Give the other person an opportunity to respond.**

3. **Expectations** – Unmet and unclear expectations create havoc in our places of employment, classrooms, friendships, dating relationships, marriages, sports teams, families, and churches. We expect other people to know what we want before we say it (especially if they are invested in the relationship). The problem with most expectations is that they are: **unconscious, unrealistic, unspoken, un-agreed upon.**

**Think of an expectation** you have of a spouse, friend, roommate, boss, family member, or coworker. **Ask yourself: Am I conscious of what it is? Is it realistic? Has it been spoken? Have they also agreed to this? Initiate conversation with them and seek to come to a mutually agreed upon expectation.**

4. **Allergies and Triggers** – We are familiar with physical allergies to certain foods or pollen, but less familiar with our emotional allergies. An emotional allergy is an intense reaction to something in the present that reminds us, consciously or unconsciously, of an event from our history.

**Exercise: “Healing the Ledger”**

- An emotional allergy you trigger in me is.....
- When this allergy happens, what I think or tell myself is.....
- When this allergy happens, I feel.....
- When this allergy happens, what I think and feel about myself for even having these feelings is.....
- When this happens inside me, the behavior you then see from me is.....
- What is allergy relates to in my history is.....
- When is allergy happens, you remind me of.....
- The price we are paying for this in our relationship is.....
- The words from the past that I needed, the words that I wish had been said to me, are...

One of the greatest gifts we can give our world is to be a community of emotionally healthy adults who love well. This will take the power of God and a commitment to learn, grow, and break with unhealthy, destructive patterns that go back generations in our families and cultures—and in some cases, our Christian culture also.