

# SERMON NOTES

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Sermon Excerpts:

## *“Becoming Better in Life’s Relationships”*

### *Part Three*

October 31, 2021

**Luke 10:38-41** *“As they continued their travel, Jesus entered a village. A woman by the name of Martha welcomed him and made him feel quite at home. She had a sister, Mary, who sat before the Master, hanging on every word he said. But Martha was pulled away by all she had to do in the kitchen. Later, she stepped in, interrupting them. “Master, don’t you care that my sister has abandoned the kitchen to me? Tell her to lend me a hand.” The Master said, “Martha, dear Martha, you’re fussing far too much and getting yourself worked up over nothing.”*

*“But the Lord said to her, “My dear Martha, you are worried and upset over all these details!”*

*“And the Lord answering said to her, “Martha, Martha, you are anxious and troubled about many things...”*

I must consider self-reflection on a daily basis; this keeps me from becoming so caught up in the momentum of the situation that I get carried away.

Self-reflection allows me to consider actions and decisions that are not aligned with who I say I am and what I want to do with my life, and the full impact of my decisions.

Through self-reflection, I can see that certain decisions are not just one-off incidents but part of a pattern of practice.

I must seek balance and perspectives as I explore issues, evaluate opportunities, and make decisions. By committing to balance, which is reinforced through self-reflection, I gain a fuller perspective to clarify my decisions.

What went well, and what did not? How did I treat people? Am I proud of the way I lived this day? If I had the day to live over again, what would I do differently? And finally, what did I learn today that will impact how I live the next day, the next week, and going forward?

**Emotionally Healthy Spirituality by Peter Scazzero offers two lists.**

**Traits and behaviors that describes relational, spiritual, and emotional immaturity:**

- I am content and happy as long as I receive what I want
- I unravel quickly from stress, disappointments, and trials
- I interpret all disagreements as personal offenses
- I complain, withdraw, manipulate, take revenge, and become sarcastic when I don't get my way
- I deal with conflict poorly, often blaming, appeasing, pouting, or ignore the issue entirely
- I have difficulty truly listening to another person's pain, disappointments, or needs
- I am critical and judgmental and preoccupied with myself

**Traits and behaviors that describes relational, spiritual, and emotional maturity:**

- I am able to ask for what I need, want, or prefer—clearly, directly, and honestly
- I recognize, manage, and take responsibility for my own thoughts and feelings
- When I am under stress, I can state my beliefs and values without becoming adversarial
- I respect others without feeling like I need to change them
- I give people room to make mistakes and not be perfect
- I appreciate people for who they are and not what they give back
- I can accurately assess my own limits, strengths, weaknesses, growth areas and have the ability to discuss them freely with others
- I am deeply in tune with my own emotional world and have the ability to enter into the feelings, needs, and concerns of others without losing myself
- I have the capacity to resolve conflict maturely and negotiate solutions that consider the perspective of others

Growing up will take the power of God and a commitment to learn, grow, and break unhealthy, destructive patterns that go back generations in our families, cultures, communities, and congregations.

I break free from the need to attach myself to accomplishments, things, or people's approval to feel okay about myself.

By learning, relearning, unlearning, and practicing the skills in the lists mentioned will cause a level of discomfort initially. Mainly because what we have been doing has worked for us or but not for God's glory nor for those who are connected to us.

I break free by choosing to live the unique life God has given me. I no longer live the life of someone else's life or journey.