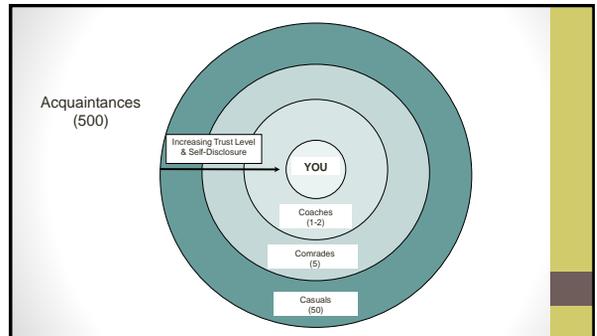


- Six C's of Relationships**
1. **Coaches**- someone pouring into you.
  2. **Comrades**- people you regularly meet with who are dedicated to growth.
  3. **Casuals**- someone who you just like being around.
- 
4. **Care**- people we give to who have nothing to give back.
  5. **Chronic**- people who just don't get it; want your advice but don't take it.
  6. **Contaminates**- people who are destructive, manipulative.
- Adapted from John Townsend, AMCC conference 2014



**Coach Relationships**

Someone pouring into you.

- The Role of Coaches**
- 
- **Direction** – “I will share with you”.
    - Basic details about the role and expectations.
    - Wisdom of experience.
  - **Support** – “I am here for you”.
    - Listening ear
    - Praying heart
  - **Guidance** – “I will invest in you”.
    - Speak the Truth in Love.
    - Provide an unbiased view of situations.
    - Resist the urge to over-identify or superimpose.

## Comrade Relationships

People you regularly meet with who are dedicated to growth.

## What is a comrade?

- People you meet with regularly that are dedicated to growth.
- Consider emotional closeness and frequency of contact.
- 2 Corinthians 8:16-17 "But thanks be to God, which put the same earnest care into the heart of Titus for you. For indeed he accepted the exhortation; but being more forward, of his own accord he went unto you."
- 2 Corinthians 8:23a "Whether any do enquire of Titus, he is my partner (companion, comrade) and fellow helper concerning you:"

## Comrade Relationship Characteristics

- Voluntary (*James 5:16*): freely disclosing, not waiting for "perfect" question.
- Trusting (*Psalms 112:7*): confidence and security.
- Accepting (*Romans 5:8*): environment of exposure without rejection.
- Honesty (*John 15:2, Proverbs 27:17*): speaking truth in context of potential.
- Encouraging (*1 Thessalonians 5:11*): call out Christ-like character.
- Sustaining (*Hebrews 12:1*): does not fade into background.
- Mutual (*2 Corinthians 6:11-13*): actively engaged with each other.

Speak from love ➡ toward fear (*1 John 4:18*)

## Casual Relationships

Someone who you just like being around.

## Defining Casual Relationships

- Coaches and Comrades will likely start as Casual.
- You enjoy being around these individuals.
- Casual relationships are enjoyable.
- Minimal interaction and vulnerability.
- It is good to have "casual relationships".

## Obstacles To Casual Relationships

- Fear
- Time
- Guilt

## Be a Reflection

- Not everyone will fall into this relationship category.
- Be someone others enjoy being around.
- Enjoy those you can enjoy.

*Mark 5:24 "And Jesus went with him; and much people followed him, and thronged him."*

## Discussion Questions

1. Identify who is investing into your life. How regularly do you engage this person(s)?
2. What has been the most important thing a "coach" has taught you?
3. What do you know now that you wish you had known when you first became an elder's wife? How can you pass this on to someone else?
4. What is most difficult about authentic "comrade" relationships? What barriers can get in the way of these relationships?
5. What can you do to facilitate "casual" relationships with those in your congregation? How do you overcome barriers to these type of relationships?

## Six C's of Relationships

1. Coaches- someone pouring into you.
2. Comrades- people you regularly meet with who are dedicated to growth.
3. Casuals- someone who you just like being around.
4. Care- people we give to who have nothing to give back.
5. Chronic- people who just don't get it, want your advice but don't take it.
6. Contaminates- people who are destructive, manipulative.

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*"Now we exhort you, brethren, warn them that are unruly, comfort the feebleminded, support the weak, be patient toward all men." 1Th. 5:14*

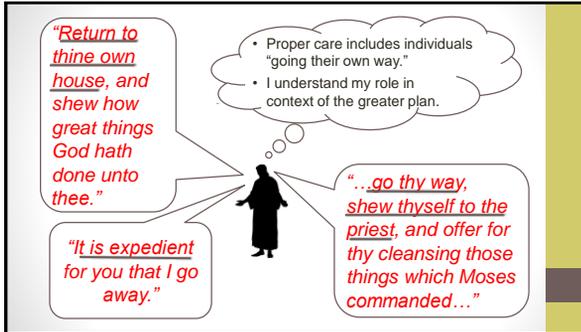
## Care Relationships

People we pour into who cannot return the favor.

*"For if ye love them which love you, what reward have ye? do not even the publicans the same?"*

*"do good, and lend, hoping for nothing again; and your reward shall be great and ye shall be the children of the Highest: for he is kind unto the unthankful..."*

- I love first.
- My love is not circumstantial.
- The reward is "other".



*"Return to thine own house, and shew how great things God hath done unto thee."*

*"It is expedient for you that I go away."*

*"...go thy way, shew thyself to the priest, and offer for thy cleansing those things which Moses commanded..."*

- Proper care includes individuals "going their own way."
- I understand my role in context of the greater plan.

## Chronic Relationships

People who just don't get it; want your advice but don't take it.

### What does Chronic look like?

- Chronic defined:
  - The people that just don't seem to get it.
  - Individuals who want your advice, but then don't take it.
  - They experience cycles in their life (sometimes of their own creation!) and they don't seem to learn from them.

### Three Types

- People who KNOW they don't get it:
  - New "crisis" every week...the "drama" people.
- People who DON'T know they don't get it:
  - Poor insight
  - Lower functioning
  - Difficult backgrounds
- Sometimes, there is BOTH present:
  - Individuals have experienced some hard things, making it difficult for them to separate out what is legitimate and what is perceived.

### These individuals...

- Tend to live in the present, struggling to learn from their pasts and struggling to see consequences for the future
- Tend to be very, emotionally vulnerable.
- Often unhappy with their lives (and make it unpleasant for those around them!).
- Struggle to fit in.

### How do we respond?

*1 Th. 5:14, "Now we exhort you, brethren, warn them that are unruly, comfort the feebleminded, support the weak, be patient toward all men."*

- With RESPECT
  - ALL deserve a balance of firmness and kindness.
- With validation
- Watch your expectations and approach- easy to become discouraged!
- Able to show them God's unconditional love in a unique way.
- *"I have never met a person I could despair of or lose all hope for after discerning what lies in me apart from the grace of God." – Oswald Chambers*

## Contaminate Relationships

People who are Destructive, Manipulative.

## Contaminates infect by contact or association and introduce something harmful

### Examples of Behaviors or Symptoms

- Spreading toxic criticism
- Backbiting
- Undermining
- Blaming (often accompanied with denying their own role in causing an issue)
- Threatening statements and behavior; including tantrums

### Examples of Behaviors or Symptoms

- Manipulation
- Guilt-inducing statements
- Being bitter or unforgiving
- Giving the cold-shoulder or avoiding
- Writing nasty unsigned letters
- Being a toxic anchor

## Understanding Your "Hot Buttons"

- Realize individuals in your life that are contaminants will tend to "push your buttons."
- Your buttons are often associated with certain fears you have developed through previous life experiences.
- Your tendency will be to **react**.
- Unfortunately, reacting will not:
  - Change the other person.
  - You are more likely to do something un-Christ-like.



## When Our Fear Buttons Get Pushed...

### Examples of Fear Buttons

- Disapproval, criticism, conflict
- Loss
- Abandonment
- Rejection
- Being unloved
- Failing or making a mistake
- Powerlessness
- Humiliation

### The Way We Feel and React

- Insecure
- Frustrated or angry
- Hurt
- Betrayed
- Discouraged
- Helpless
- Anxious
- Hypervigilant (waiting for the next fearful thing to happen)
- Rumination (replaying discouraging or anxiety-inducing scenarios in our minds)

## Tools for Dealing with Contaminants

- Use wisdom (not hurt, anger, or fear) to know when to "open and close" your heart.
- Remember that loving another person with Agape love doesn't always mean that you will feel positive toward them.
- Focus on what you can control.
- Recognize that rumination (playing negative scenarios over again in your mind) is your enemy and not a solution.
- Accept that some situations are broken.
- Remember the "Judgment" *Psalms (Psalm 17)* and Laments (*Psalm 142*)
  - Take your pain, frustration, and complaints to God

## Questions

1. How do you keep from being burned out when helping needy individuals?
2. What does a healthy "sending them away" look like in the cases that concern me?
3. What do you find most difficult in dealing with "Chronic" individuals?
4. How can we separate out what is legitimate and what is "drama" in a person's life? Do we need to?
5. What are some of your "buttons" and how do you tend to react?