

# Make Every Effort

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*"And beside this, giving all diligence, add to your faith virtue..."*  
2 Peter 1:5



Expose

Encourage

*"Giving all diligence" – "make every effort".*

Expose  
Equip  
Encourage

## Identity

- **Expose:** Our Identity
- **Equip:** Who am I with others?
- **Encourage:** Serve out of your Identity

## Emotion

- **Expose:** Our Emotional World
- **Equip:** Emotional Regulation
- **Encourage:** A Settled Emotional State

## Relationship

- **Expose:** Our Relational World
- **Equip:** Resilient Boundaries
- **Encourage:** Discipleship

Identity:  
Expose



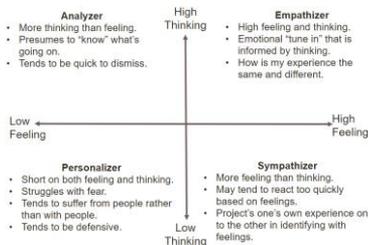
## Who am I?

Self-understanding & Self-regard

- Where do I belong?
- Where is my grounding?
- What am I worth?
- How am I unique?
- Who am I not?

Identity:  
Equip

## Who am I with others?



Identity:  
Encourage



## Serve out of your Identity

- Service to others is most healthy when it springs from a healthy identity.

## Identity: Activities

### Reflection:

• If you were to describe yourself in 8 words, what would they be?

• Choose an aspect of your identity. How might service toward others be bolstered by that aspect?

### Take Home:

• What have you experienced that has distressed your identity? How have you worked through it?

• How do you remind yourself of your Christ-centered identity in a way that makes a difference?

## Emotions: Expose



### Identify Emotions:

- How am I experiencing emotions?

### Emotions Color Wheel



## Emotions: Expose



### Understand Emotions

- What factors lead to dysregulated emotions?
  - Difficult Situations
  - Negative Self-Talk
  - Unhelpful Thinking Styles

## Emotions: Equip



### Regulate Emotions

- Emotional regulation skills allow us to recognize, manage, and respond to our emotions more effectively.
  - Regular practice allows greater emotional stability.
  - Different skills regulate different emotions.
- The Skill of Expansion
  - Steps:
    - Self-Awareness: What emotion am I experiencing?
    - Expand: Make room
    - Refocus on values

## Emotions: Encourage



### Being an Emotional Container

- Allow or Invite Conversation
- Notice when difficult emotions are present.
- Contain emotions vs. manage

## Emotions: Activities

### Reflection:

- What emotions are hard to process?
- What are some your best practices for emotional regulation?

### Take Home:

Identify a situation that is causing you distress.

- What emotions come up when you think about it?
- Rate these emotions on a scale of 1-10 (1 = no distress, 10 = high distress)
- What skills do you have to help you regulate these emotions?
- If you chose to practice expansion right now, how would you go about "making room" for these emotions?

## Relationships: Expose



### Identify your Relationships

- Who is pouring into you?
- Who is walking beside you?
- Who is draining you?

### Identify your Mindset

- Make every effort - Eph. 4:2-3
- Relationships are hard work.

## Relationships: Equip



### Build a Resilient Mindset

- Be comfortable with the difficult and with questions with no answers.
- Model flexibility.
- Be resourceful.

### Set Boundaries Around Difficult Relationships

- Understand the power of a gentle 'no'.
- We all have limits.

## Relationships: Encourage



### Discipleship

*The journey of learning to live my whole life in the way of Christ and helping others to do the same.*

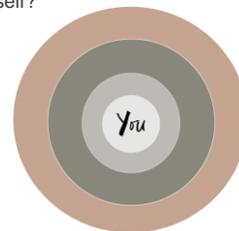
- The Power of Example
  - We reflect what we see.
  - Discipleship is the natural process of modeling behavior.
- The Power of Habit
  - Scriptural Intake & Sharing
  - Daily Reflection
  - Focus & Prayer

## Relationships: Activities

### Reflection:

• Complete the Diagram of Relationships activity, identifying relationships in your life.

• How have you seen a gentle "no" used in your life? Either modeled to you or done yourself?



## Relationships: Activities

### Take Home:

- What is one habit that you have found helpful to your spiritual growth?
- What is one habit you need to break?

## Group Discussion

### Identity Emotions Relationships

1. Which one of these is the most difficult for you personally as a believer? Why?

2. Which one comes the most natural? Why?

3. As a whole, which one does your local church model/do well? Which one not so well?

4. What is one thing you wish your local church knew or enacted?