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Knowing

Today's Breakout Focus

- Not so much about the "how" brokenness happens.
- Increasing Intimacy through knowledge and care.
- How hurts shape us and our interaction with others.
 - What are impacts of brokenness?
 - What path can we take to lead us towards growth?

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Desire

- We groan for restoration. (*Romans 8:22-23*)
 - Understanding, Success, Connection, Value (acceptance)
 - Since "the fall" brokenness has been and will continue to be a part of our world.
- How do you respond to brokenness?
 - When Hurt:
 - Internalize vs. Externalize (emotionally)
 - Toward vs. Away (relationally)
 - When Supporting:
 - Compassion, Balance, Correction

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Impacts of Brokenness

- Painful experiences shape us.
 - *Romans 12:3* "For I say, through the grace given unto me, to every man that is among you, not to think of himself more highly than he ought to think; but to think soberly, according as God hath dealt to every man the measure of faith."
- Brain
 - Experience shapes the unconscious. Which fuels the emotional and survival brain.
 - Hindering beliefs about self and others often arise from painful experiences. (crisis)
 - Part of knowing is connecting with these aspects of our spouse.
 - Access: become safe, build trust, seek understanding.

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Impacts of Brokenness

In what ways has painful experiences shaped you?

- **Emotions:** "emotional memory" very powerful.
 - Shame, fear, anger, hurt, scared
 - Calm, safe, relieved, loved, valued
- **Relationships:** (unconscious)
 - Cycle of disconnection
 - Cycle of connecting

Colossians 3:12-14 ~"Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering; Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye. And above all these things put on charity, which is the bond of perfectness."

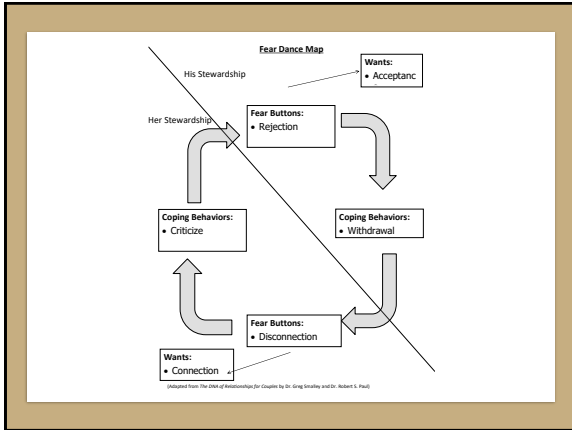
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Impacts of Brokenness

- When a conflict stirs powerful emotions of hurt and want, it also touches specific fears.

Acceptance	• so we fear <u>rejection</u>
Grace	• so we fear <u>judgement</u>
Connection	• so we fear <u>disconnection</u>
Companionship	• so we fear <u>loneliness</u>
Success	• so we fear <u>failure</u>
- We want...and then think we can't live without:

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Path Toward Knowing

- Counter Intuitive Path
 - Difficulty (*James 1:2-3*)
 - Naturally desire comfort and ease. Though what we do may not move us in that direction.
- Growth not a given. (*1 Peter 5:6-11*)
- 5 Ingredients of Growth amidst brokenness:
 - Shared Purpose (Spiritual Development)
 - Close Relationships
 - Gratitude (Greater Appreciation for Life)
 - Hope (New Possibilities)
 - Personal Strength (*Phil. 2:12-13*)
 - Take responsibility and step into action where we can.

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