**Moral Compass – E Engagement in Relationships**

**Xenos Parenting Meeting Beth Himsworth May 4, 2016**

**1 Cor 13:4Love is patient, love is kind. It does not envy, it does not boast, it is not proud. 5It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.** 6Love does not delight in evil but rejoices with the truth. 7It always protects, always trusts, always hopes, always perseveres.

**The Bible is profoundly and above all else, a relational book**

***What makes us ABLE to treat others well?***

**RELATIONAL RESILIENCE VS. “SUPERMODEL” EMOTIONAL LIFE**

The ability to maintain **healthy sense of self** when in conflict or hurt/slighted by another

The expectation that a feeling of happiness and well-being is normal - conflict or being hurt or slighted by another is very bad & to be **avoided or compensated**.

1. **HURT vs HARM**

When we experience pain, we will cope much better when we know that it is normal and what to expect.

**Discussion Question: What examples have I seen of Hurt vs Harm?**

How can I help see to it that **hurt** does not produce **harm** relationally?

1. **RESILIENCE vs REACTIVITY**

Are we becoming (fostering) greater perspective & resilience or becoming (fostering) greater sensitivity and self-protective reactivity?

We look to others to know how we should respond to an event or a person.

***We are always developing EITHER empathy or self-protection***

**Discussion Question: How do my reactions to my child’s painful experiences form their life**

**expectations ?**

What am I teaching? (I am always teaching something)

1. **FEELINGS and REALITY (Balance! Feelings *are* important)**

**Our feelings are not what defines reality**: 4 year old – “ you don’t love me!!!”

We CAN/MUST develop objectivity about our emotional state or reactions

**Thoughts and beliefs** are things we think over and may discuss and refine

**Feelings** are insistent – feel right and true in the moment – offended when contradicted

**Discussion Question: What are some situations** in which my feelings have changed significantly w/o a change in situation? How did that happen?