

3 | BUILDING BLOCK 3 - UNDERSTANDING



Building blocks for Good Relationships | Understanding **Heb 5:11 (slow to understand, cannot tell everything)**

Sometimes you need time to understand the other person better. Fortunately, my wife always takes a lot of time to carefully read the instructions for our new devices that we buy. Several times I just tried such a device without reading the instructions and couldn't get it to work properly. Of course, the manual of such a device provides insight on how to use it properly. My wife always shows me with a big smile how it's done.

In relationships, understanding each other greatly helps. I learned from my wife that you can avoid many problems if you understand something correctly.

For years I have noticed that it is good to learn more about your wife as a man and vice versa. What helps is to ask good questions. Sometimes a good book helps. For example, when my wife gradually entered menopause, I started reading about it. One day I told her she was in menopause. "How so?", she asked. "Well, I read that your skin starts to get thinner and you are itching more often, for example in your ear. I notice that you have itching in your ear and there is a good solution for that." She laughed, but I also liked that I understood her.

Are we unique?

1 Cor 12: 12-25 (we are one body, but each one is different)

When we come into relationship with each other, there are a number of important aspects to know.

- everyone is unique and different from you!
- understanding the other completely is therefore difficult
- this creates tension

What do we do with that tension?

Phil 4: 2 (be of one mind)

Tension in relationships can be resolved in two ways.

An example:

There is a colleague at work who is regularly late. Everyone is annoyed by his behavior. The reason is that the colleague has a wife who started her own business. The children must be brought to school on time and his wife must then be dropped off at the new company with his car. So... late for work.

Negative approach

Late again - you do not understand why it happens - then you do nothing - you wait - it happens again - suspicion arises - the question arises: why again - inside you there is disapproval towards the person - ultimately contempt - the relationship diminishes.

Positive approach

Late again - you do not understand why it happens - then you ask the person why he is regularly late - understanding arises - together you look for a solution - trust - acceptance - more respect.

Listening - the way to understanding.

Listening with God's ear - the way to the heart

1 Sam 15: 6-12, John 5:26, 30

Listening to people and asking good questions helps us understand people.

Samuel is instructed to anoint a king. He looks directly at the appearance of the men he saw. But God speaks to Samuel that he is looking wrong. God mainly looks at the heart. Jesus says the same. He does everything by listening to His Father.

So in relationships with others it is good to understand the other. That will give a deeper confidence.

God knows our hearts, so learn to listen to Him too.

Take a practical look to gain a better understanding

There will be a problem

- Take a step back from the problem
- Look at what happened and what's going on
- Is it deliberate [not wanting] or the person just couldn't (unintentionally) [not able to]
- Was the assignment realistic?
- Are there unpleasant personal circumstances causing the problem?
- Are there sufficient resources to make it a success?
- Are there any ambiguities that could cause misunderstandings?
- Are there any fears / not daring?
- Is the person capable?

Understand also bad behavior: stubborn, arrogant, disagree, resistance, different priority, laziness, no use because of conflict?

The solution

Don't wait too long, talk openly and honestly with each other about the problem.

Speak specifically about the problem and what it is about.

Discuss how and whether the problem can be prevented and evaluate whether things are improving.



GROUP EXERCISE:

Fill in the appendix of this lesson with all participants. Discuss your core fears. This way you get to know more about yourself.

Discuss question 4 with each other and find out what the other person's core fears are. This allows you to learn more about the other person and how you can help each other to react differently.



A large, empty rectangular box with a thin red border, intended for writing or drawing.