



Week Two: Stop Mind Reading & Clarify Expectations

STOP MIND READING

- Stop playing God. We do not know what another person is feeling or thinking. God alone does.
- The stories we tell ourselves have an enormous impact on our feelings, and the stories we tell ourselves are often untrue.
- “You shall not bear false witness against your neighbor.” Exodus 20:16

Strategies: Check it out with the other person.

- “May I read your mind?” “I think you think_____” Peter Scazzero
- “When in doubt, turn to wonder.” Parker Palmer. example “I wonder why you did not return my phone call?”
- “The story I’m telling myself is_____” Brene Brown

“You can safely assume that you’ve created God in your own image when it turns out that God hates all the same people you do.” Anne Lamott

CLARIFY EXPECTATIONS

Expectations are valid when they are conscious, realistic, spoken and agreed upon.

HOMEWORK

1. Start with prayer. Ask God to help you become aware of the places you need to grow emotionally and spiritually.
2. Stop playing God. Pay attention or notice when you find yourself telling a story about what someone else is thinking, feeling, or their motivation.
3. Think of the different relationships in your life. Pick one where you might be “mind reading”, telling yourself a story or making an assumption. Write down/journal the person’s name, and the story you are telling yourself about the person’s motive, behavior and feelings.
4. Set up a time to talk to the person face-to-face. Use one of the strategies; “May I read your mind?”, “The story I’m telling myself is___”, “I wonder _____”.

“No prolonged infancies among us, please. We’ll not tolerate babes in the woods, small children who are an easy mark for impostors. God wants us to grow up, to know the whole truth and tell it in love—like Christ in everything. We take our lead from Christ, who is the source of everything we do. He keeps us in step with each other. His very breath and blood flow through us, nourishing us so that we will grow up healthy in God, robust in love.”

Ephesians 4:14-15