

# **Bless Your Heart**

## A Series About You & Me

### **Week 1: It's Not You, it's Me**

**Introduction:** Hello my name is, welcome everyone on Facebook. I am so excited to jump into the **first week of our new series, called #blessyourheart**

Over the next seven weeks we will be learning together how to deal with the people in our lives **who would make any grandma in the south drop a, "bless your heart"**, and how dealing with them the Jesus way can lead to peace in our relationships.

**Big Idea Today:** **Your relationships determine the direction and quality of your life.** However, relationships can be very difficult to navigate.

**In fact, our relationships face many threats,** people who are determined to hurt or sabotage our relationships:

1. **We Hurt Our Relationships:** I've noticed a tendency in my own life to sabotage my relationships.
2. **Other's Hurt Our Relationships:** I've noticed that others in my life have tried to sabotage my relationships.
3. **The Devil Desires to Hurt Our Relationships.** He is called the accuser of the family of God:

**Today** we are going to talk all about how we hurt our relationships & how God has called us to live a life of relational wisdom! **Today's message is entitled: It's not you, it's me. And it usually is!**

#### **OUR TENDENCY:**

**Our Sin – Helps us see the best in our self and the worst in others.**

**Our Sin – Makes us judge others by their actions and ourselves by our intentions**

- ruins our destiny's because it pushes us to do the opposite of what God's good and perfect will is in our life.
- **The Bible is truth & you can build your life on it!**

#### **Proverbs 4:7**

Getting wisdom is the wisest thing you can do! And whatever else you do, develop good judgment.

- We often do foolish things unintentionally. We would have fewer problems if we had more **wisdom!**
- **Wisdom *doesn't* eliminate all problems but it does minimize them.**

### **Romans 12:18**

Do all that you can to live in peace with everyone.

**Today** we are going to Kick off our new series #blessyourheart and really lay the foundation for the rest of our time together by learning:

## **6 CHARACTERISTICS OF A WISE PERSON**

**James 3:17** gives us a checklist to work from for a foundation of healthy relationships:

But the wisdom from above is first of all pure. It is also peace loving, gentle at all times, and willing to yield to others. It is full of mercy and the fruit of good deeds. It shows no favoritism and is always sincere.

### **1. Wise people are honest people.**

"But the wisdom from above is first of all pure."

Pay attention to the word "**pure**"

It means- uncorrupted, clean, unpolluted, clear, untainted  
The word we use today is the word "**integrity**"

James's is saying that the foundation of all good relationships is integrity.

### **Why is integrity listed first?**

- All relationships are built on **trust**.
- If you don't have trust, you don't have a relationship.
- You have to shoot straight with people.

**ILLUSTRATION:** Dr. Leonard Keeler invented lie detector and tested over 25,000 people and he concluded that: People are *by nature*, dishonest!

- **We lie to ourselves more than anyone else**

### **Ephesians 4:25**

So stop telling lies. Let us tell our neighbors the truth, for we are all parts of the same body.

### **If I want to be wise in relationships...**

I won't violate my conscience or live a double life.

I won't lie to you. I'll tell you the truth.  
Because **trust is built on truth.**  
No truth, no trust. No trust, no relationship

## 2. Wise people are peace-loving people.

"Wisdom is ... PEACE LOVING"

Wise people are peacemakers, not troublemakers

- work at maintaining harmony
- not always looking for a fight
- not defensive/ don't carry a chip on shoulder
- I don't *push your hot buttons! provoke your rage, egg you on*

**PERSONAL:** Early on in my marriage this was something that I really struggled with. I grew up in a home that was constantly at war. Kyla grew up in a home that resembled the Brady Bunch. I always wanted to fight and she always wanted to make peace, she was the wiser person.

**Proverbs 20:3** Avoiding a fight is a mark of honor;  
only fools insist on quarreling.

## 3 Responses that destroy peace in relationships:

- **COMPARING:** "*Why can't you be like so & so?*" or "*You're just like your mother!*" 2 Cor.10:12 unwise!
- **CONDEMNING:** "*You should be ashamed*"  
A person is always fighting his conscience...  
Statements: (*you never... you always...*)
- **CONTRADICTING:** "*That's not how it happened*" Ever watched a spouse correct every detail of a story? *Irritating!* W. James "*Wisdom is the art of knowing what to overlook!*"

## 3. Wise people are considerate people.

"Wisdom is... gentle at all times"

This might be surprising, but the word "**all**" in the original Greek means "**all**" –  
The considerate and inconsiderate people!

To be considerate means- "**mindful of the feelings** of others"

## Philippians 4:5

“Let everyone see that you are **considerate** in ALL you do”

**ILLUSTRATIONS:** Relationships are 99% grey, not black and white. Feelings are neither right nor wrong. They're just there. They're not facts. **So you don't need to argue.** They're just feelings.

**If I want to be wise... I won't minimize what you're feeling.**

**Wisdom is considerate.** Best way to deal with difficult person is to be a considerate person.

### 4. Wise people are reasonable people.

“Wisdom is... willing to yield to others”

The word “Yield”

(ESV) “Open to reason” (LB) “allows discussion”

**The wiser you are, the better listener you'll be** (& vice-versa)

- It is foolish to cut people off.
- It is foolish to not let people have their say.
- It is foolish to jump to conclusions

“Open to reason” means **WILLING TO LISTEN & LEARN**

- Are you a reasonable person?
- Can **people you disagree with** reason with you?

You can't reason with someone who's unreasonable.

**BUT Most of us are oversensitive to the opinions of others.**

**FUNNY:** A New pastor had just taught his first message in new church and a congregant came up and flat out said: “**Your sermon stunk**”. Another congregant heard what this man said and felt sorry for his new pastor and he walked up and encouraged the pastor: “**Pastor, don't pay attention to old Jim! He just repeats what he hears everyone else say.**”

\*\*\*There are going to be people in your life that are some of the most irritating people you will ever meet. **But** sometimes they're going to have a good suggestion... **You can learn from everyone!**

**PROVERBS 18:15** Intelligent people are always ready to learn. Their ears are open for knowledge.

## But what about when people have really stupid ideas?

Just smile & don't interrupt.

**Stop wasting your life trying to prove a stupid idea right or wrong. Just move on to the next good idea.**

### 5. Wise people are merciful and kind people.

"Wisdom is... full of mercy and the fruit of good deeds"

Who's the **wisest** in universe? GOD. Who's the **most merciful**?

Think there's any connection?

**Mercy gives people what they need, not what they deserve!**

**If I want to be wise... DON'T EMPHASIZE ANOTHER'S MISTAKES**

**ILLUSTRATION:** I heard about a high school kid recently who came home from school with a bad report card. And his dad blew a gasket! The next day he went back to school and his friend at school said, what did your dad say? He said, **my dad got historical!** Don't you mean hysterical? No, historical. **He told me everything I'd ever done wrong.**

**Do you do that?** Do you let it all pile up and when somebody hits you at the wrong spot you let it all out? **Are you a fault collector?** Learn to get over it and to keep short accounts. **Matthew 18**

### **PROVERBS 17:9**

Love prospers when a fault is forgiven,  
but dwelling on it separates close friends.

**Know that thing that really bugs you? LEARN TO LET IT GO!** (For me it's when Elsa sings that song! I've learned to let it go!)

### 6. Wise people are sincere people.

Wisdom... shows no favoritism and is always sincere.

ILL: Greek Theater, 1 actor, changed masks called "**hypokritos**"  
"**without hypocrisy**" (KJV) "**genuine**" (CEV) "**authentic**"

**If I want to be wise... Don't have ulterior motives.**

I won't lie to you, cheat you, trick you. fake you out

take advantage of, deliberately mislead you...

**Wise people aren't posers.** They aren't phonies.

They are Real. Genuine. Authentic  
WHAT YOU SEE IS WHAT YOU GET!

**PSALM 12:2**

Neighbors lie to each other,  
speaking with flattering lips and deceitful hearts.

Sometimes, you're not okay and that's ok. Be you because being fake is exhausting and unwise.

As we close, remember, wisdom starts with us. If we have more wisdom, we will have more peace...

**Lets Pray**