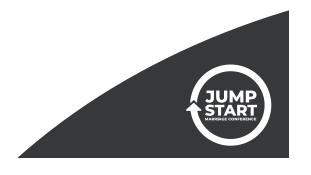
JUMP START

MARRIAGE CONFERENCE

JUMPSTART PRESENTS

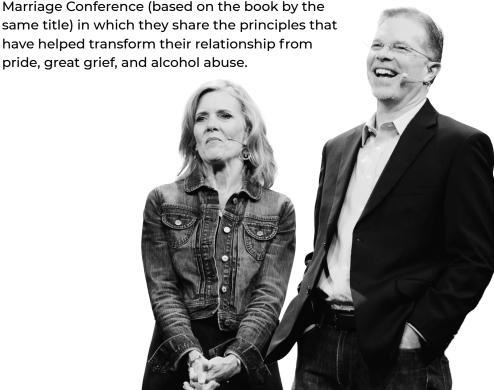
THE MINDFUL MARRIAGE CONFERENCE



RON & NAN DEAL

Ron Deal is a bestselling author of more than a dozen books and resources, a licensed marriage and family therapist, and host of the FamilyLife Blended podcast. He specializes in both marriage enrichment and stepfamily education. Ron has worked full-time in marriage and family ministry since 1988 serving in both local churches and with FamilyLife®.

Nan Deal has a degree in Early Childhood Education and taught in public and private schools for over 25 years. She is a leader with a local Re-Generation ministry and together she and Ron lead a While We're Waiting support group for parents who have lost a child. Nan speaks with Ron in their The Mindful Marriage Conference (based on the book by the



MAIN SESSION

A MORE LOVING & SAFE USNESS

Why do we sometimes act unloving when our intention:	s
are otherwise?	

When we're "good" we're generally loving and sacrificial. But when we're "bad", we're really bad. But why...and what can we do about it?

The Goal: A More Loving & Safe Usness Through Humility & Self-regulation

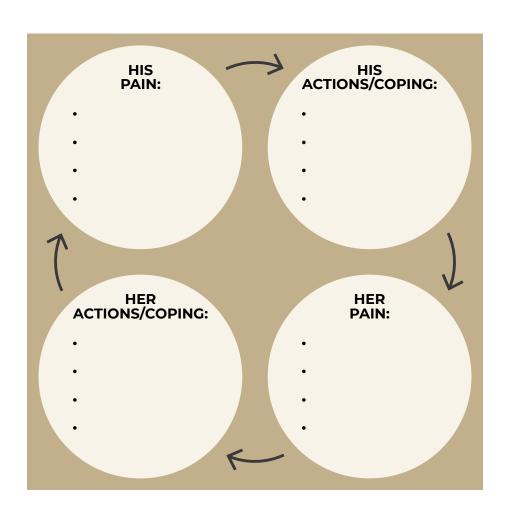
A Few Symbols:

How to Get a Girl

Ring finger?

Got Baggage?





FEELINGS: When in conflict, arguing, or feeling that things are "not okay" with us, I generally feel (or my pain/concern/fear is). Circle all that apply, then star your 3-4 strongest emotions.

Unloved Hopeless Insecure
Unworthy Unwanted Devalued

Insignificant Disconnected Not measuring up

Alone Defective Vulnerable
Worthless Rejected Invalidated

Unknown Powerless Failure

Inadequate Out of control

Unacceptable Unsafe

COPING/ACTIONS: When I feel the way I identified above, I normally cope through these actions (i.e., this is what I do). Circle all that apply, then star your 3-4 most common actions.

Blame others Inconsolable Intellectualize
Rage Catastrophizing Escape/Become

Angry Whine/needy chaotic

Sarcastic Manipulates Drugs/Alcohol

Arrogant Withdraw to pout Impulsive

Aggressive Isolate Impulsive
Discouraging Fault-finding View porn

Threatening Control Avoid issues

Hold grudges Perfectionistic Hide information
Retaliatory Defensive Get dramatic

Withdraw to punish Judging

Act selfish

Disrespectful

Demanding

Minimizes

Shame self Critical Withdraw to avoid

Depressed Nagging Irresponsible

Withdraw to defend

Negative Lecture

Anxious

"HE HUMBLED HIMSELF"

PHILIPPIANS 2:1-11

"So if there is any encouragement in Christ, any comfort from love, any participation in the Spirit, any affection and sympathy, complete my joy by being of the same mind, having the same love, being in full accord and of one mind. Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others. Have this mind among yourselves, which is yours in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, by taking the form of a servant, being born in the likeness of men. And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross. Therefore God has highly exalted him and bestowed on him the name that is above every name, so that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father."

What is Humility?

PRIDE/HUMILITY DYNAMIC

1 PETER 5:5B

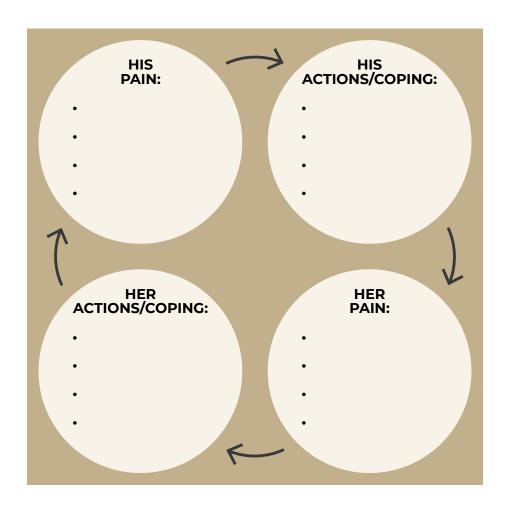
"...All of you, clothe yourselves with humility toward one another, because, 'God opposes the proud but gives grace to the humble."

- The Humility Paradox:
- The Pride Paradox:

THE RELATIONSHIP PARALLEL

- Humility invites _____ from your spouse.
- Pride invites _____ and blinds us to the narratives we create about one another.





TAKEAWAYS:

- •When feeling unloved and/or unsafe, we become dysregulated and react with fight/flight coping strategies.
- ·Pride says, "I have the right to change you."
- Fight/Flight reactivity is expressed as: Blame, Shame, Control, and/or Escape, which just invites similar reactivity ("opposition") from our spouse.
- •Behind pain is love and desire. But responding out of love gets lost when dysregulated, at least, as long as our "old self" gets its way.
- ·We ALL do this.
- •What is needed is a humility shift and a putting on of our "new self" by renewing our mind.



GROUPS & CLASSES

AT CROSSINGS

LIFE WAS NEVER MEANT TO BE LIVED IN ISOLATION. BUILD HEALTHY RELATIONSHIPS AND STUDY GOD'S WORD IN GROUPS AND CLASSES.



SUNDAY SCHOOL CLASSES

No matter where you are in your spiritual maturity or your stage of life, there is a place for you. The goal of each class is to learn God's Word and live it out together. Details are available at crossings.church/sunday-school.

WEDNESDAY NIGHTS

Various Bible-based classes are offered throughout the year to increase your understanding of the Scriptures and to encourage you in your personal discipleship. Details are available at crossings.church/wednesday.

SUPPORT & RECOVERY

The LifeCare Ministry of Crossings comes alongside individuals, marriages, and families to offer encouragement through support and recovery groups. CareSeries provides opportunities to find hope and healing by participating with others facing similar life challenges. Celebrate Recovery on Thursday nights helps individuals experience the healing that takes place in a Christ-centered environment, using the eight biblical principles found in the beatitudes and the traditional 12 Steps. Details are available at lifecare.crossings.church.

MEN'S & WOMEN'S BIBLE STUDIES

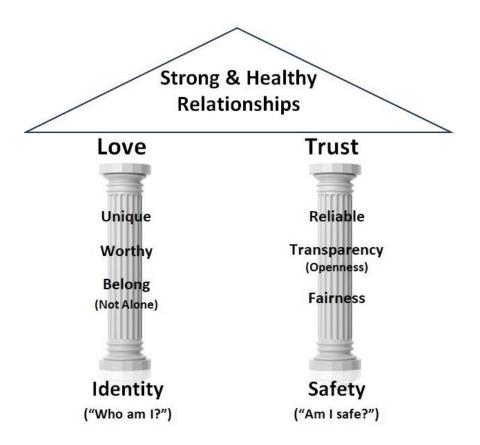
These adult groups are intended to help men and women explore and grow in their faith, as well as develop and deepen their friendships. Details are available at crossings.church/men or crossings.church/women.

CONNECTING WITH OTHERS PROVIDES ACCOUNTABILITY AND ENCOURAGEMENT TO CULTIVATE YOUR FAITH.

SESSION TWO

PUTTING ON HUMILITY: LOVE, TRUST & GROWING UP

The Two Pillars of Healthy Relationships: Love & Trust



Still Face Insights | Becoming a "fussy baby"

Logs & Specks (Matt. 7:1-5)

The Solution? Make the Humility Shift and utilize the Four Steps

"What I know about me is..."

·Signals

THE FOUR STEPS:

- 1. Say what you feel (pain).
- 2. Say what you normally do (reactive coping style).
- 3. Say the truth.
- 4. Say what you will do differently.

TRYING IT ON: STEPS 1-2

- •Share your pain & coping (steps 1-2). Be brief and concise. If comfortable, share one story that led to your pain.
- •Be curious & compassionate about the other's pain and story. If about you, keep your reactivity in check and focus on seeing their pain.
- Avoid fixing or resolving
- Let it remain "unfinished" for now



CROSSINGS RESOURCES



resources.crossings.church



Check out the RELATIONSHIP ENRICHMENT CHANNEL for past JumpStart conferences and stay tuned for this year's.



HUMILITY IN CONFLICT: THE FOUR STEPS

A Key Concept: Humility & Self-Regulation Precede Conflict Resolution

WHAT'S THE TRUTH?

- •Truth centers you, moves you out of your pain, and gives you direction.
- ·It regulates us.
- ·It's expected of a disciple
- •We must become mindful of our old self as we renew our minds so our brain and body will follow. But to do that, we must operationalize truth within ourselves.

SOURCES OF REGULATING TRUTH: GOD, TRUSTED OTHERS, & YOURSELF

- •God's Truth, including his truth about you that challenges your pain
- •The truth about your spouse
- •The truth about your "usness"

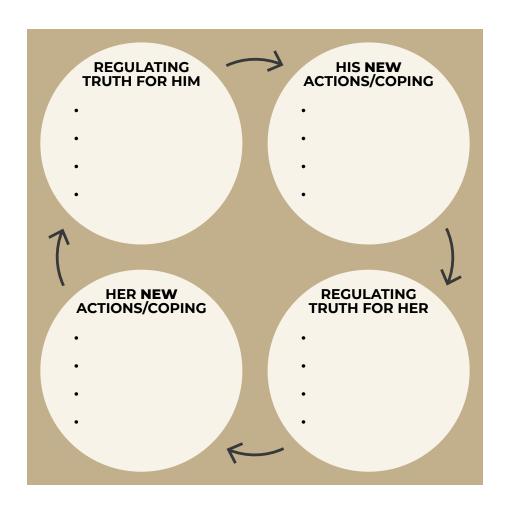
The voice of truth that matters most is ______.

Managing Me: Adding steps 3-4:

THE FOUR STEPS:

- 1. Say what you feel (pain).
- 2. Say what you normally do (reactive coping style).
- 3. Say the truth.
- 4. Say what you will do differently.





TAKEAWAYS:

 Focus on Truths that speak directly to your pain. Remember, pain is a liar.
•Go vertical first (God's truths), then remind yourself of what's true about your usness.
·Calm down your body to help calm your mind.
•Take agency over your life (don't expect your spouse to fix you). Then take action – the "doing" is what solidifies the transformation of your mind and brain.

"We demolish arguments and every pretension that setsitselfupagainsttheknowledgeofGod, and we take captive every thought to make it obedience to Christ."

- 2 CORINTHIANS 10:5 (NIV)

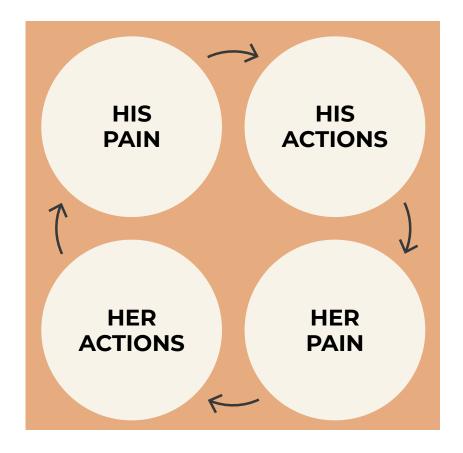
MOVING FROM MY "OLD SELF" TO MY "NEW SELF"

MOVING FROM OUR COUPLE PAIN CYCLE TO OUR COUPLE PEACE CYCLE

"Old Self": The Pain Cycle

THE FOUR STEPS:

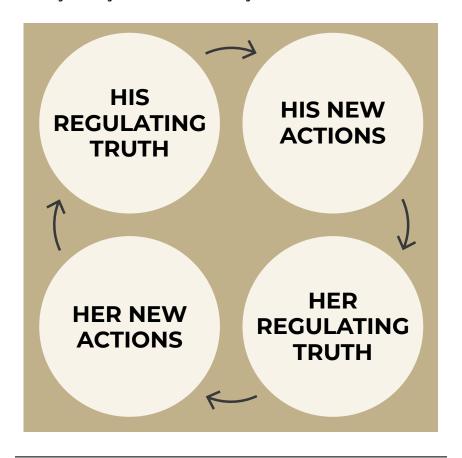
- 1. Say what you feel (pain).
- 2. Say what you normally do (reactive coping style).



"New Self": The Peace Cycle

THE FOUR STEPS:

- 3. Say the truth.
- 4. Say what you will do differently.



COUPLE TIME:

- Complete Exercise 2
- •Fill in your half of the Peace Cycle
- ·Share your half with your spouse, fill in their responses
- Practice talking through the four steps / be curious and compassionate when it's their turn

OUR PEACE CYCLE:

EXERCISE 2

The Truth About You & Your "Usness": Circle the truths, especially those from God, that speak directly to your pain.

Loved Promising Known

Priceless Significant Full of worth **Treasured** Never alone/ Celebrated forsaken **Appreciated** Encouraged Valued Adequate Connected

Can make choices Forgiven Can control self

Valuable Accepted Wanted

Actions/Agency: Because of the Truth, I can find strength to act in these ways... (circle all that apply; star those that

directly pertain to your marriage)

Able to persist Accepting Valuing self Vulnerable Gentle Self-controlled

Respectful Merciful Nurturing

Communicate care Giving Honest

Let go/relax Humble Open

Responsible Positive Welcoming

Listening Energetic Settled

Merciful Supportive Trustworthy Reliable Engaging Listening

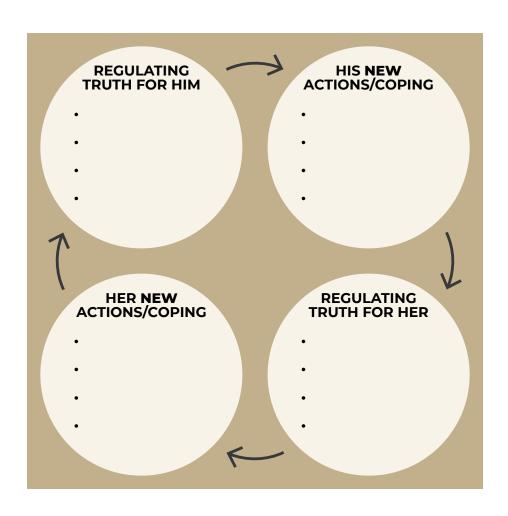
Inclusive Intimate Loving

Non defensive Kind Stay connected

Hopeful Seeking good Turn from addictive actions

Honest Encouraging **Empathic**

Peaceful



SESSION FOUR

FROM OLD TO NEW: RENEWING YOUR MIND, RENEWING YOUR USNESS

Healing Journey Insights

Everyday Humility: Discipleship & Micro-Pain Moments

RECAP: JAMES 4:1-10

- •Unmet worldly, prideful desires lead to pain and outof-control coping ("You desire and do not have, so you murder.")
- •God opposes the proud but gives grace to the humble.
- •So, humble yourself ... resist ... come close ... wash & purify your heart ... grieve over your sin ... and humble yourself before the Lord and he will exalt you.



CROSSINGS.CHURCH