St. Andrew’s Lutheran Church

*Discipleship class:* **CHANGES THAT HEAL**, by Dr. Henry Cloud

Session 4: *“Good and Bad”*

Third developmental step

All was good initially; the Fall changed that

Gap between Ideal/Desire and Reality

* Moving from Reality toward Ideal is “growth”
* Bad strategies for dealing with the gap:

1. Deny bad in self or others

2. Deny good in self or others; deny the standard

3. Attack and judge badness – but *“The wrath of Man does not accomplish the righteousness of God.” James 1:20*

* Behaviors that predict divorce:

Exit, stonewall • Defensiveness • Contempt • Criticism

Symptoms of failure to resolve coexistence of good and bad:

Depression • Anxiety • Addictions • Giving up • Perfectionism • Narcissism, broken relationships • Loneliness • Failure to solve conflicts • Failure to achieve goals

Steps to resolve symptoms:

1. Confess (agree) – *James 5:16 “Confess your sins…”*
2. Find grace
3. Express negative
4. Forgive and be forgiven
5. Integrate negative emotions
6. Re-work the ideal
7. Monitor relationship between good and bad
8. Do not discard
9. Expect imperfection-- *John 16:33 “In this world you will have trouble…”*

Questions:

* How am I doing in embracing good and bad?
* Where did that come from?
* What are the skills I need to work on?

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