

A New Relationship Model: Learning to live and love in a new way by Lisa Spady

Models create our reference

- All we know is what we have seen before.
- We learn relationships from models.

Our Dilemma

- A world we cannot control with increasing turmoil
- An enemy who wants to destroy our children
- Husbands who have their own struggles and possibly limited emotional maturity

Fear

- This leads to a sense of helplessness and fear.
- The enemy tries to inflame the fear.

The familiar model

- Caretake
- Control
- Cave in

Choice

- We face a choice.
- There is a new model

New Model

- Respect
- Request
- Resist

Caretake

- Focus on other people's needs
- Fix
- Ignore own needs

Respect

- Care for self first, then others
- Airplane, put our O2 mask on first
- How we love ourselves is how we love others – one set of skills

Control

- Shame
- Blame
- Demand
- Bully

Request

- Turn needs into requests; Ask for change
- Draw boundaries where needed to protect
- Express the pain the poor choices cause
- Jesus in Gethsemane with disciples Matt. 26:36-55

Cave in

- I can't
- I am helpless
- Give in to the stronger voice even when wrong

Resist

- Resist denial and lies
- Fight for life and truth
- I can't but God can

Our choice

- Caretake or Respect
- Control or Request
- Cave in or Resist

Surrender to the Lord

- Love causes pain
- The temptation is to control
- Fear pulls us in that direction

Submit yourselves, then, to God. Resist the devil, and he will flee from you. James 4:7

Peace comes from surrender

Website address for further notes and teaching.