

**A NEW RELATIONSHIP MODEL**

Learning to live and love in a new way by Lisa Spady

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**Models create our reference**

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

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**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

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## Fear

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

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## The familiar model

- Caretake
- Control
- Cave in

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## Choice

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

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### New Model

- Respect
- Request
- Resist

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### Caretake

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

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### 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

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### Control

- Shame
- Blame
- Demand
- Bully

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## 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

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## Cave in

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

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### Resist

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

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## Our choice

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

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## Surrender to the Lord

- Love causes pain
- The temptation is to control
- Fear pulls us in that direction
- James 4:7 Submit yourselves, then, to God. Resist the devil, and he will flee from you.

Peace comes from surrender

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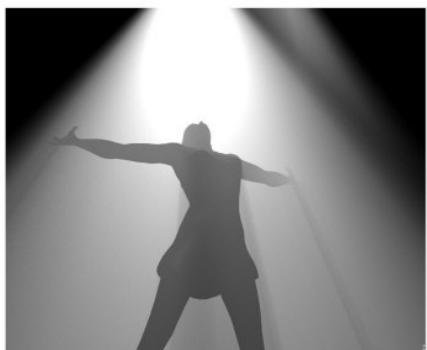
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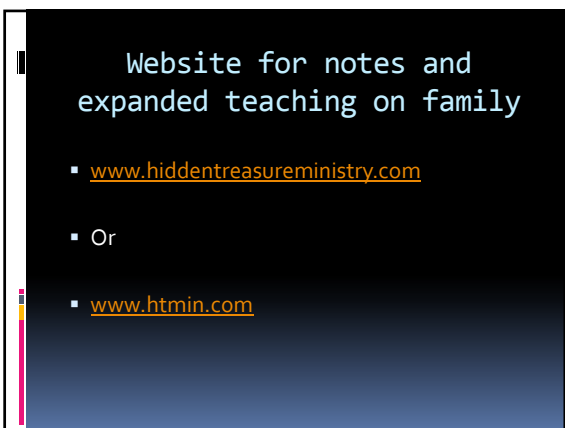
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