

## LWFC Marriage & Family Conference

### Family Ties: *The Bond That God Holds Together*

**Day 1: Tuesday, October 5, 2021, 7:00-9:00PM**

Ecclesiastics 4:12

“A cord of three strands is not quickly torn apart.”

- God
- \_\_\_\_\_
- \_\_\_\_\_

Proverbs 24:3-4 (MSG)

4. “It takes **wisdom** to build a house,  
and **understanding** to set it on a firm foundation;  
It takes **knowledge** to furnish its rooms with fine furniture and beautiful draperies.”

- W \_\_\_\_\_ —application of knowledge and understanding
- U \_\_\_\_\_ —comprehension of how it relates to your life
- K \_\_\_\_\_ — information

To keep your home/family from unraveling you need **wisdom** to discern that...

1. Your spouse is not your \_\_\_\_\_.
  2. Satan is your enemy, and he’s a home wrecker.
  3. Satan enters your home through the doorway of your \_\_\_\_\_. (Battlefield of the Mind)
- Video clip: Anxiety
  - Are you controlling your thoughts or are your thoughts controlling you?

### Think Right Live Right: Thinking for a Change

**T.E.A.=B (TB)**

\_\_\_houghts affect emotions

\_\_\_motions affect attitudes

\_\_\_ttitudes produce...

\_\_\_ehaviors

#### The Filthy Five

F \_\_\_\_\_ of the Future

U \_\_\_\_\_ Comparisons

R \_\_\_\_\_ of the Past

S \_\_\_\_\_-condemning Thoughts

T \_\_\_\_\_ of all kinds

#### Thought Management 101

C \_\_\_\_\_ it—Recognize it

C \_\_\_\_\_ it—Resist it

C \_\_\_\_\_ it—Replace it

R \_\_\_\_\_ it—Reevaluate it

## LWFC Marriage & Family Conference

## Family Ties: *The Bond That God Holds Together*

Day 2: Wednesday, October 6, 2021, 7:00-9:00PM

### Three Steps to Restoring your Marriage and Family

- 1. Ask for \_\_\_\_\_
- 2. Learn to \_\_\_\_\_ more effectively

The Three Components of Communication

1. Words \_\_\_\_\_% --What you say.
2. Tonality \_\_\_\_\_% --How you say, what you say.
3. Body Language & Facial Expressions \_\_\_\_\_%

Effective Communication 101

1. **State--A** \_\_\_\_\_ ask **for what you want** (in a positive, respectful manner) by learning to make **“I”** statements rather than **“You”** statements.

Examples of **assertiveness**:

- “Honey, will you cook dinner for me tonight, please?”

2. **Restate--A** \_\_\_\_\_ —is the ability to let the other person know that you understand/heard them, by **restating or rephrasing their words**. If the listener didn’t restate it properly, work with them until you are satisfied.

**“A person who answers without listening is foolish and disgraceful.” Prov. 18:13 (ICB)**

Examples of **active listening**:

- Tony, what I understand you to say is that when you come home from work, you would like me to cook dinner. Is that correct?

3. **Respond**—to the statement or question as you understood it.

Example of responding:

- “Tony, I’ll gladly cook dinner for you tonight.”

- 3. Avoid Toxic \_\_\_\_\_ Thinking

<b>Day 2: Break Out Session#1: Toxic Ten Thinking -Wednesday, October 6, 2021, 8:20-8:40</b>
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1. **Place a check** mark by the forms of toxic thinking you tend to engage in.
2. **Place an (X)** by the forms of toxic thinking your spouse, children, friend, sibling, or coworker tends to engage. Choose just one person.
3. How has engaging in the Toxic Ten thinking negatively affected your communication with your spouse, fiancée, parents, siblings, coworkers, employer, or peers?

### Identifying Your Toxic Ten Thinking

# The Toxic Ten

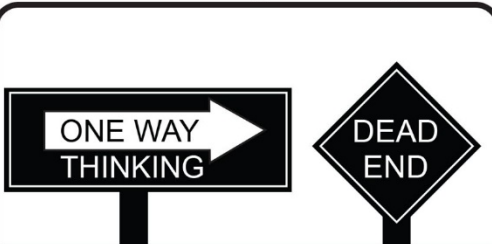
## 10 Forms of Unhealthy Thinking

### 1. Jumping to Conclusions



- 1) Mind Reading  
(assuming you know what someone is thinking)
  - 2) Fortune Telling  
(predicting the future with a negative outcome)
- "I don't think she likes me."
  - "I predict their relationship will not last."

### 2. All-or-Nothing Thinking



(seeing things in black or white only, allowing no gray area)

- "It's my way or the highway!"
- "If I can't do it perfectly, I have failed."
- "That thing is hopeless!"

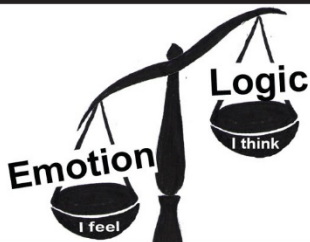
### 3. Mental Filtering (Negative)



(viewing matters through a negative lens)  
You notice your failures, but not your successes.

- "This is not going to work."
- "They'll never change."

### 4. Emotional Reasoning



Because you feel a certain way, you think your feelings must be true.

- "I feel like a failure so I must be a failure."
- "It may not make sense, but I feel..."
- "It was love at first sight."

### 5. Should Statements

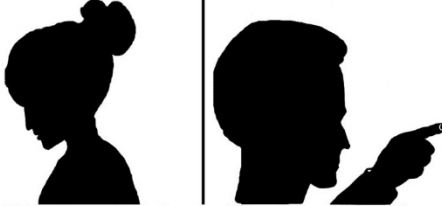
**should  
must  
ought**

Using judgmental words like "should", "must" and "ought" can make you feel guilty. When applying "should" statements to others, the result is often frustration.

- "I should be further along by now."
- "You ought to know better."

## Identifying Your Toxic Ten Thinking

### 6. Personalization & Blame



**"It's all my fault." "It's all your fault."**

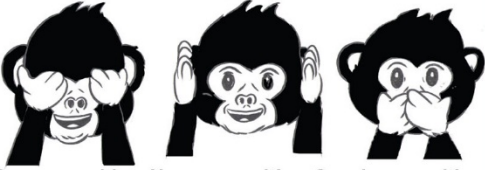
**You hold yourself responsible for things that are not your responsibility.**

- "It's my fault my parents divorced!"

**You blame others for things that are your responsibility.**

- "I punched you because you made me angry!"

### 7. Discounting the Positive



**See no positive. Hear no positive. Speak no positive.**

**You discount the positive things that have happened to you and/or disregard your accomplishments.**

- "Oh, that was nothing. Anyone could have done that."
- "They were just trying to be nice."
- "That doesn't count."

### 8. Magnification & Minimization



**Magnification**

**Minimization**


**You blow things out of proportion. (catastrophising)**

- "That one decision has ruined my entire life."

**You inappropriately shrink something to make it seem less important.**

- "It's not that big of a deal."

### 9. Overgeneralizing




**You never listen to me!**

**Because you are always fussin'!**

**You tend to draw exaggerated conclusions from very little evidence; using such words as 'always' or 'never'.**

- "God seems to never answer my prayers."
- "I'm always a day late and a dollar short."
- "I never catch a break."

### 10. Labeling



**I am... stupid / lazy**

**unworthy / idiot**

**You are... a loser!**

**You assign negative labels to yourself or others.**

- "I am "ugly", "unloveable", "inadequate", "unworthy", etc."
- "You are such an idiot and a real screw up."

**The Toxic Ten**

**10 Forms of Unhealthy Thinking**

LWFC Family Conference

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**Day 3: Thursday, October 7, 2021, 7:00-9:00PM**

**Satan's Offensive Strategy**

- Satan's Agenda is \_\_\_\_\_ (John 10:10)
- Satan's Strategy is \_\_\_\_\_ (Matt. 12:25)
- Satan's Tactic is \_\_\_\_\_ (Luke 17:1; Matt. 24:10-12)

**Luke 17:1 (CSB)**

[Jesus] said to his disciples, "Offenses will certainly come, but woe to the one through whom they come!

- Perhaps, the reason it is so hard for you to stay happy in marriage is because it's so easy for you to get offended.
- If you want to make it easier to stay happy, make it harder to get offended.

**A Learning Activity: "He Said--She Said" Demonstration**

**When offended you have two options:**

1. Hold onto the \_\_\_\_\_
2. Drop Your Offenses and Choose to \_\_\_\_\_

**How to Ask for Forgiveness**

- **Step 1:** "I am sorry. I was wrong for ..." \_\_\_\_\_ (state the offense)
- **Step 2:** "Please forgive me."
- **Step 3:** "I love you." (Or I really appreciate you/your friendship.)

**Three Steps of Forgiveness:**

1. F \_\_\_\_\_ (Matthew 6:14-15; Ephesians 4:32)
2. F \_\_\_\_\_ (Matthew 18:21-22; Hebrews 12:15)

**Forgiving involves:**

- 1. Taking captive every angry and vengeful thought.
- 2. Talking to yourself and reminding yourself that you aren't the only one to be hurt.
- 3. Setting limits and boundaries to assure you don't continue to get hurt repeatedly.
- 4. Taking full responsibility for how you feel. Stop blaming others for how you are feeling.
- 5. Reframing the experience that allows you to find a purpose in the pain and see yourself as the victor not a victim.

3. F \_\_\_\_\_

<b>Day 3: Break Out Session#2: How to Forgive Yourself -Thursday, October 7, 2021, 8:20-8:40</b>
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**Work at self-forgiveness by repeating one or more of the following truths:**

1. Since I believe that God has forgiven me, and I have asked the people affected for forgiveness, I choose now to forgive myself also and move on with my life. (Ps. 51:7; 103:1; Isa. 1:18; Jer. 31:3; Heb. 4:16; 1 John 1:9)
2. I was mentally in a bad place at the time I made the decision to.... (I was stressed, under the influence, carnal, angry, desperate, depressed and/or *not born-again*). If I had been in a better state of mind, I am confident I would have chosen differently. (Ps. 27:10; 46:1, 11; 119:71; Joel 2:25; Matthew 11:28)
3. God can work my past mistakes together for my good if I continue to trust Him by standing on his Word. (Isaiah 41:9-10; Romans 8:28)
4. God loves me, and despite my mess-ups, He still has a wonderful plan for my life. The truth is, I was not following God during that phase of my life. Peter denied Christ in John 18:13-27. (Jer. 29:11; 2 Cor. 1:3-4)
5. I regret my decision, but I certainly cannot change it now; what's past is past. I can only learn from this and other mistakes. (Philippians 3:13b-14)
6. I was then young and imprudent. If I had known better, I would have done better. (Proverbs 1:3-5; 7:7; Judges 16; Isaiah 49:15; Luke 15:11-32)