

# **LOOKING BACK TO MOVE FORWARD**

**RESET...Kingdom Mindset**  
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*"Search me, O God, and know my heart; test me and know my anxious thoughts; (ways of pain) and see if there is any offensive way in me, and lead me in the everlasting way."*

*Psalm 139:23–24 (NASB)*

**GOD MADE IT CLEAR, WE HAD TO LOOK \_\_\_\_\_  
TO MOVE FORWARD.**

*Romans 12:1–2 (NASB) says: "Present your bodies as a living sacrifice. Do not be \_\_\_\_\_ to the world, but be transformed by the renewing of your mind."*

Why look back?

Objections to looking back:

## **THREE SKILLS NEEDED FOR HEALTHY RELATIONSHIPS**

**1. DID YOU LEARN A WIDE RANGE OF \_\_\_\_\_  
SO YOU CAN DESCRIBE WHAT YOU FEEL AND WHAT YOU  
NEED TO YOURSELF, GOD, AND OTHERS?**

**THIS REQUIRES:**

- \_\_\_\_\_ – Awareness: Curiosity and vulnerability.
  - Did you learn to describe your inner \_\_\_\_\_?
  - Were you taught to communicate this awareness to others in a \_\_\_\_\_ way?
  - Did you learn about the times your current feelings were fueled by \_\_\_\_\_ wounds?
- \_\_\_\_\_ Awareness: Curiosity and non-defensiveness.
  - Did you learn to put yourself in another person's \_\_\_\_\_?
  - Were you taught to \_\_\_\_\_ on their perspective?

*"My soul is deeply grieved, to the point of death."*

*Matthew 26:38 (NASB)*

**GROWTH GOALS:** Learn to use the \_\_\_\_\_ words. Anxious, uneasy, preoccupied, scared, hyper-vigilant, weighted down, shocked, traumatized, grieved, angry, irritated, abandoned, disconnected, unwanted, sad, depressed, betrayed, duped, misunderstood, ashamed, embarrassed, invisible, forgotten, unimportant, despised, shame, confused, exhausted, let down.

**2. DID YOU LEARN TO MANAGE \_\_\_\_\_  
EFFECTIVELY?**

- A. How did your \_\_\_\_\_ manage stress?
- B. How did your \_\_\_\_\_ manage stress?
- C. Write down a specific stressful situation or event you recently faced.
- D. Using the soul words list above, write down three feeling words you experienced because of this stress.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

- E. What were your \_\_\_\_\_ due to this stress?  
How did you manage the stress?
- F. Managing stress well is learning to deal effectively with difficult \_\_\_\_\_.
- G. How did Jesus handle stress and difficult, uncomfortable emotions? (*Matthew 26:36–46*)

Jesus sought relational relief versus non-relational relief.

**GROWTH GOALS:**

- Know your \_\_\_\_\_ response.  
Confess to someone, ask for help and comfort.
- Recognize stress responses in spouse, friends, family. Invite them to share their feelings and how you may comfort them.

**3. DID WE LEARN TO ACKNOWLEDGE \_\_\_\_\_ AND  
THEM?**

- Do you notice when a relationship has suffered hurt?
- Can you apologize if needed and take responsibility for your part of a conflict?
- Can you \_\_\_\_\_ a conversation to restore peace and understanding?

**GROWTH GOALS:** Ask family members, "*What is one thing you would like to change about me?*" Or "*Is there anything between us that needs repair?*" Listen, don't debate, apologize.