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Discovering  
Relational<sup>®</sup>  
Wisdom 2.0

# WORKSHEETS

A guide to help put the SOG, GPS, READ  
and SERVE exercises into practice.

# Practice the SOG Plan

**Be relationally wise in all situations:** Fill in this worksheet whenever you experience a challenging relational situation.

**Date and general situation:**

**Self-aware:** What am I feeling and thinking about this situation? About the other person? Why do I feel this way? What do I feel like doing? What would be the consequences of doing that? Is there a different route I can take, one that pleases God and serves others?

*Mark 7:21-23 | Ps. 139:23-24 | James 4:1-3*

**Other-aware:** What do others seem to be feeling and thinking about this situation? About me? How am I influencing their behavior? Is this the best time for us to talk? What can I do that would serve them and help them respond in a godly manner?

*Luke 10:30-37 | Phil. 2:3-4 | Prov. 20:5*

**God-aware:** What do I know about God? What would he want me to do in this situation? Am I acting in faith or unbelief? Am I trusting him or myself? What difference does the gospel make? How can I pray? What Scripture can guide me? How can I love, trust and obey God above all things?

*Prov. 9:10 | 1 Chron. 16:12 | Rom. 8:28-29 | 2 Pet. 1:3-8 | Prov. 3:5-6*

# Follow a Trustworthy GPS

**Learning to understand, worship and follow God in every situation:** Fill in this worksheet whenever you experience a challenging relational situation.

**Date and general situation:**

**Glorify God:** What does his word tell me I should do? Will I trust God to work for my good in this situation? Am I ready to obey his word and do what it says? Do I worship him above all else? How can I show that I love and trust him and share his love with others?

*Prov. 3:5-6 | Isa. 30:21 | 1 Cor. 10:31 | John 17:4*

**Pursue God:** Am I regularly studying, meditating on, and hiding God's Word in my heart? Does my prayer life show that I depend on him to change and guide me? Am I in regular fellowship with other believers? Am I actively seeking to imitate the example of godly people?

*Jer. 29:13 | Ps.119:45 | James. 1:22*

**Serve God:** What would please and honor him in this situation? What is he calling me to do? How can I love and serve others as Jesus would if he were here in person?

*John 8:29 | 1 John 2:5-6 | Matt.6:31-33 | Rom. 12:14*

# READ Yourself Accurately

**Discerning and managing your thoughts, emotions, words and actions so that they always advance God's purposes:** Fill in this worksheet whenever you experience a challenging relational situation.

**Date and general situation:**

**R****ecognize your emotions:** Pause, breathe deeply and pray that God would help you to identify what you are feeling and thinking; specifically name those emotions.

*Ps. 73:2-3 | Matt. 14:30; Phil. 4:6*

**E****valuate the source:** Prayerfully ask yourself: "Lord, Why am I feeling and thinking this way? What is driving this emotion? What's going on in my heart? What idols (controlling or unmet needs, desires or expectations) do I need to renounce and repent of? What fear is being triggered? What lies do I need to reject?"

*Ps. 42:5 | Prov. 20:5 | James 4:1-3*

**A****nticipate the consequences of following those initial feelings:** What would probably happen if I allow my emotions to drive my thoughts, words and behavior? What has happened in the past when I followed these kind of emotions? Was it honoring to God?

*Prov. 22:3; 15:18 | Colos. 3:5-6*

**D****irect your emotions and behavior on a constructive course:** Pray for God's wisdom and grace as you answer these questions: As I focus on and rejoice in Jesus and his gospel, what will I do instead? What biblical truths will I rejoice in? What would deep faith in Jesus look like right now? What would please and honor God? What would true worship look like? Is it time to "do a 180," to do exactly the opposite of what I feel like doing?

*Prov. 15:1; 25:15 | John 8:29, 12:27 | Col. 3:12-13 | Luke 6:27-28*

# SERVE Every Person You Meet

Understanding, empathizing with and meeting the real interests and needs of others: Fill in this worksheet whenever you experience a challenging relational situation.

**Date and general situation:**

**S**mile: Do I see others as made in God' image? Do I really love them? Do my smile and my eyes reflect a loving and friendly heart? How can my facial expression show that I feel empathy with others? How can use my facial expressions to encourage and connect with others?

*Num. 6:24-26 | Prov. 15:13 | Matt. 7:12*

**E**xplore and Empathize: What are others thinking and feeling? How can I make them comfortable opening up to me? What questions can I ask to learn about their values, interests, hopes and struggles? How can I show genuine empathy and compassion?

*Prov. 20:5 | Eph. 4:29 | 1 Pet. 3:8*

**R**econcile: Is there conflict between us? Between others? What can I do to be reconciled or to help others to be reconciled? Is God calling me to confess, correct, forgive or negotiate, or to help others to do so? Has God prepared someone's heart to hear the gospel and be reconciled to God?

*Matt. 5:9 | Col. 3:12-15 | 1 John 1:9*

**V**alue: Am I treating others as I want to be treated? As Jesus has treated me? Do I see others as being made in the image of God? How can I express and demonstrate sincere respect, thankfulness, appreciation or admiration for every person I meet?

*Matt. 7:12 | Col. 3:15 | Rom. 16:1-2 | Phil. 2:22*

**E**ncourage: What can I say to encourage, inspire or "give courage" to others? How can I put "wind under their wings?" Am I speaking to benefit them, or myself? What Scriptures would lift others' spirits?

*1 Thess. 5:11 | Eph. 4:29 | Heb. 10:24-25 | 1 Cor. 16:17-18*