

**Discovering Relational Wisdom**

**Six Skills that Improve**

**Every Relationship in Life!**

**Personal Study Notes**

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**Student Information**

**Name:**

**Email:**

**Mailing Address:**

**Date Course Started:**

**Date Course Completed:**

**Study Overview and Requirements**

# Welcome to the *Discovering Relational Wisdom.* We are glad that you are interested in improving your relational skills, and we look forward to working with you as you study God’s Word and learn how to practice these principles and share them with others.

* **Please save these study notes as a Word document in a folder on your own computer or smartphone and answer the questions using your computer** **or smartphone** rather than writing information in by hand. You may cut and paste or type text directly into this document, which will expand as you proceed.
* We **encourage** **but do not require all students** to answer at least **half of the questions** in each section of these Study Notes. If you choose to answer more questions, you will see greater improvement in your relational skills.
* If you are taking this course for academic or continuing education credit, for RW coaching or as part of your training for certification as an RW Instructor or RW Coach, you are **required to answer at least half of the questions** in each section of this document and submit a copy of your notes to your instructor or coach for evaluation at the end of the course.
* If you are **taking this course with a group of friends or co-workers**, you may print out a copy of your study notes and take them with you when your group meets to discuss what you are learning.
* You may **answer these questions with as much or as little detail as you choose**. One or two sentences is fine, but if you like to write more, go for it! If you are taking the course as part of a study group, however, keeping your answers relatively concise will make it easier to share them with your group.

**Lesson 1**

**Life Is All About Relationship**

**What Is Relational Wisdom?**

**Reflect and Apply 1a**

1. Describe one or two insights about relationships you gained from this teaching.
2. Think of a challenging relationship in your life. How might it improve as you develop greater relational wisdom?
3. Think of a relationship you have personally observed where the people seem to be exceptionally close. What is it about those people that enables them to get along so well?
4. List the relationships God has entrusted to you as a steward, with the expectation that you will be a channel of his love into these people's lives and do all you can to bring them into his kingdom through the gospel.

**RW in Action: Olivett Eagles**

**Reflect and Apply 1b**

1. Describe one or two insights you gained from this teaching.
2. Recall a time when you were on the outside of a social group. What emotions did you experience? What did you wish someone would have done for you?
3. When you're around a person with a handicap like Keith's, are you inclined to keep your distance or engage that person? How would you like God to change this aspect of your character?

**The Benefits of Relational Wisdom and Soft Skills Outshine Hard Skills 1c**

**Reflect and Apply**

1. Describe one or two insights about relationships you gained from this teaching.
2. How do the three benefits of relational wisdom (stronger relationships, valued influence and compelling witness) build on one another?
3. Have you ever been part of a group or team where the relational skills of one or more people greatly improved or damaged the group's effectiveness? Describe the impact those people had on you and others.
4. Ken said that soft skills build “social capital” (bonds of loyalty, trust and mutual support). What are the similarities and differences between social capital and financial capital (the money you deposit in a bank)?

**We Can Grow and Change!**

**Reflect and Apply 1d**

1. Describe one or two insights about relationships you gained from this teaching.
2. How does God’s promise to transform us into the likeness of his Son (Rom. 8:29; 2 Cor. 3:18) impact your attitude toward this course?
3. How can you fight the temptation to feel guilt or regret for not having learned God’s relational principles earlier in life?
4. Name two or more highly relational people you will seek to spend more time with in order to learn from their example.

**Search the Scriptures**

**Reflect**: Having read the supporting Scriptures for this lesson, how would you expand or elaborate on one or two of the key principles in this lesson? Feel free to refer to additional passages that support a particular principle.

**Digging Deeper**

The following blog posts illustrate different ways to apply relational wisdom in daily life. We encourage you to read the posts that seem most relevant to your life at this time. If you are taking this course for **credit or certification**, you need to read at least **half** of these posts and answer the associated questions.

[**A Lost Baby, $200M Lawsuit and an Astonishing Reconciliation**](https://rw360.org/2017/08/20/lost-baby-200m-lawsuit-astonishing-reconciliation/)

No need to answer any questions on this one … just join us in praising God for the amazing things he did in this case!

**[Using Relational Wisdom for Evangelism](https://rw360.org/2015/12/20/pastor-of-the-year/)**

1. Is your church having a noticeable impact on your community? To put it more directly, if your church simply disappeared tomorrow, would anyone else in your community even realize you were gone?
2. What is your church’s current strategy for reaching out to engage unchurched people in your community and draw them to Christ? How well is that strategy working?
3. How might your church’s witness and impact be improved if you trained a number of people to teach relational wisdom the same way that David Mason has been doing?

[**The Two Treasures**](http://rw360.org/2013/01/18/the-two-treasures/)

1. When you experience stress or disappointment, are you inclined to maintain a cheerful attitude or to grumble, whine or complain? For a more accurate answer to that question, ask those closest to you how they would honestly describe your response to difficulty.
2. If God was to remove from your life everything you’ve not thanked him for in the past month, what would you lose?
3. What are some things you failed to thank others for in the past week? Go and thank them today!
4. What characteristic will you ask God to help you change in order to make you a person others enjoy being around … both today and toward the end of your life?

[**RW in the Movies**](http://rw360.org/2013/05/06/rw-in-the-movies/)

1. Name one or two of your favorite movies and briefly summarize them using the story elements described above (hero, desired goal, adversary, inner flaw, near failure, self-revelation, moral of the story)
2. Which of these elements do you see in the biblical narratives describing the life of Abraham? David? Esther? Peter?
3. Using the same elements, describe your own personal testimony of salvation.

**Lesson 2**

**Emotions Were Designed by God**

**Emotions Move Our Relationships**

**Reflect and Apply 2a**

1. Describe one or two insights about emotions you gained from this teaching.
2. Why is it important to realize that God designed emotions to move us to action?
3. Describe a situation in which your emotions drove noble and constructive behavior.
4. Describe a situation in which your emotions drove regrettable and destructive behavior.

**Teaching Videos: Emotions Can Hijack Us**

**Reflect and Apply 2b**

1. Describe one or two insights about relationships you gained from this teaching.
2. Describe a time when you were emotionally hijacked. What did you say and do? How did your words and actions affect others?
3. Think of a situation where you have a tendency to react emotionally and impulsively … possibly to the point of being emotionally hijacked. If you could change one thing about how you respond in that type of situation, what would it be? Why?
4. Now that you know that data reaches your amygdala (emotional brain) before it gets to your neocortex (rational brain), identify some specific ways that you could guard against the tendency to react impulsively when emotionally provoked?

**Teaching Video: God Is Redeeming Our Emotions**

**Reflect and Apply 2c**

1. Describe one or two insights about relationships you gained from this teaching.
2. How does the gospel impact our ability to counteract the way that sin has twisted our emotions?
3. God created us with brains that have both an emotional capacity and a rational capacity. As his grace redeems our minds, how could those two capacities work together in a way that benefits and strengthens our relationships?
4. What biblical truths could you preach to yourself when your emotions are threatening to hijack you?

**Search the Scriptures**

**Reflect**: Having read the supporting Scriptures for this less, how would you expand or elaborate on one or two of the key principles in this lesson? Feel free to refer to additional passages that support a particular principle.

**Digging Deeper**

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[**The Three Faces of Fear**](http://rw360.org/2015/02/08/three-faces-fear/)

1. Think of the last time you tried to control a relationship, reacted with anger, or withdrew from someone. What was the reason? The outcome?
2. Think of someone who responds to you with control, anger or withdrawal. What concerns, anxieties, apprehensions or other forms of fear might trigger that behavior? The next time this happens, what would be the best way for you to respond?
3. Meditate on 1 John 4:18 and 2 Timothy 1:7. How can these promises guide your attitude and behavior the next time you encounter control, anger or withdrawal, whether in yourself or another person?

[**Raising Emotionally Stunted Boys**](https://rw360.org/2017/03/13/raising-emotionally-stunted-boys/)

1. What messages did you receive as a child as to how boys and girls are supposed to handle emotions? How this those messages carry into your adult life?
2. What messages do you send to the children in your life, either through your words or example?
3. What messages does our culture send us every day about how men should handle emotions? How are those messages affecting our relationships and communities? If you’re not sure, see [**The Suppression of Boy’s Emotional Expression Is a Killer**](https://goodmenproject.com/featured-content/suppression-boys-megasahd/) and [**How to Help a Man Who Struggles with Emotions**](https://goodmenproject.com/sex-relationships/how-to-help-a-man-who-struggles-with-emotions-dg/).
4. Who are some of the happiest, most fulfilled and influential people you know? How do they express and handle emotions?
5. How would the people in your life be impacted if you learned to connect with them at a deeper emotional level?
6. What concrete steps do you plan to take in the days ahead to learn how to fulfill God’s design for you to experience, express and respond to emotions?

[**Emotions in Christian Anthropology**](http://www.rw360.org/2013/08/18/emotion-in-christian-anthropology/)

1. Brian writes: "God does not want your mind. God does not want your heart. God does not want your will. We are slow learners, for we should have known as much from the First Great Commandment: “Love the LORD your God with all your heart and with all your soul and with all your strength” (Deut. 6:5). God wants the whole you." Re-write this statement in your own words.
2. What insights in this article had you not seen before? Which ones were most helpful?
3. How could these insights into emotions in Christian anthropology help you to improve your ability to manage your emotions and have empathy toward other people?

[**Can Neuroscience Help Us Disciple Anyone?**](http://www.rw360.org/wp-content/uploads/2014/08/Can-Neuroscience-Help-Us-Disciple-Anyone-Leadership-Journal.pdf)

1. Why is it important for Christians, and especially pastors, to be serious students of neurology?
2. How can habits make our lives easier? How can they make our lives more difficult?
3. Explain how statement encourages you: "Here's a thought worth contemplating: what must Jesus' brain have been like? Imagine having neural circuits honed and trained to trust God, to respond to challenge with peace, or to irritation with love, or to need with confident prayer. Here's another thought worth contemplating: We have the mind of Christ."

**Lesson 3**

**Relationships Are Three-Dimensional**

**Relational Wisdom Is an Operating System for Life**

**Reflect and Apply 3a**

1. Describe one or two insights about emotions you gained from this teaching.
2. Which of the three relationship dimensions (God, Self or Others) do you most naturally focus on when you’re in a difficult conversation? Which dimension do you tend to ignore? Why do you think this is so?
3. How could the relational disciplines in one-dimension strengthen and support the others? (e.g., how could being more God-aware and God-engaged improve your ability to be self-aware and self-engaged?)
4. How can relational wisdom be viewed as a “theology for life?”

**Living Inside and Outside the RW Circle**

**Reflect and Apply 3b**

1. Describe one or two insights about relationships you gained from this teaching.
2. Describe a person you know who seems to live “inside the RW circle” more consistently than other people. What impact does this have on his or her relationships, influence and witness?
3. Describe one or two types of situations where you have a tendency to slip outside the RW circle. What impact does that typically have on your relationships?

1. Why is the “fear of the Lord” and the “knowledge of the Holy One” the key to living inside the RW circle?

**Relational Wisdom Is Taught Throughout Scripture**

**Reflect and Apply 3c**

1. Describe one or two insights about relationships you gained from this teaching.
2. Describe one or two situations where Jesus demonstrated one or more of the RW skills. What specifically did he do? How did his conduct impact others?
3. Describe a time when you practiced one or more of the RW skills in a stressful situation. How did that benefit you and other people?
4. Which of the RW skills would you most like to improve at this point in your life? What benefits do you think would result?

**Going Beyond Emotional Intelligence**

**Reflect and Apply 3d**

1. Describe one or two insights about relationships you gained from this teaching.
2. What are some ways that training in emotional intelligence, even from an entirely secular perspective, could be beneficial? In what ways could it be detrimental?
3. Describe a time when you experienced the “dark side of EI,” being manipulated by someone else. How did that affect your relationship?
4. If a non-Christian asked you to describe some ways that relational wisdom is different or even better than emotional intelligence, what would you say?

**RW in Action: Mom’s Night Out**

**Reflect and Apply 3e**

1. Describe one or two insights you gained from this video.
2. What mistake do people often make when responding to someone who has expressed the kind of distress and hopelessness that Allyson voiced?
3. What relational quality did you observe in Bones that you would like to develop and practice in your life?
4. Recall a time when someone you didn’t know well was a source of hope and encouragement for you. What did that person say or do that blessed you?

**Search the Scriptures**

**Reflect**: Having read the supporting Scriptures for this less, how would you expand or elaborate on one or two of the key principles in this lesson? Feel free to refer to additional passages that support a particular principle.

**Digging Deeper**

The following blog posts illustrate different ways to apply relational wisdom in daily life. We encourage you to read the posts that seem most relevant to your life at this time. If you are taking this course for **credit or certification**, you need to read at least **half** of these posts and answer the associated questions.

[**Emotional Intelligence and Conflict Resolution**](http://www.rw360.org/eicr) (Shows how relational wisdom can enhance your ability to resolve conflict and preserve relationships)

1. Which responses on the slippery slope of conflict do you tend to use most automatically?
2. Relational wisdom helps you to be more aware of your emotions and the emotions of others. How could this improved ability enable you to respond to conflict more constructively?

1. How could relational wisdom improve your ability to live out the basic principles of peacemaking as described in *The Peacemaker* book?

[**Cancer Is All About Relationship**](https://rw360.org/2017/11/12/three-forms-of-cancer/)(How relational wisdom helped Ken face three battles with cancer)

1. Are you healthy today? If so, how can your good health distract you from living fully for God? How could you live out the concepts above even when your body is strong?
2. Are you struggling with illness or other suffering? If so, which of the Scriptures listed above are most relevant and encouraging to you? How can you live them out today?
3. Do you want to turn cancer or another serious illness into a time of growth and blessing? This insightful article by John Piper and David Powlison can help you make sure you [**Don’t Waste Your Cancer.**](http://www.desiringgod.org/articles/dont-waste-your-cancer) Wayne Grudem has written and equally compelling testimony about [**his journey with Parkinson’s Disease**](https://www.desiringgod.org/articles/i-have-parkinsons-and-i-am-at-peace).

[**Relationships Thrive on EGGs**](https://rw360.org/2014/09/01/relationships-thrive-eggs/) (How looking for **E**vidences of **G**od’s **G**race will change your life)

1. How does drawing attention to EGGs honor God? (see Ps. 86:12)
2. Read Ephesians 4:29 and Philippians 4:8-9. How do these passages support the concept of drawing attention to EGGs? What other Bible passages encourage us to see and celebrate evidences of God’s grace in our lives?
3. Why would other people be happy to see you coming if you had a habit of drawing attention to EGGs in their lives? Why would they enjoy working with you? Why would you have more opportunities to talk to them about the source of the blessings in their lives?
4. Make a list of several people you interact with regularly and list one or two EGGs in each person’s life. Share your insights this week and notice the response.
5. Make a reminder on your computer or smart phone, or with an old-fashioned sticky note, to draw attention to at least three EGGs in other people’s lives ever day. Ask God to keep working in you until it becomes a habit.

[**My Wife's Punch List Was Driving Our Son Crazy**](http://rw360.org/2015/10/04/my-wifes-punch-list/) (How RW can transform a parent/child relationship)

1. Have you ever experienced relational tensions like those between Jeff and Corlette? What desires or agendas seemed to fuel those tensions? How did those situations turn out? If you could do it over, what would you do differently?
2. How did becoming more God-aware change Jeff’s perspective and behavior?
3. How did becoming more self-aware change Jeff’s perspective and behavior?
4. How did becoming more other-aware change Jeff’s perspective and behavior?
5. Is there a relationship in your life that might improve if you became more God-aware, self-aware and other-aware? Describe some specific ways you could apply these concepts.

[Wired to be 3D](http://rw360.org/2013/12/29/wired-3d/) (John Frame, CS Lewis, Tim Keller and John Stott write about the three dimensions of relationships)

1. Which of the three relational dimensions do you do most naturally? Why?
2. Which one are you most likely to neglect? How does that effect your daily relationships?
3. How do the three dimensions support one another? For example, if you fail to be God-aware, how does that impact your self-discipline and sensitivity toward others?

If you want to strengthen your relationships, ask God to help you faithfully practice the [SOG Plan](http://www.rw360.org/2013/04/28/the-sog-plan/) for thirty days … at which point you will be well on your way to making it a habit.

[Common Grace RW](http://rw360.org/2013/10/16/common-grace-rw/) (A brief explanation of common grace and how it can impact our relationships)

1. How do general revelation and common grace benefit the world in general? How do they benefit Christians in particular?
2. How do these doctrines encourage Christians to take advantage of knowledge and information that is discovered and communicated by people who may not believe in the God of the Bible?

[**100+ Articles on Emotional Intelligence**](http://rw360.org/2013/11/07/articles-benefits-eieq/) (Skim a few that are of particular relevance or interest to you)

1. What overall impression do you have of emotional intelligence after skimming some of these articles?
2. How can Christians take advantage of the growing interest in emotional intelligence to engage non-Christians in meaningful discussions about relational wisdom and the God who has given us these abilities?

**Lesson 4**

**The Gospel Transforms Relationships**

**Relational Wisdom Is an Outpouring of the Gospel**

**Reflect and Apply 4a**

1. Describe one or two insights you gained from this teaching.
2. How has the gospel impacted your self-awareness?
3. How has the gospel impacted your self-engagement?
4. How can a deeper understanding of the gospel impact your other-awareness and other-engagement?

**The Gospel Penetrates Barriers**

**Reflect and Apply 4b**

1. Describe one or two insights about relationships you gained from this teaching.
2. How did you feel when you heard Ken’s story about bringing the gospel to his daughter? Why did you feel that way?
3. In what situations are you most likely to bring the law to people rather than the gospel? Why do you think that is? How would you like to change?
4. Should people always receive grace when they act sinfully? Are there times when people need to experience the full weight of the law?

**Ways to Bring the Gospel**

**Reflect and Apply 4c**

1. Describe one or two insights you gained from this teaching.
2. Describe a time when you were discouraged or expected to be criticized and instead someone brought you words of kindness and encouragement … perhaps tying them directly to the gospel itself. How did you feel and respond?
3. List a few Scripture passages that are especially meaningful to you for communicating the gospel or some of its manifold implications.

**RW in Action: Les Miserables**

**Reflect and Apply 4d**

1. Describe one or two insights you gained from this video.
2. Have you ever returned grace for a wrong committed against you? What motivated you to do so? How did your actions help to pull down barriers between you and the other person?
3. Is there someone in your life who is in need of such grace? How could you show Christ’s love to that person? (see Luke 6:27-28 for some ideas!)
4. How did the Bishop’s actions demonstrate that when there has been a wrong, someone must always bear the cost? How is that truth displayed in the gospel? How did Jesus’ actions penetrate the barriers that our wrongs raise between us and God?

**Search the Scriptures**

**Reflect**: Having read the supporting Scriptures for this less, how would you expand or elaborate on one or two of the key principles in this lesson? Feel free to refer to additional passages that support a particular principle.

**Digging Deeper**

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[**Breathe Grace**](http://rw360.org/2015/04/13/breathe-grace/) (Describes how you can share the encouraging implications of the gospel in everyday conversations)

1. Think of someone you consistently enjoy talking with; how does that person “breathe grace” to you?
2. How can these spiritual disciplines make you more aware of God’s grace to you? Studying and mediating on his Word, praying to him, thanking him for his mercy and rejoicing in your salvation, delighting in his character and many kindnesses, worshiping him, partaking of the Lord’s Supper, enjoying the fellowship of other believers. How can you practice them more productively?
3. Which three ways of breathing grace to others will you ask God to enable you to practice more consistently this week?

[**Destroy Your Enemies**](https://rw360.org/2013/02/18/detroy-your-enemies/) (How the gospel enables you to destroy your enemies)

1. Is there someone in your life who has deeply or repeatedly wronged or hurt you? How?
2. How do you feel toward that person? How have you been treating that person?
3. How does your treatment of that person compare to the way Jesus has treated you in spite of your countless sins against him? ([Rom. 5:10](https://bibles.org/eng-ESV/Rom/5/10); [Col. 1:21-22)](https://bibles.org/eng-ESV/Col/1/21-22)
4. How could you imitate Jesus today and take one small step toward making that person your friend rather than your enemy? ([Eph. 5:1-2](https://bibles.org/eng-ESV/Eph/5/1-2); [Luke 6:27-28](https://bibles.org/eng-ESV/Luke/6/27-28); [Rom. 12:19-21)](https://bibles.org/eng-ESV/Rom/12/19-21)

[**Gentle Shepherding**](http://rw360.org/2013/10/13/gentle-shepherding/) (How a pastor admitted his failure to be a loving shepherd and then used the gospel to lead a desperate young woman back to the church)

1. Describe a time when someone showed you an amazing amount of gentleness and compassion. How did that act reflect the love of Christ?
2. Unpack Isaiah 40:11 more fully. What picture or action does each major word or phrase describe to you? For example, what comes to mind when you read the words, “He gathers them in his arms and carries them close to his heart”?
3. Is there someone in your life who you can love and encourage this way today? Please do it.
4. Yes, I know that some people will take advantage of your gentleness, and that at times it will be necessary to firmly admonish others in order to encourage needed repentance (see chapters 7-9 in *The Peacemaker*). But before you move to that level, it’s usually wise to ask God to work through your empathy, gentleness, and compassion. Try it and see what he can do.

[**Always Bring the Gospel**](http://rw360.org/2014/08/03/always-bring-gospel/) (Practical examples of how to bring hope and encouragement through the gospel)

1. When you’re drawn into a difficult conversation, are you inclined to focus on the law or the gospel? How has that approach worked for you?
2. Which of the gospel-based promises above mean the most to you today? Why?
3. Read the story about how I shared the gospel comprehensively with my daughter when she was tangled up in sin. Be prepared to do the same when a similar opportunity arises.
4. Think of a person to whom you’d like to bring the gospel every day. Make a note to remind yourself and pray that God would help you to remember.
5. When you’re about to start a difficult conversation, resist the temptation to begin with a focus on human performance (or failure), and instead focus initially on what God has done for you and in you through Christ.

**Evaluate Your Worldview**

We strongly encourage you to go through lesson 4 in our values-based course to evaluate how you have developed your worldview and discern whether you are consistently living out the values inherent to a Christian worldview. You can view this alternative lesson by going to [this page](https://rw360.org/alternative-worldview-fb-to-vb/). (If you are taking this course for approval as an **RW Training Representative** or for certification as an **RW Instructor** or **RW Coach**, or if you plan to request **continuing education credit from a secular accrediting organization**, you are required to complete lessons 4 in the values-based course and submit copies of your study notes for evaluation at the end of the course.)

**Lesson 5**

**Practice the SOG Plan**

**the SOG Plan**

**Reflect and Apply 5a**

1. Describe one or two insights you gained from this teaching.
2. How do each of the elements of the SOG plan help you to handle an emotionally charged situation wisely and constructively?
3. Think of a stressful situation where you did not have all three perspectives of the SOG plan in mind as you interacted with others. Which perspective were you primarily focused on (God, self or others)? Which perspectives did you neglect? How did that situation turn out?
4. If you could go back in time and apply all of the elements of the SOG plan to that situation, what would be different?

**SOG in Real Life**

**Reflect and Apply 5b**

1. Describe one or two insights about relationships you gained from this teaching.
2. Ask God to help you identify a situation where you have a tendency to do or say something that causes stress for another person. Now practice self-awareness: what is going on inside of you that is motivating you to act this way?
3. Practice other-awareness: describe how your behavior is affecting that other person. What feelings, thoughts, conclusions and actions are you probably triggering?
4. Practice God-awareness: Does your behavior conform to God’s character and teaching? Is it honoring and pleasing to him? Does it reflect the transforming power of the gospel in your life? How could you trust, love and obey God more fully in this situation?
5. What do you plan to do differently based on this SOG evaluation of the situation?

**RW in Action: Spanglish**

**Reflect and Apply 5c**

1. Describe one or two insights you gained from this video.
2. What impressed you about how Flor managed her own emotions and engaged Cristina during this volatile engagement?
3. How do you think Flor felt during Cristina’s initial outburst? What emotions and thoughts do you think were going through Cristina’s heart and mind as they walked to the bus stop?
4. This movie opens with Cristina completing a college application and answering the question, “Who is the most influential person in your life?” Her answer begins with these words, “My mother, hands down.” Why do you think Cristina answered that way?
5. This movie is rich with relational tensions and lessons. The contrast between Flor’s and Deborah’s relational skills is particularly striking. The movie does contain some profanity, and there are two scenes that involve sexual interplay between John and Deborah (the first at 17 minutes and the second at 37), which you would want to skip over if watching with young children. For a detailed review of its content, see [**Plugged In**](http://www.pluggedin.com/videos/2004/q4/spanglish.aspx) or [**IMDb**](http://www.imdb.com/title/tt0371246/).

**Search the Scriptures**

**Reflect**: Having read the supporting Scriptures for this lesson, how would you expand or elaborate on one or two of the key principles in this lesson? Feel free to refer to additional passages that support a particular principle.

**Digging Deeper**

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[**Wired to Worry, Equipped to Preach**](https://rw360.org/2015/05/18/wired-to-worry/) (How the SOG plan helps us to master intense emotions)

1. What are you inclined to worry about? How have you processed those concerns in the past? How have your strategies worked?
2. Select a current or common anxiety, and preach a “SOG sermon” to yourself today!
3. If you have a friend who is vulnerable to worry, please pass this along so they too can learn how to preach to themselves.

[**The Last Human Freedom**](https://rw360.org/2017/02/12/last-human-freedom/) (An everyday lesson from someone who survived the Holocaust)

1. What enabled the apostle Paul to be content in every circumstance of life? ([Phil. 4:11-13)](https://bibles.org/eng-ESV/Phil/4/11-13)
2. What attitude does God call us to choose when we are experiencing hardship or injustice? ([Psalm 37)](https://bibles.org/eng-ESV/Ps/37/)
3. How can an increased awareness of Jesus’ attitude impact our relationship with the people around us? ([Phil. 2:1-11)](https://bibles.org/eng-ESV/Phil/2/1-11)
4. Both the Psalms and personal experience show that life sometimes involves real pain, grieving, and sorrow. What do the Psalms teach us about honestly experiencing and expressing that suffering, while still maintaining an attitude of faith and hope? ([Psalm 73](https://bibles.org/eng-ESV/Ps/73/); [Psalm 102)](https://bibles.org/eng-ESV/Ps/102/)

[**Falsely Accused**](http://rw360.org/2015/11/01/falsely-accused/) (How SOG can help employees respond wisely to supervisors)

1. How do you feel when you think you’re being wrongly accused? What do you typically do? What results does your reaction typically produce?
2. To see an example of what happens when we allow our emotions to “hijack” us–and how to avoid such reactions–see the video clips in Four Ways to Defeat Hijacking.
3. Can you think of a time when you or someone you know did not become defensive or angry when wrongfully accused? How did that situation turn out?
4. What are some Bible passages or stories that would help you to avoid an impulsive reaction the next time you are unjustly criticized?
5. How does Susan’s “relational wisdom” response differ from how someone using good “emotional intelligence” would have responded?
6. How would you rate Barbara’s relational wisdom? What relational and leadership mistakes did she make? How could she have handled this situation more wisely?

[**Wounding and Healing**](http://rw360.org/2013/06/30/wounding-and-healing/)(A video showing how SOG can repair a relationship)

1. Watch the clip again and pay even closer attention to the way both father and son communicate their thoughts, fears, and feelings. Strive to improve your ability to pick up on body language, facial expressions, tone of voice, and to discern the emotions behind these cues.
2. Ask yourself, “When have I blown it like this, not only with a child but with my spouse, friends, or co-workers?” “What was the source of my failure to be sensitive to the concerns, dreams, and feelings of others?” (Too busy. Wrapped up in my own concerns. Too lazy to really listen. Afraid to get involved. Just didn’t care.) Then ask God to change those things in your heart that keep you from really caring, listening to, and serving others (Ezek. 36:26-27).
3. Chris made an indirect confession, as many of us do. What would an explicit confession sound like? (see the [Seven A’s of Confession](https://rw360.org/seven-as-of-confession/))
4. Hollywood rarely portrays God’s sovereign role in life, so you usually need to complete the picture yourself. Imagine that you just had this kind of conversation (or watched this movie) with your children. What biblical concepts could you use to help your children become more God-aware, to see the relevance of the gospel, and to eagerly discover and develop their God-given gifts? (See Gen. 1:27; Exod. 35:30-35; Eccl. 9:10; Jer. 29:11; Matt. 25:14-20; 1Cor. 6:19-20; 1Cor. 10:31; 1Cor. 12:4-5; Titus 2:11-14)
5. As you go through today, study the people around you more slowly and thoughtfully. Ask yourself: “What are his dreams? How can I encourage him?” “What is she feeling? Why?” “How have I wounded or failed to understand this person?” “How can I make that right today?”

**Lesson 6**

**One Guidance System Beats Them All**

**A Perfectly Reliable GPS**

**Reflect and Apply 6a**

1. Describe one or two insights you gained from this teaching.
2. What are the ways that God has guided you most clearly and reliably through difficult or emotionally charged situations?
3. Describe a time when you failed to follow God’s leading (Scripture, pastoral teaching or counseling, advice of godly friends, etc.) in a difficult situation. How did it turn out?
4. Describe a time when you faithfully followed God’s leading in a difficult situation even though you felt a strong inclination to follow your own feelings and desires. How did it turn out?
5. Bonus question submitted by Corlette (Ken’s wife): Speaking of GPS’s, why do so many men have such a hard time asking for directions?

**Glorify God**

**Reflect and Apply 6b**

1. Describe one or two insights about relationships you gained from this teaching.
2. What are some ways that you glorify God (celebrate and draw attention to the excellence of his character, works and saving grace) in your day-to-day life? What are some opportunities to bring him glory that you have failed to take advantage of?
3. Do you trust and obey God’s leading as confidently and consistently as Sami trusts and follows Chloe? Why or why not? What can you learn from her example?
4. Are you as eager and comfortable talking about God as Sami is to talk about Chloe? Why or why not? What can you learn from her example?

**Pursue and Serve God**

**Reflect and Apply 6c**

1. Describe one or two insights about relationships you gained from this teaching.
2. What spiritual disciplines do you regularly use to pursue God and learn more about his character, purposes, and plans for your life?
3. What spiritual disciplines would you like God to help you develop more fully and consistently in your life?
4. What are some specific ways that your life would be different in the weeks and months ahead if you made Jesus’ guiding principle for life your guiding principle? (“The one who sent me is with me. He has never left me alone, for I always do what pleases him” John 8:29.)

**RW in Action: Ed Thomas**

**Reflect and Apply 6d**

1. Describe one or two insights you gained from this video.
2. What aspects of Ed Thomas’ faith and character provided inspiration and guidance to his family and community as they sought to navigate two life-shaking crises?
3. Describe someone whose example has helped you to navigate difficult life situations
4. How can intentionally Glorifying God, Pursuing God and Serving God help us become better leaders, whether in our family, workplace, church or community?

**Search the Scriptures**

**Reflect**: Having read the supporting Scriptures for this lesson, how would you expand or elaborate on one or two of the key principles in this lesson? Feel free to refer to additional passages that support a particular principle.

**Digging Deeper**

The following blog posts illustrate different ways to apply relational wisdom in daily life. We encourage you to read the posts that seem most relevant to your life at this time. If you are taking this course for **credit or certification**, you need to read at least **half** of these posts and answer the associated questions.

[**Lawyer vs Teacher**](https://rw360.org/2015/09/20/lawyer-vs-teacher/)(How GPS help Ken and Corlette nip a conflict in the bud)

1. What is your reflex reaction when someone challenges, criticizes or blames you? Is it to please, serve, and honor the Lord? If not, what is your instinctive goal?
2. How do these types of conversations go when you give into your reflex reactions?
3. Can you think of a time when you (or someone you know) changed the course of a difficult conversation by consciously seeking to please and serve God?
4. Is there a situation in your life right now where you could apply this concept? How do you think it might change the course of that situation?

[**Ready to Be Robbed**](http://rw360.org/2013/12/08/ready-robbed/) (Memorized Scripture comes in handy during a robbery)

1. Think of a time when you responded impulsively to someone who disappointed, irritated, or wronged you. How well did your impulses guide you? As you look back on that event, can you think of some biblical principles you wish you’d applied instead?
2. How disciplined are you in studying and memorizing God’s Word. Are you satisfied with your practices or would you like to grow in this area?
3. If you could just make a wish and it would happen, which of the disciplines described above would you like to be a part of your daily life? OK … instead of simply wishing for it, make a decision to start these things now, and pray for God to give you grace to follow through.
4. If you’re really serious, find a friend who will join you in developing these disciplines and hold each other accountable for following through.

[**I Am Christ’s!**](http://rw360.org/2014/01/20/christs/) (How robust daily devotionals can give guidance for an entire day)

1. Read the devotional in the blog post out loud, either to yourself or to your family, emphasizing the words, “I am Christ’s!” How does that impact you? If it doesn’t fill you with joy and confidence, you’re not getting it!
2. What discouragement or temptation are you wrestling with today? How does remembering that you are Christ’s put things in a different perspective?
3. How does remembering that you are Christ’s impact your view of yourself? Of your gifts and talents? Of your weaknesses and failures? Of your duties and calling as a Christian?
4. How does remembering that your are Christ’s change how you view and engage the people around you?
5. If you don’t already have a good morning devotional, give Morning and Evening a try. You’ll be amazed at how Spurgeon’s insights will strengthen your relationship with God and with other people.

[**Four Ways to Pursue God**](http://rw360.org/2015/09/14/four-ways-to-pursue-god/) (Four spiritual disciplines that clarify God's guidance in our lives)

1. How do you pursue a deeper knowledge of and relationship with God? Are you as consistent and earnest as you would like to be?
2. Who do you know who seems to pursue God earnestly and consistently? How does that investment of time seem to impact their lives?
3. If you could change just one thing about how you seek after God, what would it be?
4. If you really want to change in this area, confide in a person who loves you enough to pray for you and to hold you accountable for your goals.
5. For more detailed guidance on developing a fulfilling devotional life, I highly recommend Donald Whitney’s *Spiritual Disciplines for the Christian Life*.

**Evaluate Your Guidance System**

We strongly encourage you to go through lesson 6 in our values-based course to evaluate the integrity of your personal values and discern whether you are consistently living out the values of a Christian worldview. You can view this alternative lesson by going to [this page](https://rw360.org/alternative-guidance-system-fb-to-vb/). (If you are taking this course for approval as an **RW Training Representative** or for certification as an **RW Instructor** or **RW Coach**, or if you plan to request **continuing education credit from a secular accrediting organization**, you are required to complete lessons 6 in the values-based course and submit copies of your study notes for evaluation at the end of the course.)

**Lesson 7**

**READ Yourself Accurately**

**Recognize Your Emotions**

**Reflect and Apply 7a**

1. Describe one or two insights you gained from this teaching.
2. Describe a common situation in your life where your emotions easily take control of your words or actions.
3. What are some of the physical signs in your body that warn you that intense emotions are building within you?
4. Why is the simple act of recognizing and naming an emotion helpful in managing that emotion?

**Evaluate, Anticipate and Direct Your Emotions**

**Reflect and Apply 7b**

1. Describe one or two insights about relationships you gained from this teaching.
2. James 4:1-2 warns us that our actions are often driven by desires or passions that war within us. Identify one or more desires in your life that have the potential to get so strong they become “idols” take control of your thoughts, words or actions.
3. What is the benefit of developing the discipline of anticipating where emotions may lead you? Give an example of a time when doing this kept you from saying or doing things that you would have otherwise regretted (or when failing to do so led to regrettable words or actions).
4. Give an example of a time when you or someone you know mastered a strong emotion and directed into constructive words or actions.

**Buy Six Seconds and Do a 180**

**Reflect and Apply 7c**

1. Describe one or two insights about relationships you gained from this teaching.
2. Describe a time when you waited (or wish you had waited) at least six seconds before responding to intense emotions. What was the result?
3. Describe the “Do a 180 principle” and a specific situation in your life where you have practiced it successfully (or wish you had).
4. Identify a person your life with whom you could practice the “180 principle” (i.e., doing just the opposite of what your emotions incline you to do).

**RW in Action: Cinderella Man (Champion of My Heart)**

**Reflect and Apply 7d**

1. Describe one or two insights you gained from this video.
2. Describe what might have happened if Mae had not gotten her emotions under control and had either stayed away from the area or had gone there to make one more attempt to talk her husband out of fighting.
3. How do you think Mae felt as she walked from her church to the boxing arena? What emotions may have been swirling within her? What might she have been praying and saying to herself?
4. What spiritual disciplines and passages from the Bible have you found to be most helpful when you are experiencing strong, negative emotions like fear, anxiety, bitterness, self-pity or anger?

**Search the Scriptures**

**Reflect**: Having read the supporting Scriptures for this lesson, how would you expand or elaborate on one or two of the key principles in this lesson? Feel free to refer to additional passages that support a particular principle.

**Digging Deeper**

The following blog posts illustrate different ways to apply relational wisdom in daily life. We encourage you to read the posts that seem most relevant to your life at this time. If you are taking this course for **credit or certification**, you need to read at least **half** of these posts and answer the associated questions.

[**Here’s Looking at You Kid**](http://rw360.org/2013/08/25/heres-looking-kid/) (Humphrey Bogart demonstrates the READ concept)

1. To get a full picture of the beauty and power of Jesus’ sacrifice on our behalf, read and discuss all of [Philippians 2:5-11](https://bibles.org/eng-ESV/Phil/2/5-11).
2. Is there anyone in your life God may be calling you to sacrifice for so that you could imitate Jesus’ sacrifice for you?
3. Which elements of the READ principle do the following passages support: [Psalm 42:5](https://bibles.org/eng-ESV/Ps/42/5); [Matthew 14:30](https://bibles.org/eng-ESV/Matt/14/30); [Proverbs 20:5](https://bibles.org/eng-ESV/Prov/20/5); [Proverbs 22:3](https://bibles.org/eng-ESV/Prov/22/3); [Proverbs 15:18](https://bibles.org/eng-ESV/Prov/15/18); [Proverbs 15:1](https://bibles.org/eng-ESV/Prov/15/1); [Ephesians 4:26](https://bibles.org/eng-ESV/Eph/4/26)?
4. Describe a recent situation in which emotions triggered a decision you later regretted.

[**Manipulative Double Messages**](http://rw360.org/2015/03/16/manipulative-double-messages/) (We all do it ... and it hurts our relationships)

1. Have you ever used double messages to manipulate other people? When do you typically do this?
2. How do you think other people feel about it? What effect does it have on your relationships?
3. What desires (or “[idols of the heart](http://rw360.org/getting-to-the-heart-of-conflict/)”) fuel this habit?
4. Has this happened recently enough or often enough that you need to go and ask forgiveness from some specific people? If so, do it right away, before your sense of conviction evaporates.
5. The next time you have the opportunity to send a manipulative double-message, what will you do instead?

[**Four Ways to Defeat Hijacking**](http://rw360.org/2014/05/19/four-ways-defeat-hijacking/) (A more detailed explanation of the neurology behind the READ concept)

1. Think of a time when you were emotionally hijacked? What triggered your intense feelings? What did they cause you to do? What was the result?
2. Describe how that situation might have unfolded if you had practiced four steps in the READ principle.
3. Identify a person you know who manages his or her emotions exceptionally well. What benefits has that person seemed to experience because of this ability?
4. Which of the READ disciplines will you focus on developing in the next thirty days? What affect do you hope it will have on your relationships?
5. Which of the READ disciplines will you focus on developing in the next thirty days? Share our goal with a friend who will pray with and support you.

[**If Your Enemy Needs Electricity**](https://rw360.org/2015/05/14/if-your-enemy-needs-electricity/) (How an extension cord ended a lawsuit)

1. How does returning goodness for evil reflect the glory of the gospel and the character of God?
2. What are some of the other potential benefits of finding ways to do good to people who have wronged you?
3. Has anyone every treated you with undeserved kindness? How did it make you feel? How did it affect your relationship?
4. Have you seen examples of other people meeting the needs of someone who did not deserve their kindness? What impact did that have?
5. What are some other material, emotional or spiritual needs that people may have that God may be calling you to meet this week?

[**Idols of Heart and “VanityFair”**](https://www.ccef.org/idols-heart-and-vanity-fair/) (A brilliant article by David Powlison explaining how good desires can become idols that destroy our relationships)

**Lesson 8**

**SERVE Every Person You Meet**

**Learn the Secret of Eagles**

**Reflect and Apply 8a**

1. Describe one or two insights you gained from this teaching.
2. First Peter 4:10 says: “As each of you has received a gift, use it to serve one another, as good stewards of God’s varied grace.” What gifts has God given you with which you can serve others, and how could you exercise those gifts more fully in the future?
3. Think of a person who “puts wind under your wings.” What does that person say or do that encourages you? How would you like to imitate that person?
4. Do you naturally smile at people you know well? At strangers? What benefits might result if you developed the habit of smiling more? List as many people as you can whom you might encourage if you smiled more?

**Explore and Empathize**

**Reflect and Apply 8b**

1. Describe one or two insights about relationships you gained from this teaching.
2. Do you find it easy or difficult to engage in a conversation with people you don’t know well? Why do you think that is? What did you learn in this lesson that you could do in the future when seeking to get to know other people better?
3. Think of a person who naturally shows genuine empathy toward you and others. How is that empathy communicated? What affect does it have on you or others? Name one or two things that person does that you’d like to imitate?
4. Ken mentioned three ways we could be reconcilers: when we’re in a conflict ourselves, when people we know could use our help reconciling, and when God gives us an opportunity to reconcile others to God through the gospel. Are any of these opportunities present in your life today? If so, what do you believe God is calling you to do?

**Value and Encourage**

**Reflect and Apply 8c**

1. Describe one or two insights about relationships you gained from this teaching.
2. List some people to whom you most naturally and frequently express appreciation and respect. Now list people whom you often neglect to show appreciation and respect. How could you change this pattern beginning today?
3. Proverbs 11:25 promises that “he who refreshes others will himself be refreshed.” Why do you think this is true? Describe a time when you personally experienced this dynamic?
4. Think of a person in your life who may feel weary, unappreciated or discouraged. How could you encourage that person this week?

**RW in Action: Cinderella Man (Compassion)**

**Reflect and Apply 8d**

1. Describe one or two insights you gained from this video.
2. If you had been Jay walking with his father to the butcher’s store, how what would have been going through your mind? How would you have interpreted your father’s silence? What would have finally made you think that it was safe to open up and hint why you stole the salami?
3. We observe Braddock leaning down to look Jay in the eyes, then kneeling and actually looking up at his son. What message do you think this sent? What other body language did Braddock use to communicate his heart to his son?
4. Describe a time when you knew you deserved to experience unpleasant consequences for something you had done, but you instead received a blessing? How did that encounter reflect the gospel?

**Search the Scriptures**

**Reflect**: Having read the supporting Scriptures for this lesson, how would you expand or elaborate on one or two of the key principles in this lesson? Feel free to refer to additional passages that support a particular principle.

**Digging Deeper**

The following blog posts illustrate different ways to apply relational wisdom in daily life. We encourage you to read the posts that seem most relevant to your life at this time. If you are taking this course for **credit or certification**, you need to read at least **half** of these posts and answer the associated questions.

[**Serving During Surgery**](https://rw360.org/2013/12/02/serving-surgery/) (Using SERVE to bless receptionists, nurses and doctors)

1. Who is one of the most encouraging persons you know? What is it that makes him or her so pleasant to be around? What qualities can you imitate to encourage the people you meet in the days ahead?
2. Why are many people in need of special encouragement during the holidays? How could God use you to bless them?
3. How can you turn a casual conversation into an opportunity to talk about the real meaning of Christmas?
4. Memorize the SERVE principle and practice it in every social setting. You’ll be surprised how quickly it becomes a relationship-building habit.

[**Seven Benefits of a Smile**](http://rw360.org/2014/02/16/smile/) (Scientific, emotional and relational benefits of a simple smile)

1. Think of a person who smiles easily and naturally. What feelings are triggered when you think of that person? Do you think those feelings have anything to do with the fact that that person is typically smiling? Why?
2. Smiling is the first and easiest step in the SERVE acrostic. How does smiling open up the way for the other steps to occur? (Smile, Explore and Empathize, Reconcile, Value, and Encourage)?
3. How do the following passages indicate the value of smiling: Num. 6:24-26; Prov. 12:25; Prov. 15:13; Matt. 7:12?
4. Which of the seven benefits of smiling would you most like to experience? Why?
5. Select one of the four ways to practice smiling and do it consistently for thirty days. Then select another. And another. In four months, all four practices could become habits.

[**What Is Their Story?**](http://rw360.org/2013/01/02/what-is-their-story/) (Questions you can ask to get past superficial conversation and learn what's really important to other people)

1. Adams says, "When I was an attorney a long time ago, I realized after much trial and error, that in a courtroom, whoever tells the best story wins.” Why do you think this is often true?
2. What is the difference between telling others "what" someone is or telling them "who" someone is? Why is this distinction important?
3. Can you suggest any other personal questions that would encourage others to share "their story" or their dreams?

[**Seven Steps to Empathy**](https://rw360.org/2014/07/04/seven-steps-empathy/)(The neurology, theology and practical ways to develop empathy)

1. How did each of these individuals model empathy: Boaz (Ruth 2:8-16), Jonathan (1 Sam. 20:12-17; 1Sam. 20:41) Esther (Esther 8:3-6), Jesus (Matt. 14:14; Luke 17:13; John 11:32-35).
2. Think of someone you know who is highly empathetic. Which of the seven qualities described above does he or she demonstrate most consistently? How does that impact other people?
3. Think of a person to whom you’d like to show greater empathy. Pick just two or three of the seven qualities of empathy and start practicing them with that person this week. Add one additional quality each week and notice how your relationship changes in the next two months.
4. [Click here](http://www.rw360.org/empathy) to download a free ebooklet on empathy that you can share with others.

[**Biblical Peacemaking**](https://rw360.org/peacemaking/) (A summary of the key principles of biblical peacemaking)

**Personal Growth Plan**

 ***“Practice these things, immerse yourself in them, so that all may see your progress.” 1 Timothy 4:15***

**“To learn, read... to understand, write... to improve, practice... to master, teach.”**

In order to steadily improve my relational skills and become an encouraging example to others, I will make and keep the following commitments:

€ I will pray daily for God’s grace and wisdom to grow in specific ways. *James 1:5; 3:17-18*

€ I will download the *RW360 Smartphone App* at [*rw360.org/app.*](http://rw360.org/app.)

€ I will sign up for the RW Blog for weekly tips at [*rw360.org/blog.*](http://rw360.org/blog.)

€ I will spend time with these highly relational people:

€ I will copy the RW Worksheets (in appendix and at [*rw360.org/worksheets*](http://rw360.org/worksheets%29)) and use them to practice the RW acrostics for 30 days each (focusing for thirty days on one key acrostic)

€ I will keep a journal to record my RW experiences and insights ([*rw360.org/journaling*](http://rw360.org/journaling%29.)).

€ I will pray that God will provide opportunities for me to share the principles of relational wisdom with following people: