

## **The Empathy Lens**

Bad Blood, Part 1

May 2<sup>nd</sup>, 2021

Bad blood can **INFECT** any relationship, and it can happen at any **TIME**

All of us **HAVE IT** and none of us **WANT IT** and no relationship is **IMMUNE** from it

All relationships have moments when they have to be **GUIDED BACK** to a **GOOD** place

The **QUALITY** of our lives is only as **GOOD** as the quality of our **RELATIONSHIPS**

### **Tension**

The **LACK** of peace about any relationship will ultimately **ROB** you of peace in your **OWN** life

Peace in relationships is **POSSIBLE**

Happiness comes from peace with **GOD**, peace with **MYSELF**, and peace with **OTHERS**

You can have peace **ABOUT** the relationship even without peace **IN** the relationship

### **Truth**

Romans 12:18 (NIV) "...live at peace with everyone."

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The good news is, it **MAY BE** possible; the bad news is, it **MIGHT NEVER BE** possible

Romans 12:18 (NIV) "If it is possible, as far as it depends on you, live at peace with everyone."

In a relationship that's characterized by bad blood, you spend all your energy on **THEM**

Before you **WORRY** about them, you've got to **FIGURE OUT** & **OWN** what depends on you

"As far as..." means there is a **DISTANCE** to this. Question: Can you go **ANY FURTHER**?

Peace is possible for **YOU** when you've done all you **CAN DO**

I want to do all I can do so even if there's never peace **IN** the relationship, I want to be able to have peace **ABOUT** the relationship

### **Application**

A golfer looks at their putt from the other side because he/she might see something from that side that will **CHANGE** the way he/she **APPROACHES** it from other side

Every once in a while, when you walk over to the other side, you see something that **CHANGES EVERYTHING**

Empathy is the central **TOOL** in regards to creating **HEALTHY** relationships

**Steps of Empathy** – Theresa Wiseman, researcher, nursing scholar

1. Take on the other person's **PERSPECTIVE** (Realize this is their "**TRUTH**")

**SYMPATHY** is **ACKNOWLEDGING** what the other person feels

**EMPATHY** is **FEELING** what the other person feels

Whoever you have bad blood with, whatever they're doing, it makes **TOTAL SENSE** to them

**2. Suspend your JUDGMENT**

You don't have to **EXCUSE** what he/she did; empathy will at least help you make **SENSE OUT IT**

**3. Recognize the other person's EMOTION** (what he/she is feeling **IN** the relationship)

**4. Communicate that EMOTION** (to them, or a trusted friend, or write it down)

Empathy can be the key to opening a **DIALOGUE** that leads to a **HEALTHY** relationship

As long as you continue to **ONLY** look at the relationship from your side, you're going to continue to **REAFFIRM** what you already **KNOW** and what you already **FEEL**

Empathy is **FIRST-AID** for bad blood

When you walk around & see the relationship from the other side:

- You see things you wouldn't have **SEEN**
- Your anger can move to **COMPASSION**
- Your hurt can begin to **HEAL**

When you choose to make the long walk of empathy, you're mirroring what **GOD DID FOR YOU**

God asks us to...

- **LOVE** as I have loved you
- **FORGIVE** as I have forgiven you
- **SHOW MERCY** as I have shown mercy to you

Your life will be **BETTER** if you do this, not just because you will feel better, but because you will be **REFLECTING** the image of God in you

**My Next Step Today Is:**

- ☐ I will review "4 Steps of Empathy" & ask God to help me implement them in my life
- ☐ I am asking God to empower me to love, forgive, and show mercy to others as He's shown to me

Join us again next week for Part 2 of "**Bad Blood**" – **Holding On**. Invite a friend to join you!