



Love is a good feeling.

Love is hard work.



emotionally healthy spirituality

Growing into an Emotionally Mature Adult

Healthy Relationships

Learning How to Love Well



The Practice of the Presence of God

The Practice of the Presence of People

“Jesus refused to separate the practice of the presence of God from the practice of the presence of people.”



- **Look at Bible Passage**
- **One tendency that prevents us from loving well**
- **Practical tools**
- **A handout**



Look at Bible Passage

Luke 10: 25-28

²⁵ One day an expert in religious law stood up to test Jesus by asking him this question: “Teacher, what should I do to inherit eternal life?”

²⁶ Jesus replied, “What does the law of Moses say? How do you read it?”

²⁷ The man answered, “‘You must love the LORD your God with all your heart, all your soul, all your strength, and all your mind.’ And, ‘Love your neighbor as yourself.’”

²⁸ “Right!” Jesus told him. “Do this and you will live!”



Luke 10: 29

²⁹ The man wanted to justify his actions, so he asked Jesus, “And who is my neighbor?”

Luke 10: 30-32

³⁰ Jesus replied with a story: “A Jewish man was traveling from Jerusalem down to Jericho, and he was attacked by bandits. They stripped him of his clothes, beat him up, and left him half dead beside the road.

³¹ “By chance a priest came along. But when he saw the man lying there, he crossed to the other side of the road and passed him by. ³² A Temple assistant^[d] walked over and looked at him lying there, but he also passed by on the other side.



Luke 10: 33 - 35

³³ “Then a Samaritan came along, and when he saw the man, he felt compassion for him. ³⁴ Going over to him, the Samaritan soothed his wounds with olive oil and wine and bandaged them. Then he put the man on his own donkey and took him to an inn, where he took care of him. ³⁵ The next day he handed the innkeeper two silver coins,^[e] telling him, ‘Take care of this man. If his bill runs higher than this, I’ll pay you the next time I’m here.’



Luke 10: 36-37

³⁶ “Now which of these three would you say was a neighbor to the man who was attacked by bandits?” Jesus asked.

³⁷ The man replied, “The one who showed him mercy.”

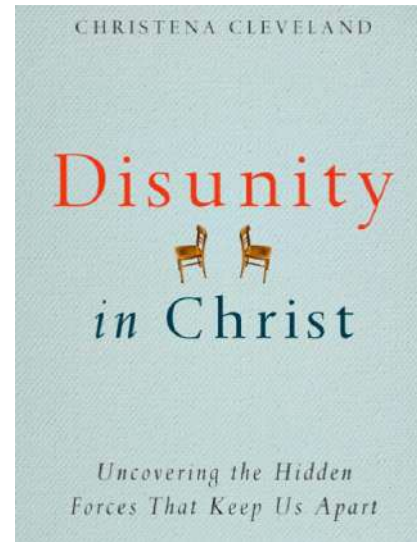
Then Jesus said, “Yes, now go and do the same.”



One tendency that prevents us from loving well

Categorize

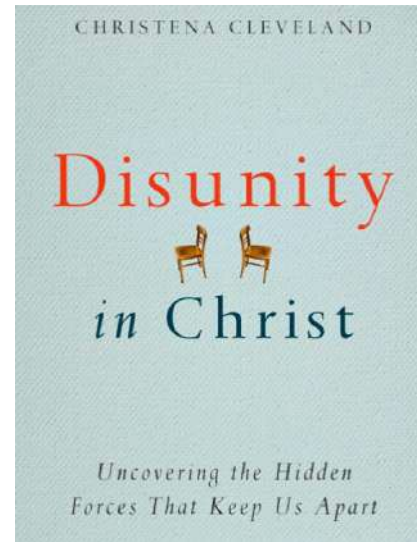
- **Reduce**
- **Dismiss**



Christena Cleveland

Ch 3 - How categorizing distorts how we see each other

Ch 4 - how categorizing pollutes our interactions with each other

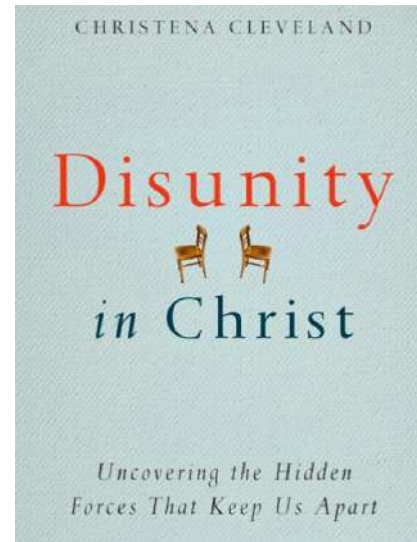


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“We tend to view the outgroup as homogenous;
“they are all the same”.

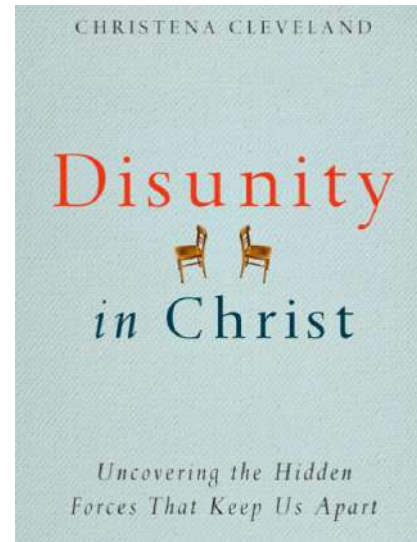
We tend to view our ingroup as heterogeneous;
“We are all unique.”

Once we reach this conclusion, we are no longer motivated to interact with and learn about the outgroup. We think we already know everything we need to know about them”



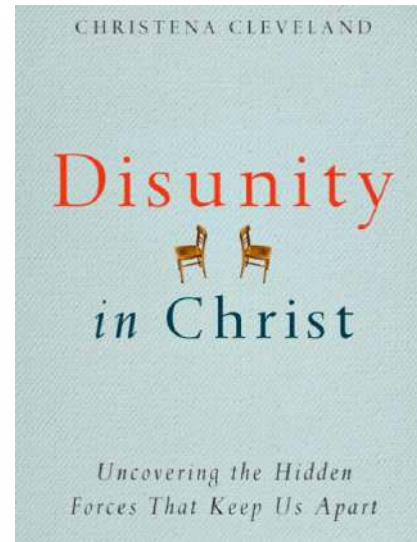
Christena Cleveland

“Participants resisted information purely on the basis that it was derived from a category of person to which they did not belong.”



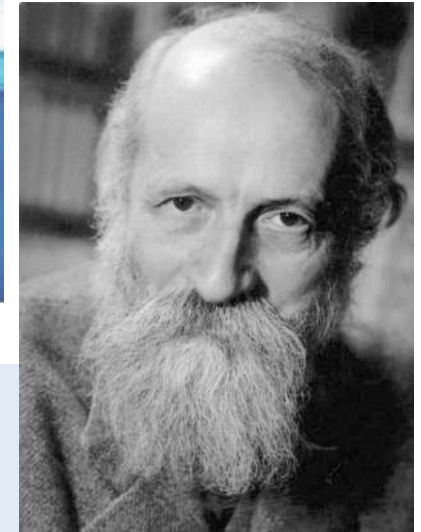
Christena Cleveland

“Different groups in the body of Christ hold life-giving information. But once they have become the casualties of categorizing processes, relegated to outgroup status and perceived as different or even out of touch, we are not likely to accept their input and help.... we are a dismembered body that must overcome categorizing processes in order to become whole again.”



Christena Cleveland

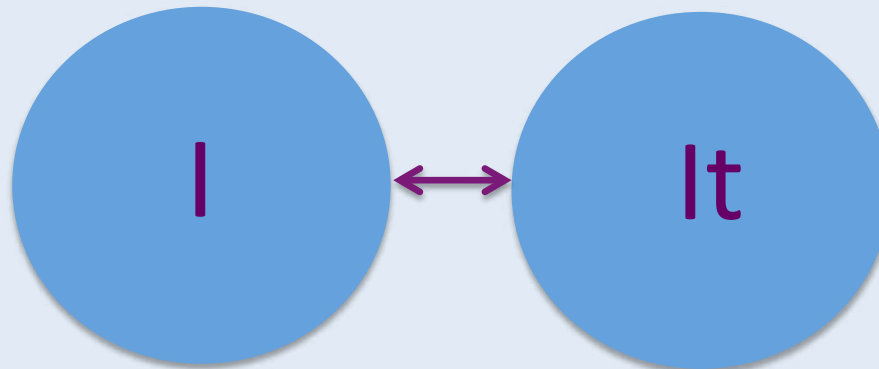
“We must relentlessly attack inaccurate perceptions in our everyday interactions, weekly sermons, denominational meetings and dinner table conversations. Now that we are aware that categorizing is polluting our perceptions of other groups in the body of Christ, we must do the work of purifying our perceptions.”

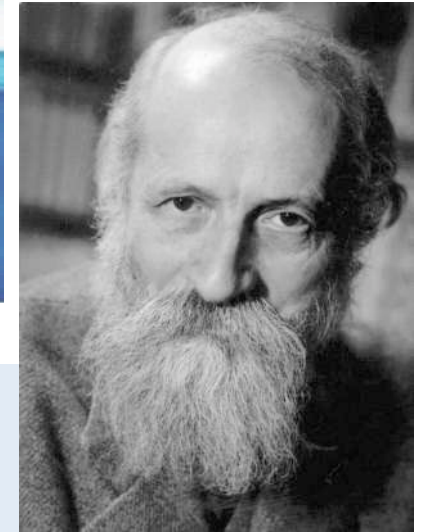


Martin Buber

A few Practical Tips

(1) I and Thou

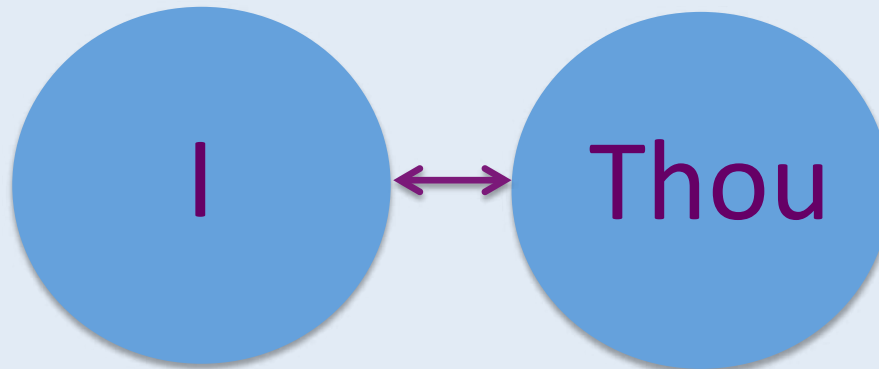




Martin Buber

A few Practical Tips

(1) I and Thou



“Recognizing the uniqueness and separateness of every other person is pivotal to emotional maturity.”

– Pete Scazzero



A few Practical Tips

(1) I and Thou

(2) Look for Commonalities

“If we choose to refer to our brothers and sisters from different groups as members of us, we will begin to see them in a more positive light and will take notice of their positive traits.”

- Christena Cleveland



A few Practical Tips

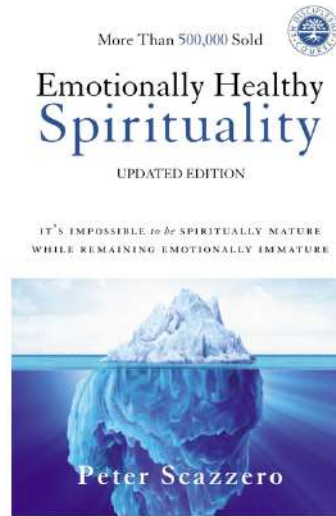
(1) I and Thou

(2) Look for Commonalities

(3) Stop Mind Reading

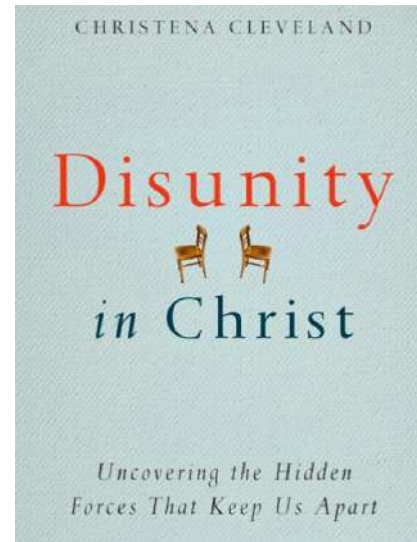
“You must not testify falsely against your neighbor.”

-Exodus 20:16



Pete Scazero

“Every time I make an assumption about someone who has hurt me or disappointed me without confirming it, I believe a lie about this person in my head. This assumption is a misrepresentation of reality. Because I have not checked it out with the other person, it is very possibly I am believing something untrue. It is also likely I will pass that false assumption around to others.”



Christena Cleveland

“For better or worse, we use the contents of our categories to fill in the holes when we’re asked to recall information. The hazier our recollection, the more we rely on what we think we know about the category in order to make judgments.”



