



CEASEFIRE: RESOLVING INNER AND RELATIONAL CONFLICT

Supporting notes

Guidelines for living love as a way of life

<p>√ That we always speak highly of each other in all we say.</p>	<p>X What we can do is get obsessed with our own and other people's baggage. We can speak about baggage more than we affirm each other.</p>
<p>√ That we will choose not to dump baggage on anyone else, male or female. We will let go of our baggage diligently.</p>	<p>X It is too easy to fall for the lie that it is more important to 'be real' and let out the baggage, regardless of the impact on others. When in the midst of homework, we should not give ourselves permission to abuse others just because the baggage is 'on the surface'.</p>
<p>√ That we will each be quick to apologise. It doesn't matter whose fault it was. Let saying sorry become a way of life.</p>	<p>X It can often be easier to hold a line that because we think it wasn't our fault, we don't need to apologise.</p>
<p>√ That we will refuse to let each other's mistakes damage our relationships. Let us choose not to let anything stop us from loving each other</p>	<p>X It is easiest to decide that if someone hurts us, we will stay away from them.</p>
<p>√ That we will want the best for each other. When others prosper we will prosper. So if we want the best for them, we will all gain.</p>	<p>X The lie we often believe is that the best for others means we suffer. We look at relationships individualistically.</p>

√ That the quality of relationships will be determined by what <u>we</u> give to them. The quality of relationships is in how we choose to treat someone else	X Our baggage has taught us that relationships are there for what others can give to us, how they can meet our need. And of course we all believe the lie that we have nothing to give.
√ We will focus on who the person is becoming in Christ and affirm that	x Our temptation has been to focus on the baggage we see, which draws their hope away from Christ and their future.
√ We will choose to want others to be 'at the top', to be successful, with us.	X We have fallen for the lie that to be at the top means others must be beneath us, so the more people there are beneath us, the closer we are to the top!
√ We will choose to find our life by giving life to others. In the Kingdom of God, the more we give the more we have to give, if giving is in life	X We have believed the lie that the more we give, the less we have for ourselves.
√ We will refuse to be put off by people's defence mechanisms. We must be sensitive to their pain, but find a way of loving them	x Instead, when we feel they don't want us near, we have fallen for the lie and abandoned them to their isolation.
√ We will choose to make the first move to love others	x We have been ruled by the fear that others might reject us, so we won't step out in love.
√ We will believe in each other's dreams and support them in making them happen.	X Too often we feel the need to judge them, show them its impossible, burst their balloon.
√ We will work hard to love those we find difficult	X Selfishly, it is easier to stay clear of those we find hard to love.
√ We will believe that loving each other brings us healing	x The lie we have been taught it that loving makes us vulnerable

THE FAMILIES OF FEELINGS

(This is extracted from our book, God's Feelings, Our Feelings: Looking Biblically at the power of emotion. <https://www.raphajourney.com/resources/books/gods-feelings-our-feelings/>)

THE LOVE FAMILY

RANGE: Agape, acceptance, friendliness, warmth, trust, kindness, affinity, devotion, eros, adoration, phileo, passionate, infatuation, jealousy, covetousness, envy, lust, obsession, addiction

THE LOSS FAMILY

RANGE: Bereavement, bereft, hopelessness, despair, ruined, setback, failure, deprivation, irrecoverable, grieving, pain, tragedy, cannot be redeemed, sadness

THE FEAR FAMILY

RANGE: Anxiety, apprehension, nervousness, concern, consternation, misgiving, wariness, qualm, edginess, dread, fright, terror and in its worst form phobic emotional states, panic attacks and paranoia

THE JOY FAMILY

RANGE: Happiness, joy, relief, contentment, bliss, delight, excitement, amusement, sensual pleasure, thrill, rapture, joy, gratification, satisfaction, euphoria, whimsy, ecstasy and at the far edge, mania.

THE ANGER FAMILY

RANGE: Anger, wrath, rage, fury, antagonism, exasperation, frustration, agitation, irritation and annoyance

THE COMPASSION FAMILY

RANGE Tenderness, gentleness, empathy, sympathy, understanding, mercifulness, grace, patience, manipulation, overpowering love, and passion – both good and bad.

THE SHOCK FAMILY

RANGE: Shock, surprise, trauma, astonishment, amazement, wonder, awe

THE REVENGE FAMILY

RANGE: Vengeance, reprisal, retaliation, un-forgiveness, vindictiveness, retribution, envy, jealousy, covetousness, greed.

THE GUILT AND SHAME FAMILY

RANGE: Guilt, embarrassment, chagrin, remorse, humiliation, regret, mortification and contrition, being perplexed or ashamed.

THE PRIDE FAMILY

RANGE: Disdain, scorn, abhorrence, aversion, distaste, unrighteous revulsion, while on the positive side of pride, self-worth, integrity, nobility, noblesse, encouragement, and a sense of responsibility.

THE PEACE FAMILY

RANGE Quiet, calm, tranquility, halcyon, peacefulness, restful, sleepy, at ease, benefit/prospering, relaxed, passive, disconnected, un-moved.

SOME OF OUR BAGGAGE

abandonment	frustration	peer group
abuse	greed	perfection
abuse of authority	grief	piety/false religion
addictions	grief for lost years	pride
anorexia	guilt	procrastination
arrogance	humour	rebellion
betrayal	hypocrisy	rejection
bitterness	idealism	revenge
broken trust	idolatry	sarcasm
bulimia/obesity	impatience	self curses
condemnation	isolation	self hate
confusion	jealousy	self pity
control	judging	self-sufficiency
conceit	laziness	sexual impurity
covetousness	legalism	sexual sin
criticism	let down by others	shame
despair	lies	sin
deceit	loneliness	slavery
denial	loss	spiritual abuse
disappointment	love	spiritual cynicism
disillusionment	lust	spiritual deceit
dissociation	manipulation	stress/worry
distrust	mocking	stubbornness
escapism	need for acceptance	suicide
failure	negativity	unbelief
false guilt	obsessions	unforgiveness
false selves	occult	unfulfilled expectations
fear	pain	unrealistic expectations
fear of future	paranoia	unrighteous anger
forgetfulness	playing God	unrighteous hate
		vanity

MY PERSONAL TOP TEN

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____