



with Dana Grindal and Laura Gallier

FearlessAndFreeCommunity.com

PODCAST EPISODE 34

Effective vs Explosive Conversations – with Guest MaryLynn Parnell

PRAYER EXERCISE

Make this a time of prayer and reflection. Remove distractions. Begin an authentic conversation with Jesus. Consider writing down thoughts as they come to you.

Thank you, Jesus, that You are here with me. I ask You to reveal truth to my heart and guide me in this time of prayer and reflection. . .

1. **We are living in a time when many in our world are hypersensitive, easily offended, and even explosive in their reactions with others. We can quickly find ourselves in a difficult conversation unprepared. We first need to recognize and be aware of our own hearts.**
 1. Is there a “hot topic” you feel passionately about?
 2. How do you feel when someone disagrees with your belief or perspective on that topic?
 3. How do you typically react?
 4. Pause and reflect on the last time this happened. Was your heart response to blame, accuse, judge, cut off, or punish the one who said it?
 5. If you recognize that you have a strong reaction to those who believe differently than you, check in with your heart. Pray: *Lord, where did this reaction come from? Is my heart reacting to something I was taught, something that happened to me, or someone who hurt me, and how does this line up with Your Word?* [Pause and listen. Write down what comes to mind. Respond to what He shows You. Be willing to let Jesus in. As you forgive and open Your heart in this area to Him, the pain will be released.] *Thank You Jesus for healing my heart. In Your name I pray, amen.*

2. **Healing our own hearts is necessary to be able to have healthy conversations with others. We can be part of the problem or part of the solution, depending on how we approach these difficult conversations.**
 1. It is important to RESPOND, not REACT.
 2. Reactions come from previous experience, and often from wounding.
 3. Responses are intentional, coming from self-control and led by Holy Spirit.
Jesus replied, “Love the Lord Your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. The second is like it.

Love your neighbor as yourself. All the Law and the Prophets hang on these two commandments. Matthew 22:37-40

Pray: Lord, I choose to surrender all of my heart, mind, will and strength to Your Lordship. I want You to be Lord of my whole soul, not just part. I ask You to heal me and make me whole so that I can respond to others by Your Spirit, not react from my flesh. Thank you Holy Spirit for empowering me to respond differently. In Jesus' name, amen.

3. Mary Lynn shared some important tools that can help navigate conversations that would otherwise end harshly or hurtfully. These are principles taught in 3 Practices Circles.

1. Be usually interested in others. Engage with the other person by asking, “How did you come to believe this?” Find out their “why.”
2. Stay in the room with difference—physically, mentally, and emotionally. Actively listen and ask open ended questions.
3. Don't compare “my best with your worst.” Honor the other one as a person created in the image of God. By being open to the person, you are building a bridge for connection and trust. Even if you never agree, you can walk away having both shared your beliefs and both feeling valued and heard. This brings healing to both hearts, instead of adding wounding. This is loving your neighbor as yourself.
4. Is the Lord highlighting anything as you read this? *Pray: Lord, help me to be like You in my attitudes and communication. Convict me when I'm no longer operating in love. In Your name, amen.*

**If you have yet to call on Jesus as your Lord and Savior,
find a biblical explanation of the vital need and a prayer guide at
FearlessAndFreeCommunity.com/Saving-Faith**

