



DISCOVERING RELATIONAL WISDOM

SIX SKILLS THAT IMPROVE
EVERY RELATIONSHIP IN LIFE!

Personal Study Notes

Lesson 3

Relationships Are Three-Dimensional

Student Information

Name:

Email:

Mailing Address:

Date Course Started:

Date Course Completed:

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

STUDY OVERVIEW AND REQUIREMENTS

- 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.

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?”

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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?
4. 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?

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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

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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.

[Cancer Is All About Relationship](#) (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](#). Wayne Grudem has written an equally compelling testimony about [his journey with Parkinson's Disease](#).

[Relationships Thrive on EGGs](#) (How looking for Evidences of God's Grace 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?

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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 every day. Ask God to keep working in you until it becomes a habit.

[My Wife's Punch List Was Driving Our Son Crazy](#) (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](#) (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?

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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 for thirty days ... at which point you will be well on your way to making it a habit.

[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](#) (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?