



DISCOVERING RELATIONAL WISDOM

SIX SKILLS THAT IMPROVE EVERY RELATIONSHIP IN LIFE!

Personal Study Notes

Lesson 5

Practice the SOG Plan

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.

THE SOG PLAN REFLECT AND APPLY 5A

1. Describe one or two insights you gained from this teaching.
2. How do each of the elements of the SOG plan help you to handle an emotionally charged situation wisely and constructively?
3. Think of a stressful situation where you did not have all three perspectives of the SOG plan in mind as you interacted with others. Which perspective were you primarily focused on (God, self or others)? Which perspectives did you neglect? How did that situation turn out?
4. If you could go back in time and apply all of the elements of the SOG plan to that situation, what would be different?

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SOG IN REAL LIFE **REFLECT AND APPLY 5B**

1. Describe one or two insights about relationships you gained from this teaching.
2. Ask God to help you identify a situation where you have a tendency to do or say something that causes stress for another person. Now practice self-awareness: what is going on inside of you that is motivating you to act this way?
3. Practice other-awareness: describe how your behavior is affecting that other person. What feelings, thoughts, conclusions and actions are you probably triggering?
4. Practice God-awareness: Does your behavior conform to God's character and teaching? Is it honoring and pleasing to him? Does it reflect the transforming power of the gospel in your life? How could you trust, love and obey God more fully in this situation?
5. What do you plan to do differently based on this SOG evaluation of the situation?

RW IN ACTION: SPANGLISH **REFLECT AND APPLY 5C**

1. Describe one or two insights you gained from this video.
2. What impressed you about how Flor managed her own emotions and engaged Cristina during this volatile engagement?
3. How do you think Flor felt during Cristina's initial outburst? What emotions and thoughts do you think were going through Cristina's heart and mind as they walked to the bus stop?
4. This movie opens with Cristina completing a college application and answering the question, "Who is the most influential person in your life?" Her answer begins with these words, "My mother, hands down." Why do you think Cristina answered that way?

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5. This movie is rich with relational tensions and lessons. The contrast between Flor’s and Deborah’s relational skills is particularly striking. The movie does contain some profanity, and there are two scenes that involve sexual interplay between John and Deborah (the first at 17 minutes and the second at 37), which you would want to skip over if watching with young children. For a detailed review of its content, see [Plugged In](#) or [IMDb](#).

SEARCH THE SCRIPTURES

Reflect: Having read the supporting Scriptures for this lesson, 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.

[Wired to Worry. Equipped to Preach](#) (How the SOG plan helps us to master intense emotions)

1. What are you inclined to worry about? How have you processed those concerns in the past? How have your strategies worked?
2. Select a current or common anxiety, and preach a “SOG sermon” to yourself today!
3. If you have a friend who is vulnerable to worry, please pass this along so they too can learn how to preach to themselves.

[The Last Human Freedom](#) (An everyday lesson from someone who survived the Holocaust)

1. What enabled the apostle Paul to be content in every circumstance of life? ([Phil. 4:11-13](#))

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2. What attitude does God call us to choose when we are experiencing hardship or injustice? (Psalm 37)
3. How can an increased awareness of Jesus’ attitude impact our relationship with the people around us? (Phil. 2:1-11)
4. Both the Psalms and personal experience show that life sometimes involves real pain, grieving, and sorrow. What do the Psalms teach us about honestly experiencing and expressing that suffering, while still maintaining an attitude of faith and hope? (Psalm 73; Psalm 102)

Falsely Accused (How SOG can help employees respond wisely to supervisors)

1. How do you feel when you think you’re being wrongly accused? What do you typically do? What results does your reaction typically produce?
2. To see an example of what happens when we allow our emotions to “hijack” us—and how to avoid such reactions—see the video clips in Four Ways to Defeat Hijacking.
3. Can you think of a time when you or someone you know did not become defensive or angry when wrongfully accused? How did that situation turn out?
4. What are some Bible passages or stories that would help you to avoid an impulsive reaction the next time you are unjustly criticized?
5. How does Susan’s “relational wisdom” response differ from how someone using good “emotional intelligence” would have responded?
6. How would you rate Barbara’s relational wisdom? What relational and leadership mistakes did she make? How could she have handled this situation more wisely?

Wounding and Healing (A video showing how SOG can repair a relationship)

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1. Watch the clip again and pay even closer attention to the way both father and son communicate their thoughts, fears, and feelings. Strive to improve your ability to pick up on body language, facial expressions, tone of voice, and to discern the emotions behind these cues.
2. Ask yourself, “When have I blown it like this, not only with a child but with my spouse, friends, or co-workers?” “What was the source of my failure to be sensitive to the concerns, dreams, and feelings of others?” (Too busy. Wrapped up in my own concerns. Too lazy to really listen. Afraid to get involved. Just didn’t care.) Then ask God to change those things in your heart that keep you from really caring, listening to, and serving others (Ezek. 36:26-27).
3. Chris made an indirect confession, as many of us do. What would an explicit confession sound like? (see the [Seven A’s of Confession](#))
4. Hollywood rarely portrays God’s sovereign role in life, so you usually need to complete the picture yourself. Imagine that you just had this kind of conversation (or watched this movie) with your children. What biblical concepts could you use to help your children become more God-aware, to see the relevance of the gospel, and to eagerly discover and develop their God-given gifts? (See Gen. 1:27; Exod. 35:30-35; Eccl. 9:10; Jer. 29:11; Matt. 25:14-20; 1Cor. 6:19-20; 1Cor. 10:31; 1Cor. 12:4-5; Titus 2:11-14)
5. As you go through today, study the people around you more slowly and thoughtfully. Ask yourself: “What are his dreams? How can I encourage him?” “What is she feeling? Why?” “How have I wounded or failed to understand this person?” “How can I make that right today?”