Chapter 1, note 1:
Please read more about our Authentic Life program, where we apply the core needs specifically to pregnancy and prolife issues, here: https://celebratekids.com/authentic-life/. If you work in this field, please consider purchasing the program. It’s been proven to be very effective. We’ll be updating the program and posting here when we have different versions available for purchase.

Chapter 3, mentioned on page 89:

Choosing Jesus as Your Personal Lord and Savior

I’m so glad you’re checking out information about establishing your security in God through a relationship with Jesus Christ. As I wrote in chapter three, making a decision to place your total trust in Christ is the most important thing you can ever do.

For years, I’ve respected the ministry of EvanTell (www.evantell.org). They keep the Gospel accurate and biblical. All of us at Celebrate Kids are grateful we partnered with them for our Authentic Life Initiative.

If you click on the link below, you’ll connect to EvanTell's clear and simple explanation of personal faith. You'll see that they point out that John 3:16 contains what you need to know about God’s love, God’s gift, and God’s offer. May God use it to encourage and inspire you!

https://www.evantell.org/resources/the-gospel/

You'll notice at the above link that they also recommend a video of their “Bad News, Good News” presentation. I highly recommend it as well.

https://www.youtube.com/watch?v=nUe9ZgADBQ&feature=youtu.be
Chapter 3, mentioned on page 90:

Security: Who can I trust?

(Paraphrases of some Scripture verses related to our first core need of security.)

Deuteronomy 32:3-4  God is my Rock. His works are perfect.
Psalm 23:1          The Lord is my Shepherd, I shall not be in want.
Psalm 46:10         I can be still and know that God is God.
Romans 8:1-2        I am free forever from condemnation.
Romans 8:28         I am assured that all things work together for good.
Romans 8:31-34      I am free from any condemning charges against me.
Romans 8:35-39      I cannot be separated from the love of God.
2 Corinthians 1:21-22 I have been established, anointed, and sealed by God.
Philippians 1:6     I am confident that the good work that God has begun in me will be perfected.
Philippians 3:20    I am a citizen of heaven.
2 Timothy 1:7       I have not been given a spirit of fear but of power, love, and a sound mind.
Hebrews 4:16       I can find grace and mercy in time of need.
1 John 5:18        I am born of God and the evil one cannot touch me.


Kathy Koch, Ph.D., President, Celebrate Kids, Inc.
### Identity Analysis: Who Am I?

<table>
<thead>
<tr>
<th>My Identity</th>
<th>Present, Past, or Future?</th>
<th>Future: Unrealistic?</th>
<th>True or Not True?</th>
<th>Positive or Negative?</th>
<th>Category*</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* spiritual, intellectual, emotional, social, physical, character qualities, career, material possessions


Kathy Koch, Ph.D., President, Celebrate Kids, Inc.
Identity: Who am I?

(Paraphrases of some Scripture verses related to our second core need of identity. Many of these relate to other core needs, too.)

Deuteronomy 28:1-14  I am blessed.
Psalm 17:8  I am the apple of my Father’s eye.
Psalm 27:10  I am never forsaken.
Psalm 103:3, 12  I am forgiven and healed.
Isaiah 43:4  I am precious to God and honored by Him.
Isaiah 66:13  I am comforted.
Jeremiah 31:3  I am loved with an everlasting love.
Matthew 5:13  I am the salt of the earth.
Matthew 5:14  I am the light of the world.
John 5:24  I have eternal life.
John 6:47  I have everlasting life.
John 8:31-33  I am set free.
John 10:10  I have abundant life.
Romans 1:7  I am a saint.
Romans 6:2, 11  I am dead to sin.
Romans 8:9-11  I am an overcomer.
Romans 8:1  I am free from condemnation.
Romans 8:2  I live by the law of the Holy Spirit.
Romans 8:37  I am more than a conqueror.
Romans 12:2  I am transformed.
1 Corinthians 2:16  I have the mind of Christ.
1 Corinthians 6:11  I am washed, sanctified, justified.
1 Corinthians 6:19  I am a temple of the Holy Spirit.
2 Corinthians 5:17  I am a new creature.
2 Corinthians 5:21  I am the righteousness of God through Christ.
2 Corinthians 10:5  I have power to control my thoughts.
Galatians 2:20  I am crucified with Christ.
Galatians 5:22  I have joy.
Galatians 5:22  I have peace beyond understanding.
Ephesians 1:4  I am holy and without blame before Him.
Ephesians 1:6  I am accepted in Christ.
Ephesians 1:7  I am forgiven.
Ephesians 1:13  I am sealed with the promised Holy Spirit.
Ephesians 2:5  I am alive with Christ.
Ephesians 2:10  I am God’s workmanship.
Ephesians 6:10  I am strong in the Lord.
Philippians 1:6  I am being changed into His image.
Philippians 3:10  I have received the power that raised Jesus from the dead.
<table>
<thead>
<tr>
<th>Bible Verse</th>
<th>Statement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Philippians 3:14</td>
<td>I press on toward the goal to win the prize of the high calling of God.</td>
</tr>
<tr>
<td>Philippians 4:8-9</td>
<td>I think in new ways.</td>
</tr>
<tr>
<td>Philippians 4:19</td>
<td>I have all my needs met in Christ.</td>
</tr>
<tr>
<td>Colossians 1:12</td>
<td>I am qualified to share in His inheritance.</td>
</tr>
<tr>
<td>Colossians 2:7</td>
<td>I am firmly rooted, built up, strengthened in faith, overflowing with thankfulness.</td>
</tr>
<tr>
<td>Colossians 2:10</td>
<td>I am complete in Christ.</td>
</tr>
<tr>
<td>Hebrews 13:</td>
<td>I am not afraid.</td>
</tr>
<tr>
<td>1 Peter 2:9</td>
<td>I am holy.</td>
</tr>
<tr>
<td>1 Peter 2:24</td>
<td>I am healed by the wounds of Jesus.</td>
</tr>
<tr>
<td>1 John 4:4</td>
<td>I possess the Greater One in me than he who is in the world.</td>
</tr>
<tr>
<td>1 John 4:10, 19</td>
<td>I am loved.</td>
</tr>
<tr>
<td>1 John 5:4-5</td>
<td>I have overcome the world.</td>
</tr>
<tr>
<td>1 John 5:18</td>
<td>I am born of God, the evil one cannot harm me.</td>
</tr>
<tr>
<td>Revelation 21:7</td>
<td>I am victorious.</td>
</tr>
</tbody>
</table>

Belonging: Who wants me?

(Paraphrases of some Scripture verses related to our third core need of belonging.)

<table>
<thead>
<tr>
<th>Scripture</th>
<th>Phrase</th>
</tr>
</thead>
<tbody>
<tr>
<td>Psalm 27:10</td>
<td>I am always received and never forsaken.</td>
</tr>
<tr>
<td>Psalm 68:6</td>
<td>God sets the lonely in families.</td>
</tr>
<tr>
<td>Isaiah 43:1</td>
<td>God has called me by name. I am His.</td>
</tr>
<tr>
<td>John 1:12</td>
<td>I am God’s child.</td>
</tr>
<tr>
<td>John 14:18</td>
<td>I am not an orphan.</td>
</tr>
<tr>
<td>John 15:15</td>
<td>I am Christ’s friend.</td>
</tr>
<tr>
<td>1 Corinthians 6:17</td>
<td>I am united with the Lord and I am one spirit with Him.</td>
</tr>
<tr>
<td>1 Corinthians 6:19-20</td>
<td>I have been bought with a price. I belong to God.</td>
</tr>
<tr>
<td>1 Corinthians 12:27</td>
<td>I am a member of Christ’s body.</td>
</tr>
<tr>
<td>Ephesians 1:5</td>
<td>I have been adopted as God’s child.</td>
</tr>
<tr>
<td>Ephesians 2:18</td>
<td>I have direct access to God through the Holy Spirit.</td>
</tr>
<tr>
<td>Colossians 2:10</td>
<td>I am complete in Christ.</td>
</tr>
<tr>
<td>Colossians 3:3</td>
<td>I am hidden with Christ in God.</td>
</tr>
</tbody>
</table>


Kathy Koch, Ph.D., President, Celebrate Kids, Inc.
Chapter 6, mentioned on page 161:

Purpose: Why am I alive?

(Paraphrases of some Scripture verses related to our fourth core need of purpose.)

Psalm 139:14  I am fearfully and wonderfully made.
Isaiah 43:7 I am created for God’s glory.
Micah 6:8 The Lord requires me to act justly, love mercy, and walk humbly with Him.
Matthew 5:13-14 I am the salt and light of the earth.
Matthew 5:16 I will complete good deeds so God is praised.
John 15:1,5 I am a branch of the true vine, a channel of God’s life.
John 15:16 I have been chosen and appointed to bear fruit.
John 17:4 I exist to bring God glory by completing the work He gave me to do.
Acts 1:8 I am a personal witness of Christ’s.
Romans 12:6 I can use my Spiritual gifts.
1 Corinthians 12:4 I can use my Spiritual gifts.
2 Corinthians 5:20 I am Christ’s ambassador.
2 Corinthians 6:1 I am God’s coworker.
Ephesians 2:10 I am God’s workmanship created to do good works.


Kathy Koch, Ph.D., President, Celebrate Kids, Inc.
Chapter 7, mentioned on page 187:

**Competence: What do I do well?**

(Paraphrases of some Scripture verses related to our fifth core need of competence.)

Psalm 86:7  I will call to God and He will answer me.
Proverbs 15:22  My plans will succeed when I consider the wise counsel of my godly friends.
Proverbs 16:3  I will commit whatever I do to the Lord and my plans will succeed.
Proverbs 27:17  I will increase my competence when close friends are aware of my weaknesses.
John 8:58  God is with me. His name is “I am.”
John 14:12  I shall do even greater work than Jesus.
John 15:5  I can do nothing apart from Christ.
Acts 1:8  I have the Holy Spirit’s power.
Romans 8:37  I am more than conqueror.
1 Corinthians 2:16  I have the mind of Christ.
2 Corinthians 13:11  I must aim for perfection and strive to be Christlike.
Ephesians 3:12  I can approach God with freedom and confidence.
Ephesians 6:10  I am strong in the Lord and in the power of His might.
Philippians 4:13  I can do all things through Christ who strengthens me.
James 1:5  I can ask God for wisdom and He will supply it.
2 Peter 1:3  In my knowledge of God I have everything I need for life and godliness.

Koch, K.A. (2020). *Five To Thrive: How to Determine if Your Core Needs Are Being Met (and What to Do When They’re Not).* Chicago, IL: Moody Publishers. (Relevant to chapter 7: Competence: What Do I Do Well?)

Kathy Koch, Ph.D., President, Celebrate Kids, Inc.
Live by the “One Anothers”

“LOVE ONE ANOTHER”

“A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another.” (John 13:34)

“This is my commandment, that you love one another as I have loved you.” (John 15:12)

“These things I command you, so that you will love one another.” (John 15:17)

“Owe no one anything, except to love each other, for the one who loves another has fulfilled the law.” (Romans 13:8)

“May the Lord make you increase and abound in love for one another and for all, as we do for you.” 1 Thessalonians 3:12)

“Now concerning brotherly love you have no need for anyone to write to you, for you yourselves have been taught by God to love one another.” (1 Thessalonians 4:9)

“Let brotherly love continue.” (Hebrews 13:1)

“Having purified your souls by your obedience to the truth for a sincere brotherly love, love one another earnestly from a pure heart.” (1 Peter 1:22)

“Finally, all of you, have unity of mind, sympathy, brotherly love, a tender heart, and a humble mind.” (1 Peter 3:8)

“Above all, keep loving one another earnestly, since love covers a multitude of sins.” (1 Peter 4:8)

“For this is the message that you have heard from the beginning, that we should love one another.” (1 John 3:11)

“And this is his commandment, that we believe in the name of his Son Jesus Christ and love one another, just as he has commanded us.” (1 John 3:23)

“Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God.” (1 John 4:7)

“Beloved, if God so loved us, we also ought to love one another. No one has ever seen God; if we love one another, God abides in us and his love is perfected in us.” (1 John 4:11-12)

“And now I ask you, dear lady—not as though I were writing you a new commandment, but the one we have had from the beginning—that we love one another.” (2 John 1:5)
Other “ONE ANOTHERS”

“Salt is good, but if the salt has lost its saltiness, how will you make it salty again? Have salt in yourselves, and be at peace with one another.” (Mark 9:50)

“I appeal to you, brothers, by the name of our Lord Jesus Christ, that all of you agree, and that there be no divisions among you, but that you be united in the same mind and the same judgment.” (1 Corinthians 1:10)

“Do not deprive one another, except perhaps by agreement for a limited time, that you may devote yourselves to prayer; but then come together again, so that Satan may not tempt you because of your lack of self-control.” (1 Corinthians 7:5a)

“So then, my brothers, when you come together to eat, wait for one another.” (1 Corinthians 11:33)

“Love one another with brotherly affection. Outdo one another in showing honor.” (Romans 12:10)

“Live in harmony with one another. Do not be haughty, but associate with the lowly. Never be wise in your own sight.” (Romans 12:16)

“Therefore let us not pass judgment on one another any longer, but rather decide never to put a stumbling block or hindrance in the way of a brother.” (Romans 14:12-13)

“Therefore welcome one another as Christ has welcomed you, for the glory of God.” (Romans 15:7)

“Greet one another with a holy kiss.” (Romans 16:16a, 1 Corinthians 16:20, 2 Corinthians 13:12)

“For you were called to freedom, brothers. Only do not use your freedom as an opportunity for the flesh, but through love serve one another.” (Galatians 5:13)

“But if you bite and devour one another, watch out that you are not consumed by one another.” (Galatians 5:15)

“Let us not become conceited, provoking one another, envying one another.” (Galatians 5:26)

“Bear one another's burdens, and so fulfill the law of Christ.” (Galatians 6:2)

“Walk in a manner worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love.” (Ephesians 4:1-2)

“Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.” (Ephesians 4:32)
“addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart.” (Ephesians 5:19a)

“submitting to one another out of reverence for Christ.” (Ephesians 5:21)

“Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. 4 Let each of you look not only to his own interests, but also to the interests of others.” (Philippians 2:3-4)

“Do not lie to one another, seeing that you have put off the old self with its practices.” (Colossians 3:9)

“bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive.” (Colossians 3:13)

“Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.” (Colossians 3:16)

“Therefore encourage one another with these words.” (1 Thessalonians 4:18)

“Therefore encourage one another and build one another up, just as you are doing.” (1 Thessalonians 5:11)

“We ask you, brothers, to respect those who labor among you and are over you in the Lord and admonish you, 13 and to esteem them very highly in love because of their work. Be at peace among yourselves.” (1 Thessalonians 5:12-13)

“See that no one repays anyone evil for evil, but always seek to do good to one another and to everyone.” (1 Thessalonians 5:15)

“But exhort one another every day, as long as it is called “today,” that none of you may be hardened by the deceitfulness of sin.” (Hebrews 3:13a)

“And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.” (Hebrews 10:24-25)

“Do not speak evil against one another, brothers.” (James 4:11a)

“Do not grumble against one another, brothers, so that you may not be judged; behold, the Judge is standing at the door.” (James 5:9)

“Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.” (James 5:16)

“Finally, all of you, have unity of mind, sympathy, brotherly love, a tender heart, and a humble mind. Do not repay evil for evil or reviling for reviling, but on the contrary, bless, for to this you were called, that you may obtain a blessing.” (1 Peter 3:8-9)
“Show **hospitality** to one another without grumbling. As each has received a gift, use it to **serve** one another, as good stewards of God’s varied grace.” (1 Peter 4:9-10)

“Likewise, you who are younger, be subject to the elders. Clothe yourselves, all of you, with **humility** toward one another, for God opposes the proud but gives grace to the humble.” (1 Peter 5:5)

“**Greet** one another with the kiss of love. Peace to all of you who are in Christ.” (1 Peter 5:14)

**Admonish, address, agree, bear with, build up, bear burdens, confess sins, do good, encourage, esteem, exhort, forgive, greet, honor, live in harmony, live in peace, look to others’ interests, love, pray, serve, show hospitality, stir up, submit, teach, value, wait, and welcome.**

**Be gentle, humble, kind, patient, sympathetic, tender-hearted, unified, and united.**

**Stop passing judgment and do not bite, consume, deprive, destroy, envy, grumble against, lie to, provoke, put a stumbling block in someone’s way, repay evil for evil, or speak evil against.**

(Scripture is from the English Standard Version.)


Kathy Koch, Ph.D., President, Celebrate Kids, Inc.
**Dr. Kathy’s Change Process for Impatience**

**Stage One:** Identify an unwanted attitude or behavior—the identity you want to change out of—and predict new, healthy attitudes, and behaviors—the identity you want to wear instead.

<table>
<thead>
<tr>
<th>Put Off Old Identity</th>
<th>Put On New Identity</th>
</tr>
</thead>
<tbody>
<tr>
<td>“I’m impatient.”</td>
<td>I’m patient with myself and others.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Put Off Old Behavior</th>
<th>Put On New Behaviors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Impatience</td>
<td>I wait calmly.</td>
</tr>
<tr>
<td></td>
<td>I exhibit self-control.</td>
</tr>
<tr>
<td></td>
<td>I’m more optimistic.</td>
</tr>
<tr>
<td></td>
<td>I’m less critical toward myself and others.</td>
</tr>
</tbody>
</table>

**Stage Two:** Humble yourself and write out why you do what you do. Recognize what causes the current attitude or behavior you’ve chosen to work on (e.g., sin, background or upbringing, lies you believe, character qualities, values, desires, strengths, and people’s negative influence).

<table>
<thead>
<tr>
<th>Reasons for My Impatience</th>
<th>Gut Reactions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I’m a quick thinker and not everyone else is.</td>
<td>This doesn’t excuse my being impatient with people.</td>
</tr>
<tr>
<td>2. Rather than enjoying the moment, I’m almost always thinking ahead to the next thing I’ve got to do.</td>
<td>I’d like to learn how to “live in the moment.” Not only do I think it would help with my impatience, but I think it would please God. I think I’m missing little blessings here and there because I’m not entirely focused on the present.</td>
</tr>
<tr>
<td>3. My time is valuable.</td>
<td>So! This doesn’t give me the right to sin against people.</td>
</tr>
<tr>
<td>4. I don’t handle other people’s mistakes well.</td>
<td>Although I believe I’ve grown in this area, and I’ve come to see that many things that I thought were mistakes were just differences, I must grow more.</td>
</tr>
</tbody>
</table>
5. I don’t handle my mistakes well. | I’ve grown in this area, too, but there are still times when I disappoint myself by turning things in late, not catching every mistake before submitting something, not thinking of “every” possible idea, etc. Then, if I’m not careful, discouragement sets in.  

6. I haven’t forgiven the person I’m impatient with for past “problems.” | This disappoints me. I know it’s true. If I don’t forgive them for past carelessness, forgetfulness, etc., I’m much more irritable than I should be for whatever is going on.  

7. I too often judge people as being “stupid.” | This is too often a theme in my weaknesses and sins. I must spend some time with God related to this issue! Although it’s true that some people may behave in ways that surprise me and/or inconvenience me, it’s not necessarily true that they’re “stupid.”

**Stage Three:** Renew the mind to put off lies and put on truth (i.e., the new beliefs) by categorizing the causes of the problem you want to change. Then dig into God’s Word for relevant Scriptures related to what you want to take off and what you want to put on (triune God's behavior, character, and instruction; Proverbs; and New Testament truth, including the one another verses). Make note of new things to put on (go back to stage 1) and additional causes for the unhealthy attitude or behavior that your study reveals (stage 2). Pursue prayer and repentance.  

**Processing Reasons:**

<table>
<thead>
<tr>
<th>Source</th>
<th>Relevant Reasons</th>
</tr>
</thead>
</table>
| Because of my sin | 1. [I'm a quick thinker and] not everyone else is.  
2. Rather than enjoying the moment, I'm almost always thinking ahead to the next thing I've got to do.  
4. I don't handle other people's mistakes well.  
5. I don't handle my mistakes well.  
6. I haven't forgiven the person I'm impatient with for past “problems.”  
7. I too often judge people as being “stupid.” |
| Because of my mind | 1. I'm a quick thinker [and not everyone else is.] |
| Because I'm busy. | 3. My time is valuable. |
A quick elaboration:

1. Being a quick thinker isn’t a sin, but adding “not everyone else is” rings of pride to me. And, I must remember that people who come up with ideas more slowly, still come up with valuable ideas!

2. I classified “thinking ahead to the next thing” as sin because I’m prioritizing something other than what I’m currently doing. Whether this is a task or a person, it’s wrong and I’m probably not doing my best if part of my thinking is diverted elsewhere.

3. Not handling other people’s mistakes well is definitely due to pride. Sometimes this happens because I want people to do things the way I would do them. At other times, I wish people could be perfect. I know this isn’t possible and it’s an unfair expectation, so it bothers me that I still sometimes think it.

4. Pride is also the root of not handling my own mistakes well. I must continually remind myself that I’m human (surprise, surprise!) and that I need to rely on God and not myself.

5. I must remember to forgive people who disappoint me. They might not realize they’ve disappointed me and they might not ask to be forgiven, but if they’ve frustrated me, I need to go to God with my reactions and I need to forgive each person. It’s sin not to.

6. I find myself judging people as “stupid” especially when I’m driving and someone is in my way or driving in an unsafe manner. This is simply pride. If people seem confused on the road, a better response would be to pray for them and their safety.

7. I’m a quick thinker because of the type of mind God chose for me to have. Coming up with ideas quickly, talking quickly, thinking of questions to ask quickly, etc., are not sin. However, these strengths can cause me to be impatient with others. This is a strength that I must not use in unhealthy ways.

8. I concluded that some of my impatience is because I’m busy. I asked God to show me if it was sin. Was I impatient because I thought my time was more valuable than someone else’s or that my tasks were more important than theirs? No. I was relieved!

**Digging Into God’s Word:**

*The Triune God’s Behavior, Character, and Instruction:*

God can use these verses to renew my mind: Exodus 34:6-7, Matthew 11:29, Mark 9:33-37, John 13:14-15, and Philippians 2:5-8

*Proverbs, Psalms, and New Testament Truth:*

God can use these verses to renew my mind: Psalm 86:15, Psalm 145:8, Ecclesiastes 3:1, Romans 2:1, Romans 12:3, 1 Corinthians 10:12, 1 Corinthians 15:9-10, Philippians 2:3-4, Colossians 3:12, 1 Peter 3:8, 1 Peter 5:5, and Proverbs 11:2, 13:10, 14:3, 15:33, 16:5, 17:27-28, 22:4, 29:23
**The One-Another of the New Testament:**

God can use these verses to renew my mind: Romans 12:10, 1 Corinthians 11:33, Ephesians 4:2, James 5:9, 1 Peter 3:8, and 1 Peter 5:5

---

**Pursuing Prayer and Repentance:**

Have I allowed God to reveal everything to me that I need to repent of?

Have I prayed over each revealed sin?

Have I asked Him to forgive me of my sin?

Have I asked people to forgive me when I’ve sinned against them?

Have I forgiven myself?

Have I forgiven everyone who sinned against me?

---

**Stage Four:** Identify new beliefs, attitudes, and behaviors that may result from the mind’s renewal. Because beliefs cause behaviors, write out new belief statements that contrast with the old ones.

1. I’m a quick thinker and I’m grateful. This doesn’t mean I necessarily come up with better ideas than others. And, it’s also not true that slower thinkers can’t come up with excellent ideas. They can. Although my time is valuable, I must honor others by waiting for their insights. I must not judge them as being anything but a bit slower than me.

2. I will honor others by engaging fully with them. If working on a task, I’ll strive to pay close attention to what I’m doing without thinking about or worrying about what I’ll do next. I will strive to enjoy each moment, looking for God in each situation. [NOTE: I was deeply encouraged soon after making this commitment when a good friend commented, “You’re totally listening to me and not working through your to-do list at the same time, aren’t you?” I’m convinced this renewal process works!]

3. My time is valuable. God has chosen to trust me with significant things to do so I’m busy. Among my many responsibilities, I must remember to prioritize God, His Word, and worship. I must remember to be led by the Holy Spirit to what to do and when to do it. I must also do one thing at a time!

4. Other people will make mistakes, but rarely will they make them intentionally. I must respond with compassion and not even point them out unless it’s necessary. I must also remember that many things that irritate me aren’t mistakes. It’s just that people do things differently from how I might have. They’ve proven over and over again that different isn’t wrong. I must remember that when interacting with people!

5. I will make mistakes, too. I’m not perfect, but that’s okay because Jesus is! I must continue to be compassionate toward myself. And, I must not view things that go wrong as mistakes – that’s not always the case. Things might not go as I’ve planned or as I thought they
would, but that doesn’t mean I did anything wrong. That’s a healthy and right perspective. I will continually rely on God for my strength, energy, wisdom, passion, etc.

6. I will remember to forgive any person who causes me to be impatient because of their behavior. I will not take their behavior personally. I will not assume they’ll behave in the same way again. I will choose to not remember their past behavior that inconvenienced me.

7. I know that not everyone who drives knows where they’re going or is a confident driver. Occasionally people drive slowly or make last minute changes. That doesn’t mean I need to be impatient. I certainly shouldn’t assume they’re stupid simply because they’re in my way when they’re driving. The tasks I would do in the minute or two I’m delayed are not more important than my proper, biblical, loving response to my fellow man.

Camille’s Change Process for Her Habit of Interrupting

When I began to ask God how to apply the change process to my own habit of interrupting, I realized fairly quickly that my interrupting has two distinct forms. Sometimes, I interrupt simply because I want to. Maybe I don’t care what the other person is saying, or I don’t want to listen to them anymore, or I’m just feeling selfish. So I deliberately, consciously choose to interrupt. That’s just plain willful disobedience. While it does need to be dealt with – and it may well be the thing God prompts me to deal with next – it’s not what I’m dealing with now, in pressing into the change process.

This process is about the other form my interrupting takes: When I really am fully involved in the conversation, and I care about the other person, and I interrupt anyway, usually to finish someone’s sentence.

The wrong behavior is clear. I interrupt. And I want to replace it with a new behavior: careful, empathetic listening. I want to let people with whom I converse finish their own thoughts rather than trying to finish them myself.

Does that make me “an interrupter” who wants to be “a listener”? I can’t put it that way. I sin. But I do not identify myself with that sin. God and I will sort out later if that’s because of pride or because I’ve already deliberately formed my identity around those things God names me and values in me.

What causes me to interrupt? I often can sense what a person is feeling or thinking; this isn’t really a deception in itself, but my misuse of it causes problems. I want people to know that I understand them and care for them. This is true, but I don’t always show it in an appropriate way. Finishing someone’s sentence correctly reaffirms my gift of empathy to me, and it shows it to them; THIS one is the root of the problem.

My reasons for interrupting and my gut reactions? I’ll list them one at a time:

1. I often can sense what a person is feeling or thinking. Yes, but not always. It is a gift from God, but it’s practiced by me, a fallen, fallible human!
2. I want people to know that I understand them and care for them. And I can’t wait for them to finish their own thoughts before I empathize? Why?
3. Finishing someone’s sentence correctly reaffirms my gift of empathy to me, and it shows it to them. Ouch! Time to go back and work on my identity in Christ again. This is pride and insecurity, and it’s sin! Ugly, ugly!

Then, to follow the Ephesians 4 passage and Kathy’s instruction, I must work to renew my mind. Kathy organized her reasons into categories to facilitate analysis, but I’m not much for categorization, so I just talk through them instead. My sense of empathy is a gift from God
(number 1), but when I use it to affirm myself instead of affirming other people (number 3), I try to usurp the role in their lives that rightly belongs to Jesus. He understands perfectly what is in the hearts of people (John 2:24-25). I reflect that understanding, imperfectly, because God has chosen to give me that particular gift as a way of showing His love to people. If I really wanted people to know that He understands and cares for them, then maybe my understanding would be less important to me. But I want people to know that I understand and care for them (number 2). More sin! Guess that answers my question about why I can’t wait for people to finish.

I’ve already begun to find the topics in Scripture that apply to my situation, like Jesus’ perfect knowledge of people’s hearts, so processing the deception has already begun. My key sins are pride and self-centeredness, or desiring glory. Humility, then, and the selflessness of Christ are topics to look at.

In the meantime, I’ve interrupted a friend again, completing his sentence before he does. It’s frustrating, to keep sinning when I don’t want to anymore. I also know this isn’t uncommon (Romans 7:15), and I trust that God will renew my mind through His Word, and that will allow me to claim new beliefs that will manifest themselves in new behaviors.

Before I begin looking at what the Bible does say about my sin issues, I am drawn, as if it needed further emphasis, to what it does not say. Jesus did not interrupt people. The perfect Son of Man, who knew people’s hearts and needs better than they themselves did, waited for them to express their feelings, their wants and desires, to Him. How can I do less?

As for my drawing emphasis to myself and my gifts, Scripture is clear that Jesus revealed the Father. John 1:18 says, “No one has ever seen God, but God the One and Only, who is at the Father’s side, has made him known.” In John 17:6, Jesus prays for his disciples, saying, “I have revealed you to those whom you gave me out of the world.” Similarly, John 15:26 says that the Holy Spirit testifies of Jesus. If Jesus reveals God, and the Spirit testifies about Jesus, I certainly have no business promoting my own gifts.

Jesus’ entire approach – to life, and certainly to people -- was one of humility, according to Philippians 2:5-8, and I’m instructed, in those same verses, to have the same attitude!

Looking at the wisdom texts was somewhat more difficult for me than looking at the behavior of the Triune God. Finding guidance from Psalms was not particularly tough, probably because Psalms is so introspective and emotional. The Proverbs, on the other hand, honestly bore me. I know they’re part of the inspired Word of God, but when I read them, they seem to me just lists upon lists of things to do and not do in life. I prayed sincerely before I began looking that God would show me what He wanted me to know from Proverbs as well as from Psalms. He did not disappoint!

Before I get into what I gained from the wisdom texts, it occurs to me that the previous paragraph is really the only place in my narrative where I’ve mentioned prayer. Believe me, that’s not because I don’t pray! In fact, ongoing communication with God is such a natural part of my life that I often don’t think to mention it. I do sit silent before God in my “quiet times,” and
I have set aside times for deliberate, uninterrupted prayer. But more often, I’m just lifting things – thoughts, ideas, attitudes – to Him as I encounter them throughout the day, and listening for His response.

From one of my favorite passages in Psalm 33:20-22, I gained, again, the assurance that my value is in God; I need not affirm my own gifts or strengths, since they all come from Him anyway, and His affirmation is all I need. Speaking more specifically to the action of interrupting, Proverbs 15:28 says, “The heart of the righteous weighs its answers, but the mouth of the wicked gushes evil,” indicating that my thoughts – and not only my emotions – should guide what I say to people. And Proverbs 18:13 adds, even more pointedly, “He who answers before listening – that is his folly and his shame.” How fun, but not surprising, that Kathy and I were both led to the same verse in chapter 18!

Of the “one anothers,” several spoke to my situation. “Wait for one another” (1 Cor. 11:33), while instructed in the Bible regarding eating together, seemed a perfect admonition to me. “Honor one another above yourselves” (Romans 12:10) touched both on my action of interrupting and on my motive of self-promotion. And the repeated admonition to “encourage one another” (1 Thes. 4:18 and Hebrews 3:13) reiterated my heart for others.

Kathy’s next step, of pursuing prayer and repentance, as I mentioned before, is an integral part of the discovery process for me. Rather than documenting all the issues before I repented, I simply took them to God with a sorrowful and repentant heart when He first revealed them to me. I did take the time, though, to sit down with the list again, once I had processed it and applied Scripture, to be sure I had really turned away from my sinful motives and behaviors.

Here, then, are my written “new belief” statements, corresponding to my previous statements of reasons for interrupting:

1. My gift of empathy is an imperfect reflection of Christ’s perfect understanding, and He’s given it to me so that I may honor other people and point them to His perfect solution for all their needs.
2. I’m grateful that God has shared with me a portion of His heart for people, and my first desire is for them to know that He perfectly understands them and cares for them. This may sometimes be shown in my imperfect care and understanding, as well, but it sometimes may not.
3. I am secure in the Triune God, and His gifts to me are blessings that do not need affirmation from me or from anyone else except Him.