

Foursquare Multiply
Identifying Brokenness
Reflection Questions
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Assignments:

1. Reactivity Tracking
2. Read *Creating Communities and Cultures of Emotional and Relational Safety*, by BrianJames McMahon

Directions:

1. Watch the video
2. Complete reflection/questions on Reactivity Tracking
3. Read *Creating Communities and Cultures of Emotional and Relational Safety*
4. Complete reflection/questions on safety

Explanation of Intent:

The content you will be consuming will be a short 20 minute video around identifying our brokenness and a short document speaking to relational and emotional safety. The rest of the work will be active engagement and reflection upon these topics. Understanding these concepts intellectually without personal application to how they play out in real life is dangerous, so our hope is that you will genuinely engage these questions and see the transformative work that God has for you as you continue to follow Jesus.

We won't lie. This is not going to be easy. If you have the courage to engage deeply, you will experience pain in this process as you reflect upon your own and others' brokenness. Take heart, the Holy Spirit is with you. Before you engage and reflect, prepare yourself and ask the Holy Spirit to help you see yourself honestly. Healing requires courage and active participation with God and with others.

Reactivity Tracking

Experiences

What are the 3 or 4 experiences you have with others that most consistently irritate or trigger you?

Reflect: Are there particular situations, or particular people whose behavior is most likely to cause a triggering reaction? Take what you are noticing about the people and situations that trigger you the most and see if you can connect any dots to experiences you had in your family growing up, or along your journey of ministry, that would have created a “sore spot” around that experience.

Reactions

What are your primary reactive responses when triggered? (Most of us have 2-3)

1. How do you usually react to those triggering moments?
2. What happens in your relationships when you react this way? How does it impact you, your partner, children, friends, coworkers, etc.?
3. How long does it typically take before you are “back to normal” after being triggered?

Reflect

Take time to listen deeply to your internal experience.

1. When you are in a situation, or with a person, where you are being triggered, what is the message you are receiving in that moment either about what that suggests (rational or irrational) about who you are or who they think you to be?
2. What is the message that you are getting about that relationship and your relationship to people in general in that moment?
3. If you can, give yourself permission to set aside the “but I know it’s not true” reaction you might have to it, and simply notice what the message is. When it comes to our emotional reactivity, the genuine validity of the message does not determine whether or not it hurts.

Safety

Reflection on emotional and relational safety

Identify experiences that have been safe (and not been safe). How did you know who was safe/trustworthy in your life growing up (and presently)? Have you ever felt unsafe/unsure if you could trust others with your vulnerability when it was in a space that was declared “safe”?

1. Recognizing that relational and emotional safety cannot be *declared*, but must be *experienced*: if you *knew* that everyone who would come into your church came out of experiences of trauma and had difficulty trusting people, opening up, and even believe others to be who they described themselves to be, what impact would that make on how you go about relationship building and discipleship?
2. Which element do you feel you have the most natural access to: openness, predictability, and justice? How might you begin to practice these with your staff, friends, or family? How might establishing these elements on a smaller scale help build to a culture of safety in a new or established context?
3. Where have you had experiences of love (identity) without safety? Where have you had experiences of both love (identity) and safety? How are they similar and different?

Reflect on your experiences in ministry

Who have been the most challenging people for you to care for? Why?

1. What emotions or attitudes in others are difficult for you to encounter, hold space for, validate, or empathize with? How might there be a connection between their emotions/attitudes (pain) and your own experiences of pain?
2. Identify an experience you had in leadership where you were leading out of your strength, but it was distorted by your pain. How long did it take you to recognize the presence of pain in that moment and the impact it had? How might that moment have gone differently if you had been aware of your pain and been able to shift to a place of connection prior to the experience?