

- “I'm sorry for what I did. I sincerely apologize”.
- “I'm sorry if my actions hurt you”.
- “I'm sorry you feel this way about the issue”.

# non- apologies:

Sana Powell, M.A., LPC

@curly\_therapist

- “I’m sorry you feel that way.”
- “Relax, it was just a joke.”
- “I’m sorry you reacted that way.”
- “You just misunderstood me.”
- “You made me act that way.”
- “You’re overreacting.”
- “I’m sorry, but...”

**CHARLES BOYER  
INGRID BERGMAN  
JOSEPH COTTEN**



**MGM's  
MELODRAMA**

*Strange  
drama  
of a  
captive  
sweetheart!*

# **Gaslight**

**DAME MAY WHITTY ANGELA LANSBURY BARBARA EVEREST**

<https://www.amazon.com/Gaslight-1944-Movie-Poster/dp/B07S1BQ9GV>





## Examples of Gaslighting in a Relationship

- **Distracting with compassion** – sugarcoating toxic situations and making their partner feel like they're overreacting
- **Minimizing of making fun of feelings** – calling partners overly sensitive, critical, or dramatic
- **Discounting achievements** – often questions various accomplishments
- **Denying abuse** – sometimes they're so convincing that even the victim starts to believe their version of the truth
- **Withholding information** – insisting they told their partner something when they never did

# Part 2: Speaking the truth in love



Old Self New Self

Ephesians 4:17-32

<sup>17</sup> So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking. <sup>18</sup> They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts. <sup>19</sup> Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, and they are full of greed.

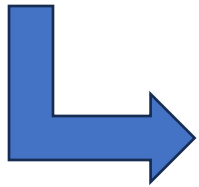
<sup>20</sup> That, however, is not the way of life you learned <sup>21</sup> when you heard about Christ and were taught in him in accordance with the truth that is in Jesus. <sup>22</sup> You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; <sup>23</sup> to be made new in the attitude of your minds; <sup>24</sup> and to put on the new self, created to be like God in true righteousness and holiness.



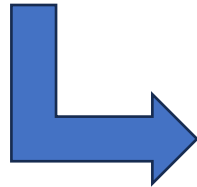
- 
- Fighting sin requires godly wisdom
  - We are often deceived by not knowing the full devastating impact of sin
  - The key to fighting sin is deepening your relationship with Christ together with others.
  - Changing the attitude of your minds is about having godly habits that will slowly change your heart.



What the heart wants



The mind would justify



And the Will acts it out



## Charles Duhigg's Habit Loop

<http://idea4today.blogspot.com/2018/08/the-power-of-habit-1-habit-loop-how.html>

## Old Self

- Being corrupted by deceitful desires (v22)

## New Self

- Created to be like God in **true** righteousness and holiness



<sup>14</sup> Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming. <sup>15</sup> Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ.

Eph 4:14-15

**<sup>25</sup> Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body.** <sup>26</sup> “In your anger do not sin”: Do not let the sun go down while you are still angry, <sup>27</sup> and do not give the devil a foothold. <sup>28</sup> Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.

<sup>29</sup> Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. <sup>30</sup> And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. <sup>31</sup> Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. <sup>32</sup> Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

## Old Self

- Lying (v25a)

## New Self

- Speak truthfully to your neighbor for **we are all members of one body** (v25b)



<sup>25</sup> Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of **one body**.

<sup>4</sup> As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. <sup>2</sup> Be completely humble and gentle; be patient, bearing with one another in love. <sup>3</sup> Make every effort to keep the unity of the Spirit through the bond of peace. <sup>4</sup> There is **one body** and one Spirit, just as you were called to one hope when you were called; <sup>5</sup> one Lord, one faith, one baptism; <sup>6</sup> one God and Father of all, who is over all and through all and in all.  
Ephesians 4:1-6

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<sup>29</sup> Do not let any unwholesome talk come out of your mouths, but only what is helpful for **building others up** according to their needs, that it may benefit those who listen.

<sup>11</sup> So Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, <sup>12</sup> to equip his people for works of service, so that the body of Christ may be built up <sup>13</sup> until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.

Ephesians 4:11-13



<sup>14</sup> Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming. <sup>15</sup> Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. <sup>16</sup> From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.

Eph 4:14-16

<sup>29</sup> Do not let any unwholesome talk come out of your mouths, but only **what is helpful for building others up** according to their needs, that it may benefit those who listen.

Eph 4:29

- Speaking the truth in love is to be actively conscious to build each other up in our daily conversations

**What** kind of truths we need to speak in love that build up the other person

- **Doctrinal truth** (Eph 4: 14)
- **Relational truths** (Eph 4: 29)
- **Truths about our spiritual condition** (Eph 4:26-31)

# How we should speak the truth in love that will build the other person up

- **Humility and gentleness** (4:2) *Be completely humble and gentle*
- **Bearing with each other in love** (4:2b) *be patient, bearing with one another in love.*
- **Non divisive** (4:3-4) *Make every effort to keep the unity of the Spirit through the bond of peace*
- **Encourages maturity** (4:12) *and become mature, attaining to the whole measure of the fullness of Christ.*
- **Correcting and rebuking** (4:13) *Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming*
- **No unwholesome talk** (4: 29) *Do not let any unwholesome talk come out of your mouths*
- **Understanding what are the needs of others** (4:29b) *according to their needs, that it may benefit those who listen.*
- **Kind and compassionate** (4: 32) *Be kind and compassionate to one another*

**25 Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body.** <sup>26</sup> “In your anger do not sin”: Do not let the sun go down while you are still angry, <sup>27</sup> and do not give the devil a foothold. <sup>28</sup> Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.

**29 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.** <sup>30</sup> And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. <sup>31</sup> Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. <sup>32</sup> Be kind and compassionate to one another, **forgiving each other, just as in Christ God forgave you.**

- Humility and Gentleness (4:2)
- Bearing with each other in love (4:2b)
- Non divisive (4:3-4)
- Encourages maturity (4:12)
- Correcting and rebuking (4:13)
- No unwholesome talk (4: 29)
- Understanding what are the needs of others (4:29b)
- Kind and compassionate (4: 32)
- ***Confessing your sins to each other (4:32b)***
- ***Asking and giving forgiveness (4:32b)***



- Speaking the truth in love is to be actively conscious to build each other up in our daily conversations
- Speaking the truth in love requires us to make a habit of confessing our sins to each other.

<sup>8</sup> For you were once darkness, but now you are light in the Lord. Live as children of light <sup>9</sup> (for the fruit of the light consists in all goodness, righteousness and truth) <sup>10</sup> and find out what pleases the Lord. <sup>11</sup> Have nothing to do with the fruitless deeds of darkness, but rather expose them. <sup>12</sup> It is shameful even to mention what the disobedient do in secret. <sup>13</sup> But everything exposed by the light becomes visible—and everything that is illuminated becomes a light.

Ephesians 5:8-13

6 Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted. <sup>2</sup> Carry each other's burdens, and in this way you will fulfill the law of Christ.

Galatians 6:1-2

<sup>15</sup> "If your brother or sister sins, go and point out their fault, just between the two of you. If they listen to you, you ~~have won them over~~. Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?"

<sup>22</sup> Jesus answered, "I tell you, not seven times, but seventy-seven times. Matthew 18:15,21-22

<sup>16</sup> Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

James 5:16

# Mutual Rebuking, forgiveness and encouraging others in the image of God

- **Humility and gentleness (4:2)**
- *Are you humble and gentle in giving and receiving criticism?*
- **Bearing with each other in love (4:2b)**
- *Are you hurt easily?*
- **Non divisive (4:3-4)**
- *Is your language defensive when people attempt to tell you your issues?*
- **Encourages maturity (4:12)**
- *Are you mature enough to really listen to correction and to give it gently when required?*
- **Correcting and rebuking (4:13)**

# Mutual Rebuking, forgiveness and encouraging others in the image of God

- No unwholesome talk (4: 29)
- *Do you gaslight the other side to distract from the real issues?*
- Understanding what are the needs of others (4:29b)
- *Are you listening just to talk or really listening?*
- Kind and compassionate (4: 32)
- *Do you feel Godly sorrow on why the other side felt hurt?*
- ***Confessing your sins to each other (4:32b)***
- ***Asking and giving forgiveness (4:32b)***

# Recasting and reframing within a Gospel narrative





- **Speaking the truth in love** is to be actively conscious to build each other up in our daily conversations
- **Speaking the truth in love** requires us to make a habit of confessing our sins to each other.
- **Speaking the truth in love** requires us to recognize how negative emotions make us stay within the old self.

<sup>25</sup> Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. <sup>26</sup> **“In your anger do not sin”**: **Do not let the sun go down while you are still angry,** <sup>27</sup> **and do not give the devil a foothold.** <sup>28</sup> Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.

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## **Old Self**

- Sinning when you are angry (v26a)

## **New Self**

- Do not let the sun go down on your anger (v26b)
- Do not give the devil a foothold (v27)

<sup>26</sup> “In your anger do not sin”: **Do not let the sun go down while you are still angry,** <sup>27</sup> and do not give the devil a foothold.

*Paul: “Be quick to stop being angry”*

<sup>9</sup> My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and **slow to become angry,** <sup>20</sup> because human anger does not produce the righteousness that God desires. <sup>21</sup> Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you. James 1: 9-21

*James: “Be slow to get angry”*

When your anger festers you lose godly wisdom necessary to see the issues clearly

<sup>19</sup> My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, <sup>20</sup> because human anger does not produce the righteousness that God desires. James 1: 19-20

<sup>17</sup> But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere. <sup>18</sup> Peacemakers who sow in peace reap a harvest of righteousness.  
James 3:17-18

When you get angry try to do it slowly and filter it through godly wisdom

*<sup>17</sup> But the wisdom that comes from heaven is first of all:—*

- *pure;*
- *then peace-loving,*
- *considerate,*
- *submissive,*
- *full of mercy and good fruit,*
- *impartial and sincere.*

*<sup>18</sup> Peacemakers who sow in peace reap a harvest of righteousness.*

*James 3:17-18*

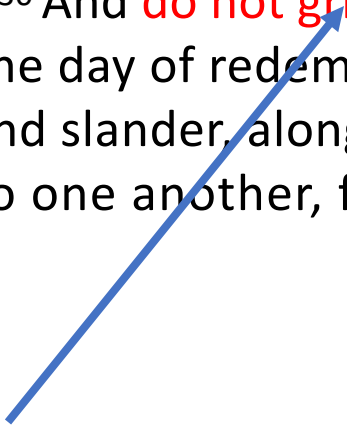


If you persistently go to bed angry you give the devil an opportunity to erode godly truths and replace it with demonic lies

<sup>26</sup> “In your anger do not sin”: Do not let the sun go down while you are still angry, <sup>27</sup> **and do not give the devil a foothold.**

<sup>25</sup> Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. <sup>26</sup> “In your anger do not sin”: Do not let the sun go down while you are still angry, <sup>27</sup> and do not give the devil a foothold. <sup>28</sup> Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.

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*to cause to feel sorrow, pain, unhappiness, or distress.*

The Daily  
Examen Prayer



# Five Daily R's (a daily examen)

R

Relish the moments that went well and all of the gifts you have today.

R

Request the Holy Spirit lead you through your review of the day.

R

Review your day.

R

Repent of any mistakes or failures.

R

Resolve, in concrete ways, to live tomorrow well.

Source:

*Reimagining the Ignatian Examen: Fresh Ways to Pray From Your Day*  
by Fr. Mark Thibodeaux, SJ



<https://www.pinterest.com/pin/741123682424923619/>

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If all else fails meditate on how God forgave us before we are overwhelmed by anger, bitterness, and malice.

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## **Old Self**

- Stealing (v28a)

## **New Self**

- Must work, doing something useful with their hands (v28b)
- That they may be able to share with those in need (v28c)



<sup>19</sup> Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, and they are full of greed.

Ephesians 4:19

<sup>28</sup> Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they **may have something to share with those in need.**

Ephesians 4:28

<sup>5</sup> For of this you can be sure: No immoral, impure or greedy person—such a person is an idolater—has any inheritance in the kingdom of Christ and of God.

Ephesians 5:5

<sup>25</sup> Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. <sup>26</sup> “In your anger do not sin”: Do not let the sun go down while you are still angry, <sup>27</sup> and do not give the devil a foothold. <sup>28</sup> Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.

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<sup>3</sup> Then Peter said, "Ananias, how is it that Satan has so filled your heart that you have lied to the Holy Spirit and have kept for yourself some of the money you received for the land? <sup>4</sup> Didn't it belong to you before it was sold? And after it was sold, wasn't the money at your disposal? What made you think of doing such a thing? You have not lied just to human beings but to God."

Acts 5:3-4

<sup>6</sup> And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, <sup>7</sup> in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus. <sup>8</sup> For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— <sup>9</sup> not by works, so that no one can boast. <sup>10</sup> For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

Ephesians 2:6-10

- **Speaking the truth in love** is to be actively conscious to build each other up in our daily conversations
- **Speaking the truth in love** requires us to make a habit of confessing our sins to each other.
- **Speaking the truth in love** requires us to recognize how negative emotions make us stay within the old self.
- **Speaking the truth in love** has to be followed through with actions that display the power of grace.

PATRICK M. MORLEY

FOREWORD BY R. C. SPROUL

THE  
MAN  
IN THE  
MIRROR

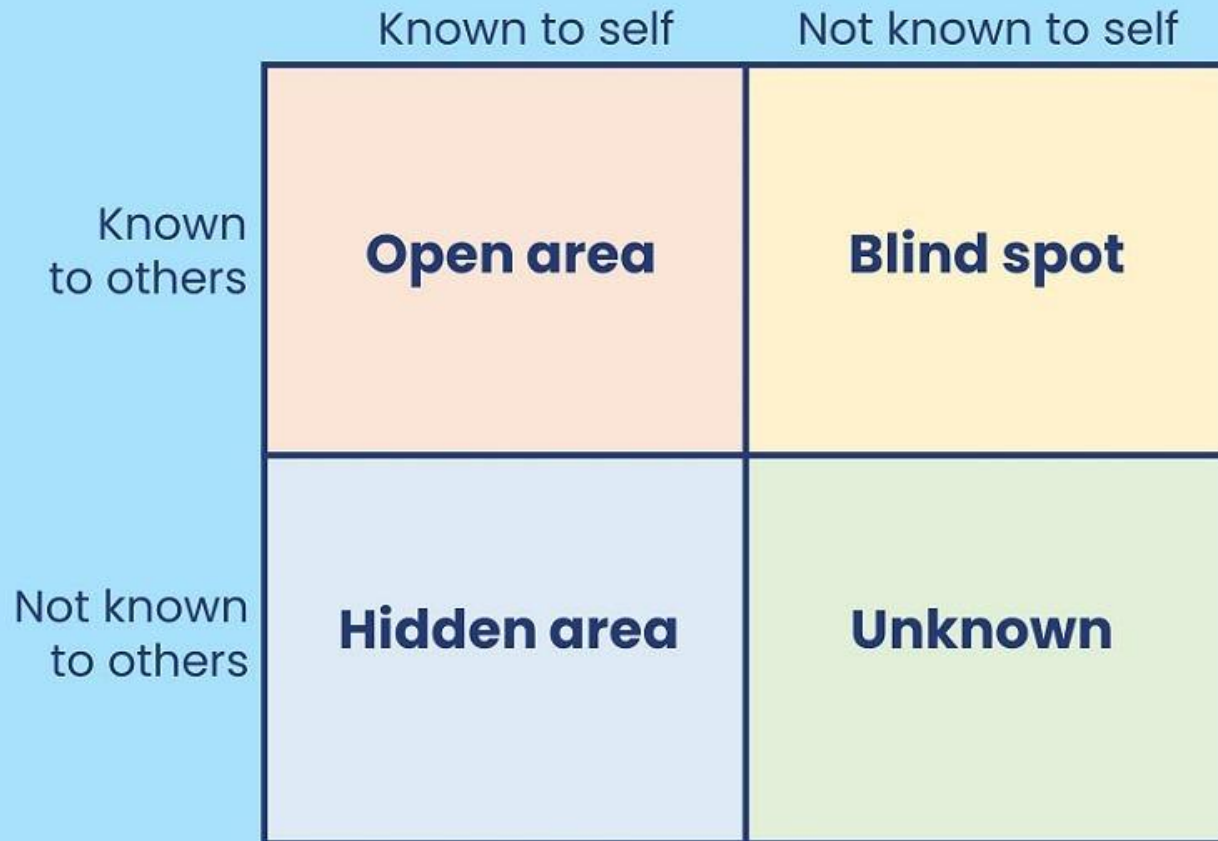
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# Johari Window Model







# HOW TO REALLY LISTEN TO PEOPLE

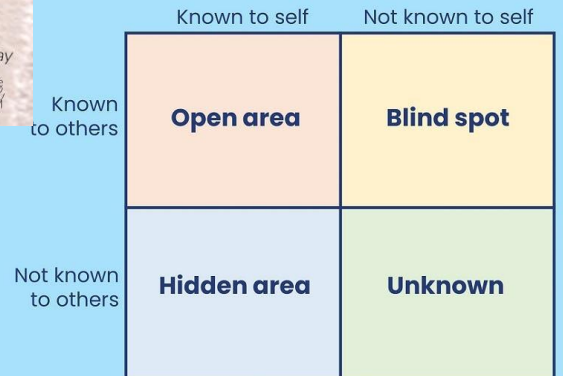
## Five Daily R's *(a daily examen)*

- R* Relish the moments that went well and all of the gifts you have today.
- R* Request the Holy Spirit lead you through your review of the day.
- R* Review your day.
- R* Repent of any mistakes or failures.
- R* Resolve, in concrete ways, to live tomorrow well.

Source:  
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## Johari Window Model



- “I'm sorry for what I did. I sincerely apologize”.
- “I'm sorry if my actions hurt you”.
- “I'm sorry you feel this way about the issue”.

CHARLES BOYER  
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JOSEPH COTTEN



<sup>8</sup> For you were once darkness, but now you are light in the Lord. Live as children of light.

<sup>13</sup> But everything exposed by the light becomes visible—and everything that is illuminated

# Gaslight

with DAME MAY WHITTY ANGELA LANSBURY BARBARA EVEREST

STORY BY JAMES M. CAGNEY, SCREENPLAY BY JAMES M. CAGNEY, DIRECTED BY GEORGE CUKOR. PRODUCED BY ARTHUR HOPE-SLOAN, JR. A Metro-Goldwyn-Mayer Picture