

SPECIAL POINTS OF INTEREST:

- Power and Control
- Obvious Abuse
- **HELP AND SUPPORT THROUGH SPIRITUAL ENCOUNTERS AND LIFE SKILLS CLASSES**

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RELATIONSHIPS : POWER AND CONTROL

Relationships are so important for our destiny that we are dedicating this July issue to going a little deeper into the relationship subject matter. Reminder, we are 100% in charge of our own actions, feelings, thoughts, responses, influence on others (be it positive or negative.), and our destiny.

In this issue we will cover a few more very obvious control/power issues. However, we will present more positive confessions that we can speak over ourselves. Remember only you can positively affect your own future not your mates, friends, family, co-workers, etc. Did you find yourself in the last issue as a potential victim or a potential control person? There is help regardless. Life Skills Interna-

tional is an organization that has classes around the nation to help those who want help. As well there are good teaching churches that offer "encounters" over a weekend to help people who really want to move forward in life and not simply blame others for their current situations..

We can choose to be like this little child who is standing in the middle of the highway (can be hit from every angle). Or we can learn wisdom from the relationships that we currently have or have had in the past, while seeking direction on how we can personally move forward. Once we can move forward we can



find others who have chosen to move forward as well. But as long as we simply choose to stand in the middle of the road and look back at wrecks in our lives we are subject to being a part of other catastrophes.

Have we ever taken the time to simply write down what we want in life, who we want in life, and where we want to go in life?

One step to help ourselves is to stop and examine our own lives. We gain wisdom NOT in years, but in different experiences in life. Try to identify things you have done that made you feel happier about yourself. What comes easy for you? Do you have a talent? What negative things are still in your mind that someone else said to you? Get rid of that!

Does Abusive Relationships Hold You Back?

Here are more obvious examples of negative power and control in abusive relationships. Somewhere along the way we have gotten red flags that we have chosen to ignore. This little girl



reminds me of me when I was child. When I did not want to hear my brother or sister I would simply ignore what they were saying by closing my eyes and licking out my tongue. Needless to say that did not work then, and it does not work now. Let's open our eyes to

some of the abuse that holds us back mentally.

PHYSICAL

Beating, choking, shaking, slapping, pushing, restraining, excessive tickling, pulling hair, cutting, scratching.



Are you listening to others messages and checking their distributions lists? Is your mate having you followed? Does your mate abuse you then expect that a gift makes everything all better?

Do you feel it is normal in your day to day life to always be in disagreements with your mate or friends?

Do you feel that everyone cheats on their mate?

Do you feel it is normal to be unhappy more than happy in your relationships?

Do you feel that your needs do not matter to your mate, peers, etc.?

If you answered "yes" to any of these questions, you may want to seek counseling.

Attitudes "I Have the Right To..."

KNOWLEDGE

Attends counseling or seminars to better the problem but choose not to do what they are told to do. Luke 16:28, 29, 31 Abraham says if you won't listen to Moses and the prophets (all the miracles they have done), they won't listen to someone even if they rose from the dead. There are people who will not listen to anyone. So counseling, seminars, encounters, etc. can not help them they use it as a weapon against the other mate to say that they have certain rights.

RESPONSIBILITY

Some people make others responsible for everything, they will not do anything to help the situation. They become the kid in the relationship.

RELIGIOUS

Some over use and misuse the "submit" and "obey" words and throws scripture at others to make them fall in line. Sin is sin. There is no "big" sin or "little" sin. We have all sinned and fallen short of the Jesus example.

USING CHILDREN

Use visitation rights to harass the

other person, gives negative messages to children about the other parent, drop off children without checking the schedule of the other parent and their spouse, some purposely get pregnant to control the lives of the mate forever, use children to get money from the spouse or ex-spouse and unexpected visits.

JEALOUSY

Being possessive of the person, watching /stalking, looking through their phone, computer, listening to their calls and messages, not allowing the person to go anywhere alone, call all their friends, etc.

I Didn't Mean Any Harm I Just Got Mad!

PROPERTY VIOLENCE

Some people destroy the other person's property that is really valuable to them, others steal or take what belongs to the other person and feel they have a right to do this, others punch holes in wall, abuse pets, will say hurtful things to the other persons children, friends, family, etc.

SILENCE

Others do not express themselves, do not talk, will not com-

municate at all.

SABATOGE

Some will withhold information that is needed in order for the person to move forward, will call co-workers and bosses and say negative and personal things about the individual, tries to tear down the character of the other person to prevent helpers from supporting them, will do anything to prevent the person from advancing their career, business, gain clients, etc.,

SOMETHING TO REMEMBER

A local pastor told of a situation where someone lied on someone else and then asked the person how could they fix it. He said get hundreds of feathers and go to the mountain top and throw them off. Then return to the valley and pick up every single feather. The person said; that is impossible. The man replied: you are so right. You will never be able to remove the negative thoughts from the minds of all those who you have talk to.

Suggestions for Moving Forward

READ

My favorite reading time is reading all the way through the Bible. I have set up a "read through the Bible" group similar to a book club meeting. This group is positive and learn from each others observations as they share at the group meetings.

VOLUNTEER

There are so many non-profit organizations that need help. Call one that is doing something that you enjoy doing and volunteer your time to help others. If you need something to do sign up online at www.groomingleaders.org

DO SOMETHING FOR OTHERS

The most rewarding feeling that I get is when I do something to help others. We are not to look for that same person to help us in times of needs, that is worldly thinking. Frankly speaking it just may not happen that way. One of the reasons why relationships don't work is that each person has so much NEED for themselves that they can not hear the other person's needs.

Are You Wearing a Bathing Suit in Your Relationship?



Most relationships go through stressful times.

What you do and say during these times determine if the relationship will survive. I like this statement that Warren Buffet made: Warren Buffett quips that when the tide goes out, you can see who's not wearing a bathing suit. He is referring to the recession: Recessions separate weak companies from strong ones. Stressful times separates the mature from the immature, the religious personal-

Love will not allow you to assassinate a person's character. Lust causes a person to get even when they can not have their way.

ity from the true changed in heart, and lust relationships from love relationships. As human beings we all make mistakes. We all go through valleys and mountains in our life. I have found that we truly get to know the intentions of those surrounding us when we are in our valleys. In the valley we learn to discern. It is in our valley that we are able to see what people are made of. If people around you who

have an intimate relationship with you get upset with you, and they call all your friends, family, and co-workers to degrade your character, it is safe to assume that you may have a relationship with someone out of lust, who is immature, and who has not had a true change of heart. (Remember that satan is the accuser, not Jesus.) Love covers a multitude of sin. Lust exposes and uncovers a person (physically, spiritually, and emotionally). If you sense that you have an immature heart, then you may want to carry a towel with you into the water. Bad relationships are not a complete loss. We learn wisdom in the process.

Do you know what your natural gifts are? Or have you done whatever someone else has suggested so much that you do not know what you really want in life? Before you jump into the next relationship listen to hear how needy this person is and then put on the brakes!

Questions to Ask Yourself About Your Relationships

- 1) Does the person drink to the point of intoxication?
- 2) Does the person rely on drugs prescription or otherwise more than usual?
- 3) Does the person appear to be depressed, angry, mad in most situations?
- 4) Does the person like to point fingers and blames others in any situations..
- 5) Does the person have too many needs? Does the person ever hear and or understand any of your needs?
- 6) Does the person question everywhere you go and who you were with?
- 7) Does the person try to limit your involvement with other friends, family, co-workers etc.?
- 8) Do you feel the person is cheating on you? Or has the person discontinued an intimate relationship with you?
- 9) Do you enjoy being around this person? Or are you afraid to say certain things in their presence? Are you afraid to not be home?
- 10) Does the person discourage you from trying new things for fear you will succeed and leave them?

Positive Confessions To Speak Over Your Life Daily

- 1) I am forgiven all my sins Eph. 1:7
- 2) I have goals for every part of my life: spiritual, physical, positively affecting the lives of others and social.
- 3) I can forget the past Phil 3:13
- 4) I realize that everyone does not and will not understand my dreams.
- 5) I seek my Heavenly Father for direction in life and I will not be disappointed when people give me advice that does not agree with His direction
- 6) I am an ambassador for Christ II Cor. 5:20
- 7) I am kept by God's power I Peter 1:5
- 8) I am changed because the Lord
- 9) I call upon the Lord's name and I am freed from oppression and I am healed. (Acts 10:38).
- 10) I can let go of people and things that oppress me.



You are 100% responsible for you being happy or sad. You are 100% responsible for your destiny.



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Our newsletter this month continued a look at relationships. If you do not have a clue as to what you want to do with your life, chances are someone or several someones are controlling your life . If you are amazed when someone you do not know give you a complement about your abilities, then you probably are not allowing God to tell you who you are. Are you spending enough time alone to think? If you have benefited from any of the information please give us feedback on our “guest page” or our “forum” page at www.GroomingLeaders.Org

We appreciate you!

“Think Global”

We need volunteers please sign up on our website: www.groomingleaders.org

When is the last time that you volunteered? We need you!

Do you sing?

Do you dance?

Would you like to participate in one of our fundraiser “Talent Contest”?

Calling all Praise and/or Worship Teams! We need you!

You can send a short video to us at the address above.

Or call us at 770-914-6644.

Or sign up on our website:

WWW.GroomingLeaders.Org

Are you a member of a Fraternity or Sorority?

Is your fraternity or sorority willing to sponsor a fundraising event to support young adult leadership programs?

Some of Our

Program Offerings:

International Travel & Multi-nation Culture Awareness

Career Development

Life Skills

Housing Counseling

HIV/AIDS & STD Avoidance

Self-Esteem

International Affair Summit

We need

Corporate Sponsors

for our

International Affair Summit

Sponsor Opportunities:

Corporation Booths displaying their technology

International Food Vendors

Entertainers and Speakers

Giveaways for the Community Attendance

Arts and crafts for small youth

Rental of canopies and chairs