

Cultivating Connection & Revisiting a Rocky Moment



A Grace Group exploring how the Biblical narrative invites us into a restored experience of the love we were designed to know.



He Giveth More Grace

Annie Flint (1862-1932)

He giveth more grace
when the burdens grow greater;
He sendeth more strength
when the labors increase.
To added affliction,
He addeth His mercy;
To multiplied trials,
His multiplied peace.

When we have exhausted
our store of endurance,
When our strength has failed,
ere the day is half done;
When we reach the end
of our hoarded resources,
Our Father's full giving is only begun.

His love has no limit,
His grace has no measure;
His power has no boundary
known unto man.
For our of His infinite
riches in Jesus,
He giveth and giveth
and giveth again!

Six Principles for Cultivating Connection

*

*

*

*

*

*

Connection and Pleasure

Revisiting a Rocky Moment as a Couple

Co-Regulation Exercise:

- 1-Tell me something you think we agree on
- 2-Tell me something you appreciate about me
- 3-Tell me something you want me to know

“Thank you”

Revisiting a Rocky Moment

Responses that Cultivate Healing in the Midst of a Hard Conversation

Is it okay if I hold your hand?

Thank you for sharing this with me

I want to understand your heart.

I want to know you better.

I want to be your best friend.

I want you to feel safe and known with me.

Thank you for trusting me with this

I can see that you felt so lonely/hurt/sad...I'm so sorry.

It makes me so sad that you felt this way.

I want to be able to be in this space with you.

I am so sorry that we missed this before; that our relationship did not feel safe in that moment

You are so courageous in being this honest with me

You deserve to feel loved.

You deserve to feel prioritized.

You deserve to feel supported.

How can I best support you now?

What did you long to hear from me then? Can I say it now?

Can I hug you? Can I hold you?

I love you.

I'm here.

Tell me more.

Help me see.

Help me understand.

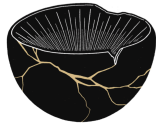
And then, perhaps:

I see some of my own patterns or some of my own pain showing up in how I responded to you then. I want to understand myself better too; and I'd love for you to see and understand some of that as well. Will you let me know when you are ready to talk about this further?

Or:

Right now I am feeling shame or sorrow about how you felt in that moment. I wish I had known then what I am starting to understand now. I wish I had handled it differently then. And I'm working really hard not to respond to the shame I feel by getting defensive, justifying myself, or even pulling away. I want to stay in this with you, and for both of us to heal and grow.

IMPORTANT NOTE: Apology and forgiveness can not be engineered or forced. For the partner who is sharing about your pain, give the response from the other some time and space. Do not expect an immediate awareness from your partner about the deeper dynamics that may have been at work, or even a genuine apology. Allow your partner to simply hear about your hurt and sit in it with you. This is an important first step, and it is okay if continued healing is a process.



We appreciate your participation in this Grace Group.

Grace Groups: Living by God's grace is a paradigm shift for all of us and as a big shift, it involves study, practice, community, and the work of the Holy Spirit within each of us. All Grace Groups will this common thread: learning to live by grace in a wide variety of life. You can find this and more resources on our website: allsoulsseattle.org/resources

All Souls

CLERGY

Rev. R.J. March
Rev. Andy Pelander

COMMUNITY / LOGISTICS

Charlotte Aljets
Emma Groppe

VESTRY

Charlotte Aljets
Peter Barrett
Joe Berg
Suzanne Case
Rachel Faunce
Graeme Hanson
Dan Reeve
Nancy Spiro
Thad Williams

ART / LITURGY / MUSIC

Kara Barrett
Alyssa Reeve
Evan Wilson

KIDS / YOUTH

Jeff Case
Suzanne Case
Carrie Mahoney

OFFICE

All Souls Loft
4138 California Ave SW, 2nd fl

MAILING ADDRESS

PO Box 16613, Seattle 98116

info@allsoulsseattle.org



It is the smallest of all seeds,
but when it has grown it is
larger than all the other garden
plants and becomes a tree, so
that birds of the air come and
make nests in its branches.

Matthew 13:32