

Seven Stages of Relationship Growth in The New Way of the Spirit

Internal
Process

1. **Be Still** – Psalms 46:10 “Be still and know that I am God...”
 - Being Still confronts your predetermined paradigm of Fairness
 - To “Be still” is to ‘be’ present, listening from moment to moment
 - Being Still is the first step in ‘emptying yourself’ to Hear and See
2. **Honor the Relationship** – Romans 15:7 Accept one another, then, just as Christ accepted you, in order to bring praise to God.
 - Your Emotional Reactions Tell on You!
 - Other’s reactions inform you of who they are
 - Commitment to the Relationship is the key to Success
3. **Do Justice** – Matthew 5:37 Simply let your ‘Yes’ be ‘Yes,’ and your ‘No,’ No’; anything beyond this comes from the evil one.
 - Distinguish between What is Yours and What is Another’s and *Return What Is Not Yours!*
 - Another’s reactions come from their assumptions and expectations about what “should” or “shouldn’t” occur
 - Leaving another’s reactions with them leads to Justice

Communication

4. **Ask, Seek, and Knock** – Matthew 7:7 Ask and it will be given to you, seek and you will find; knock and the door will be opened to you.
 - Ask for More Information or Forgiveness of Your Judgment
 - Seek to Understand your partner in View of God’s Mercy
 - Knock on the Door of Connectedness and Peace

External
Process

5. **Receive Freely** – Matthew 10:8b Freely you have received, freely give.
 - Humility makes room for receiving from others
 - Personal Authority enables you to receive
 - Gratitude provides the initiative to give freely
6. **Hold as a Gift** – Romans 14:20 Do not destroy the work of God for the sake of food.
 - Leave room for the Relationship to Grow
 - “Presence” is Becoming in You
 - The Best Gift you Give is You
7. **Give Liberally** – Luke 6:38 Give, and it will be given to you A good measure, pressed down, shaken together and running over, will be poured into your lap.
 - Trust develops when you give liberally
 - Your security is in God to sustain you
 - Giving brings you to the next level of growth ‘Be Still’