



CCN WEEKLY SOLUTIONS SERIES
THE WEEK OF AUGUST 27, 2007



Secrets of the Good Life, #3: Get Real Power

Featuring
Dr. Henry Cloud
Psychologist
Best-selling co-author of Boundaries series,
author of How People Grow

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I. Introduction

When Jesus said, “Blessed are the meek,” he was talking about a powerful way to be

²and he began to teach them, saying:...

⁵“**Blessed are the meek...**”

—Matthew 5:2, 5

II. Power

Areas where power is important

Relationships

Emotional struggles

Career

Options when we can't exercise power

- If you can't beat 'em, join 'em
- Dominating people
- Manipulating people
- Move away

III. What is meekness?

Restrained/purposeful power

You'll never be meek without the efficacy God intended you to have

We hold the power in reserve for the purpose we're trying to accomplish

Responsive, not reactive

Reactive: defensive, getting mad

Reactivity is a pattern learned where you had no power

Defensiveness is signing up for a non-resolution outcome

Loving with the end in mind

Restraining thinks ahead

The emotional brain reacts

*Be angry, but in your
anger do not sin.
—Ephesians 4:26*

The understanding brain can look down the road

IV. How Jesus lived out meekness

It wasn't that Jesus was powerless: he submitted because he had a goal

Question: Do you want love or control in your most significant relationships?

Because we're not practicing meekness, we're forfeiting love and going for control

Question: Do you want to connect, or do you want to be right?

Without meekness, we're left trying to prove we're right

Other ways to be meek:

“Not my will, but thine”

Instead of defending yourself, empathize

Do not return evil for evil, but instead overcome evil with good

Don't play fair: that's an eye for an eye

We need to be redemptive: not giving dysfunction back, but health

Next week on *Solutions*: “Feeling Good”

Resources:

BOOKS:

***How to Have that Difficult Conversation
You’ve Been Avoiding***

By Drs. Henry Cloud and John Townsend
www.zondervan.com

Changes that Heal

By Dr. Henry Cloud
www.cloudtownsend.com

Hiding from Love

By Dr. John Townsend
www.zondervan.com

How People Grow

By Drs. Henry Cloud and John Townsend
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