

## **Week Three: Vision of a Good Helper Part 2**

### **KNOW**

"Knowing the person means knowing the heart. When you say you are getting to know someone better, it's not that you are gaining a more intimate understanding of her kneecap! You mean that you know more about her beliefs and goals, her hopes and dreams, her values and desires. If you know your friend, you will be able to predict what she will think and how she will feel in a given situation" (*Instruments*, p. 111).

### **Why seek to KNOW one another?**

God intends to work growth in our lives through our relationships. He aims at things beyond our personal satisfaction and fulfillment in our relationships. Satisfaction and fulfillment in our relationships are not bad things (they're gifts) but God does intend more for us.

### **The blessing and necessity of KNOW**

1. It is a blessing to be known and to pursue knowing another person because you love them.
2. There is a sense in which our love for others is helped or hindered by how well we know them. We can love others better by knowing them more.
3. "We cannot properly understand people without accurately exegeting Scripture, and we cannot properly apply Scripture without accurately exegeting people" (*Instruments*, p. 186).
  - We cannot properly counsel one another from the Scriptures unless we know one another accurately. Proverbs 18:13 "He who gives an answer before he hears, it is folly and shame to him".
  - Our words desperately need to flow from an understanding of the person we are talking with.

### **What does KNOW look like?**

1. Jesus knew those He walked with and those around Him. "He Himself knew what was in man" (John 2:25).
2. Our counsel needs to be informed by what is in people and by what situations they are in.
  - Ephesians 4:29. We can't speak counsel as we ought without knowing the people we are speaking to and without knowing the need of the moment. There is a sense in which speaking the truth is not loving just because it is spoken, but because it is truth fitting for the occasion in which it is spoken.

### **What do we do to KNOW? We Care. We seek Cure.**

*What are some things you do to KNOW people?*

1. We aim at understanding the heart
2. We ask people to tell their stories
3. We listen to understand people
4. We observe

5. We show interest
6. We ask broad and specific questions
  - Different questions reveal different information
  - Different ways of asking questions come across more or less helpful – WHY? vs. What? Why did you blow up in anger? vs. What were you really after when you got so upset?
7. We interpret. Our questions are informed by our view of people and they search for information we deem critical and the answers need to be understood with a biblical lens. We must interpret the answers. Where does this information fit in understanding this person the way God wants me to understand them?
  - If someone says “I feel like this is so unfair”, are they really talking about a feeling or are they making a statement about what they think and believe?
  - If someone says “I don’t know why it really has to be this way”, isn’t there a possibility that the person doesn’t really want it to be the way it is? Couldn’t this statement really be tipping us off to a desire?
  - What do people mean by the words they use? How do we interpret their words and their tones?

### **Psychology or psychologies?**

There is no one unified Psychology just as there is no one unified Religion (David Powlison). When we talk about psychology we are talking about multiple (and conflicting) views of people, what is wrong that needs to be made right, how to seek to accomplish change, and the goal ultimately aimed at. We need to be wise and alert if we have any interest in studying the psychologies or if we have ears open to the psychologies. Let’s be ruthless to test every voice we hear by the voice of our Father. Let’s help one another do this. Never just take something in because it sort of sounds right.