

Seeing Each Other In Marriage Indian Creek Community Church

"One of the deepest cries of the human heart is to be held in the mind of another."

-Anonymous

What Happens When We Go Unseen?

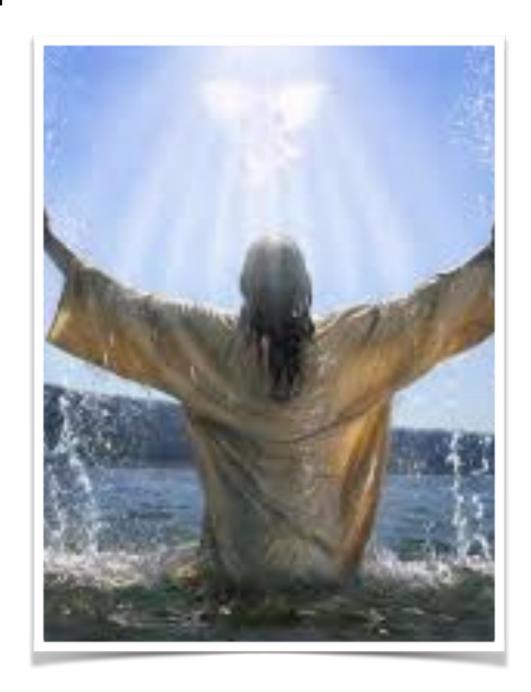


The Reason Why Being Seen is Important



An Example of Being Seen is Found in Christ's Baptism

- Mark I:11
 - Holy Spirit descended on Him.
 - Father "You are my Son, the Beloved; with you I am well pleased".
 - "Beloved" term of endearment, tender, intimate love.
 - "Christ's ministry started in a moment of being seen.



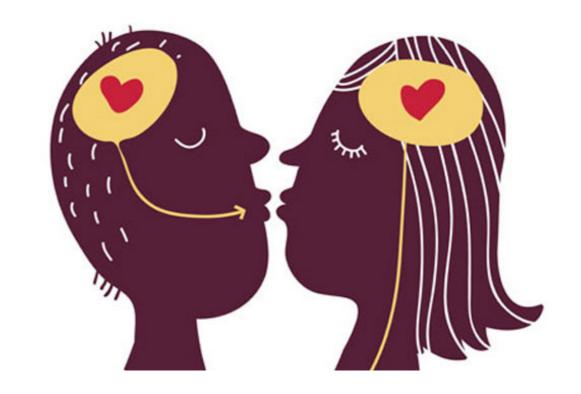


Unseen Moments

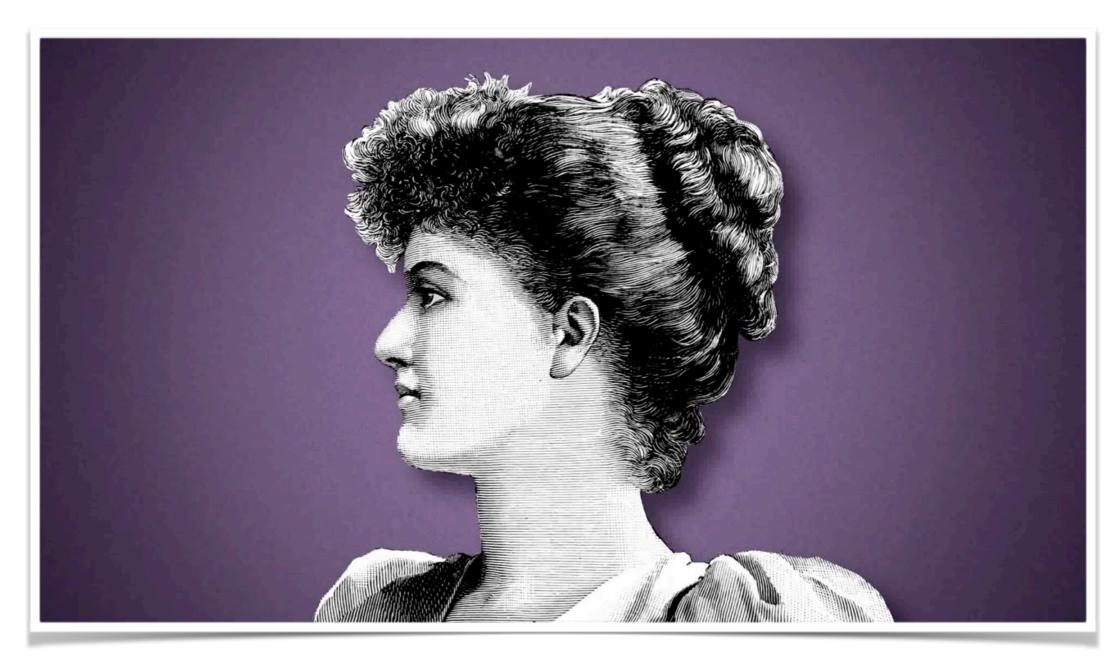
- When we go unseen the relationship starts to experience injuries.
 - "I can't count on you to be there for me when I need you! I am just not on your radar screen."
- The message is....
 - Take care of yourself! Your alone in this.
- This erodes both reliability and heart trust!

Two Primary Ways of Seeing Each Other!

- Cognitive Understanding
 - Partner is able to communicate accurately what they hear.
- Emotional Understanding
 - Partner is able to communicate emotional understanding through empathy.



Feel Felt Empathy



What does it look like?

Staying Seen by offering CARE

- Curious- Asking questions and staying away from quick fixes and judgments.
- Accessible- Ordering my life in a way that I can be reached when needed.
- Responsive- Connecting with something in myself that connects with what your feeling.
- Engaged- Communicate emotional and cognitive understanding.

