

Our 3 Interpersonal Relationships

- With God
- With our neighbor(s)
- With ourselves
 Each one affects the other; Broken-ness & grace spill over.

Intra-personal Communication Isn't it amazing that we can communicate with ourselves? Is it really "communication"? Should we "meditate" or journal to

get to know ourselves?

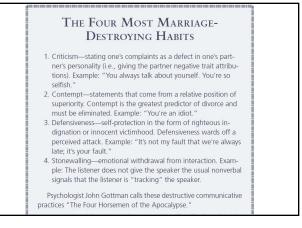
Our Fall into Destructive Communication

- Cocooning
- Criticizing

Imagine Adam and Eve as the "first" (prototypical) passive-aggressive communicators.

The Lord's Supper Preparation

Preparing our hearts for participating in Communion is the prototypical act of self-reflection for selfknowing (1Cor. 11:27–29).



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