

# The Power of a Pause



For Christian Couples

# Positioned for Change





What Makes Us Extraordinary? Is it our talents? Resources? Successes? Kids? Marriage? What others think of us?

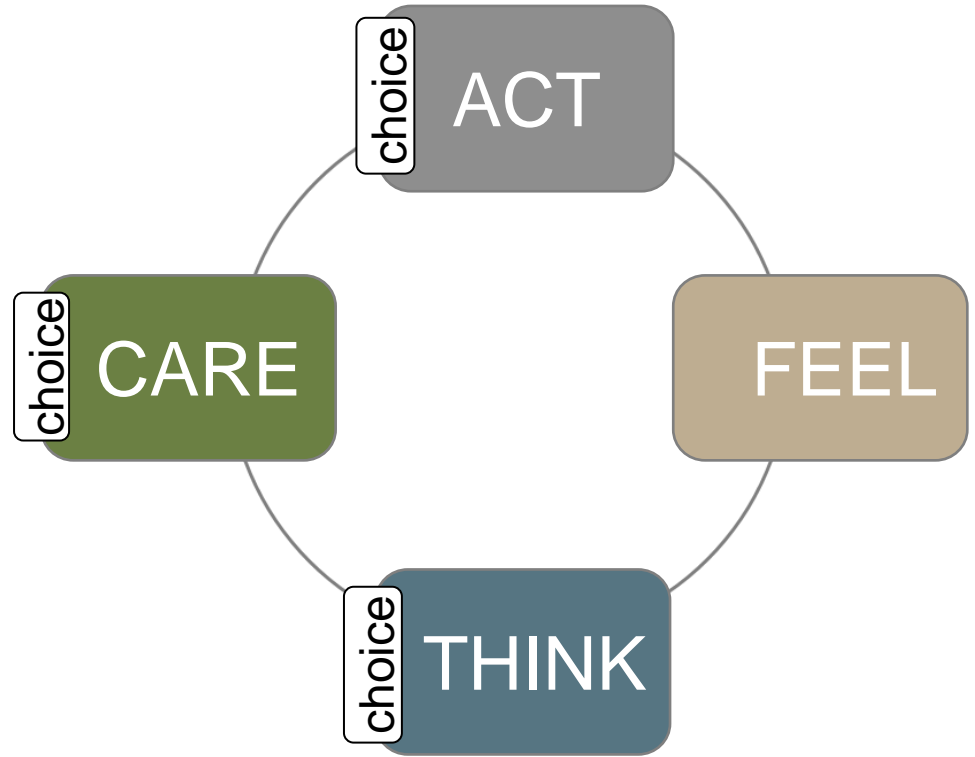
Recall our OUTWARD actions & attitudes reflect our INWARD beliefs & attitudes.



How we THINK CARE ACT & FEEL are always shaping our story.

Something that makes being human extraordinary is our God-Given ability to:

- Pay attention to our feelings
- THINK CARE and ACT with intention.



# It's Complicated

## Our Demographics

Race, gender, age, health, successes, failures, personality, & location...

TWIN LAKES CHURCH FOOD DRIVE  
TOTAL: \$512,725

## Our Organizations

Our jobs, schools, & churches, community orgs ...

# Our Choices

## Our Relationships

Family, friends, & classmate, teammates...

## The World

Corporations, news & social media, celebrities, & govt ...



Demographics



Organizations

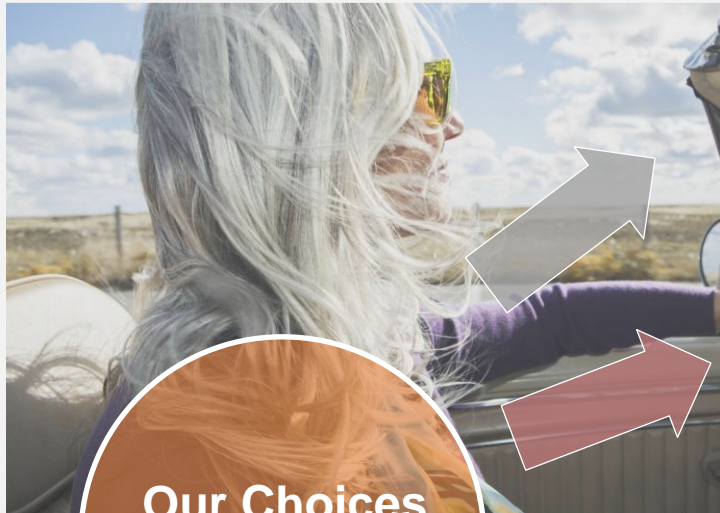
**Our stories  
are part of a  
bigger  
narrative.**



Relationships



The World



Demographics

Relationships

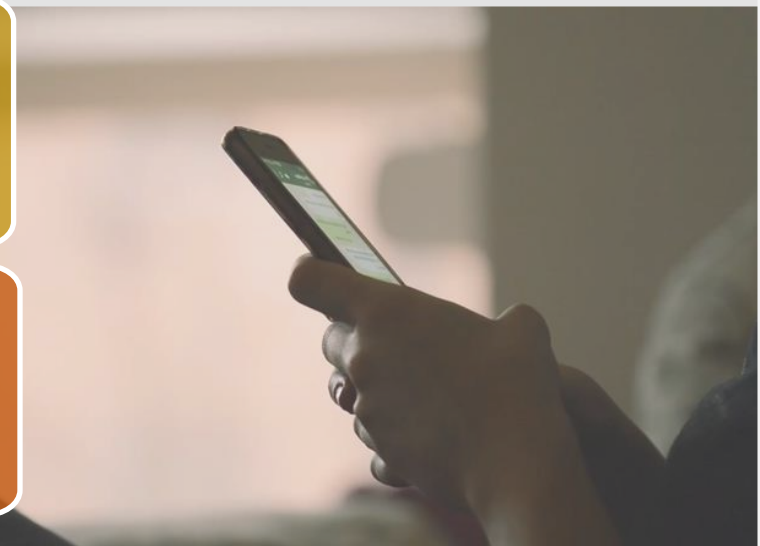


Our Choices  
Impact our ...



Organizations

World





Therefore, we all play an important role in a story bigger than ourselves.

No matter what is going on around us, no matter what we have been through or what others think of us, our life has value and dignity.





Our Circumstances

Explain what  
is around us



Affect  
what other  
people  
think of us



# Create New Opportunities





Equip us to  
make a  
positive  
impact

But they do  
not define us.



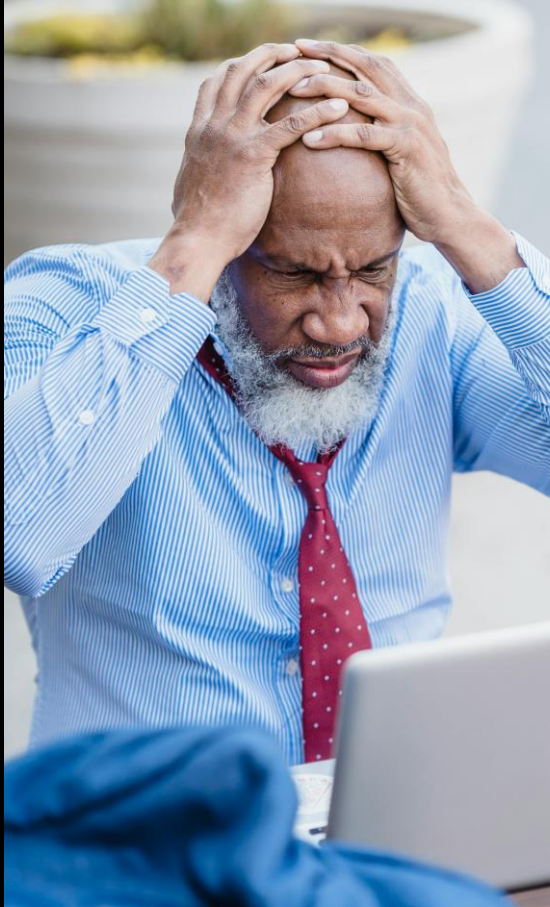
When we make a mistake



It doesn't make US  
a mistake.



When we fail at achieving a goal ...



It doesn't  
make **US**  
a failure.





When we  
are  
rejected

It doesn't  
make us  
**LESS**  
worthy

When we succeed...  
It doesn't make us  
**MORE** worthy



# Our Talents and Resources

Don't give  
us

MORE or  
LESS

dignity





# Our Relationship Status

Does not make us  
better than others.



So, while our  
circumstances  
**DO NOT**  
define us,  
they **DO**  
position us to  
be positive  
contributors.



**Think about it.**

Our Choices  
Matter!

No matter where  
we are and  
what we are  
experiencing...



...our circumstances are constantly creating opportunities and equipping us to help ourself and others.







Every Moment We Have a Choice.



# At our BEST, we think:

Our significance is unconditional.



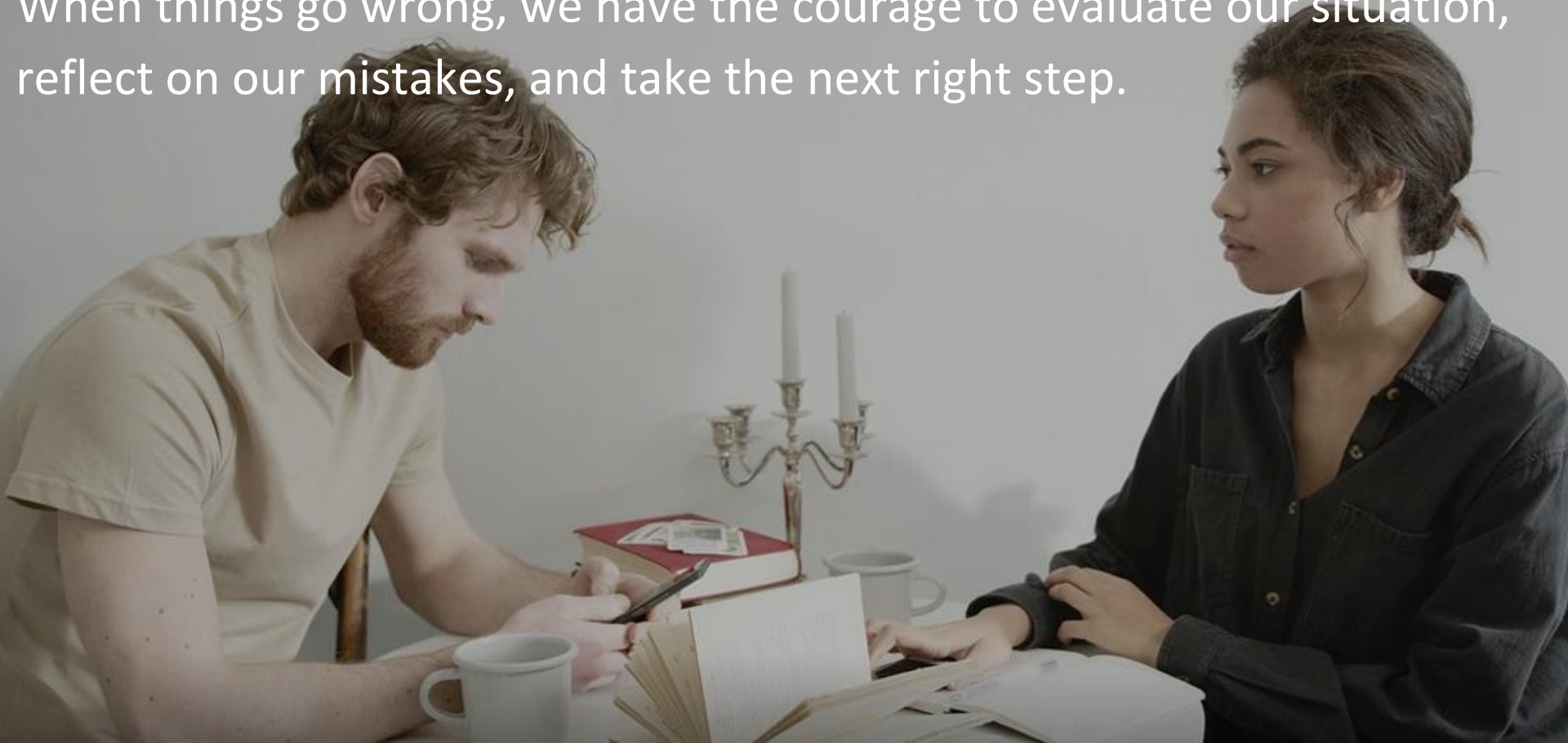
Our circumstances position us.



Therefore, we are uniquely positioned to be a positive contributor.

So, we remain confident we can make a positive difference under any condition.

When things go wrong, we have the courage to evaluate our situation, reflect on our mistakes, and take the next right step.



As a result, we feel hope and gratitude even when things are difficult.

However, sometimes we are tempted to think:



Our Value = What We Have and Do + What Others Think of Us

So, our view of ourselves waivers up and down with our situation.

This makes it hard for us to see our shortcomings and consider what we can to improve our situation.

As a result, we can feel frustrated when things go wrong.



# We have Mixed Narrative



Distracted Cycle

Thriving Cycle



# Suzi's Story

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PRODUCTION \_\_\_\_\_

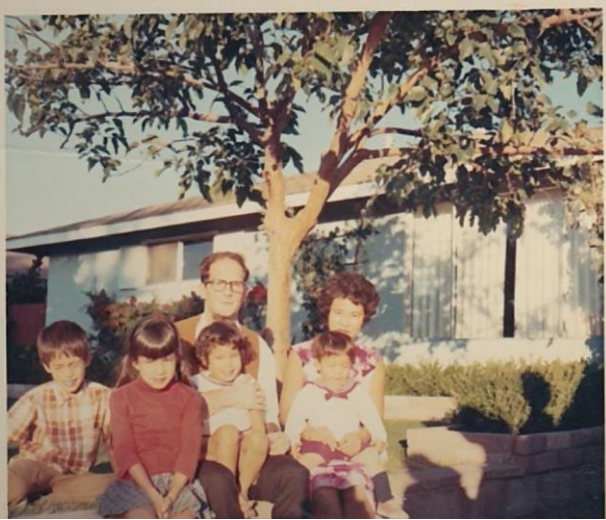
DIRECTOR \_\_\_\_\_

CAMERA \_\_\_\_\_

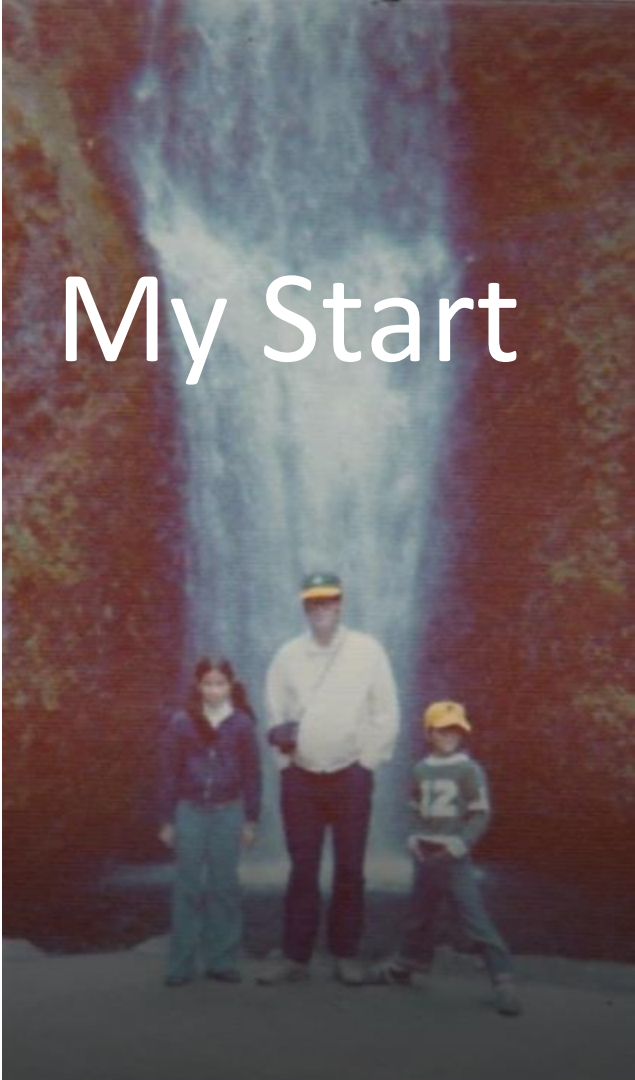
SCENE \_\_\_\_\_

TAKE \_\_\_\_\_

DEC  
68



# My Start







I am a wife, mother, market strategist, engineer, teacher, daughter, friend, founder of a non-profit

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In my free  
time I like  
to be  
outdoors  
in  
beautiful  
places.

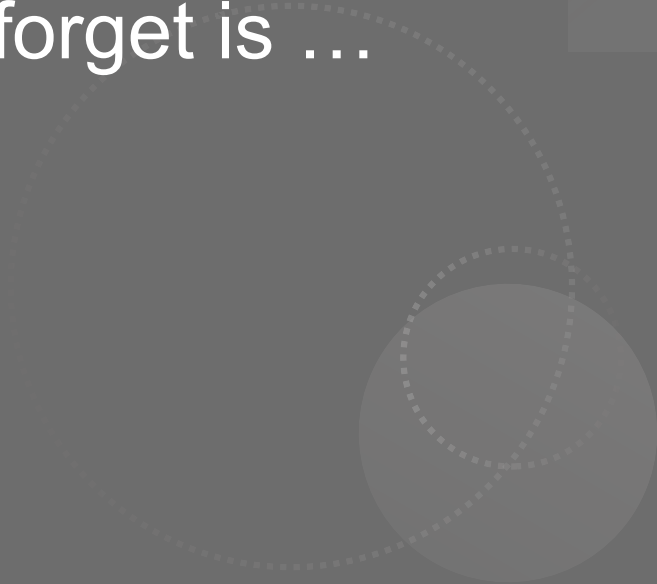




One thing that always makes me smile is being with people I love in beautiful places.



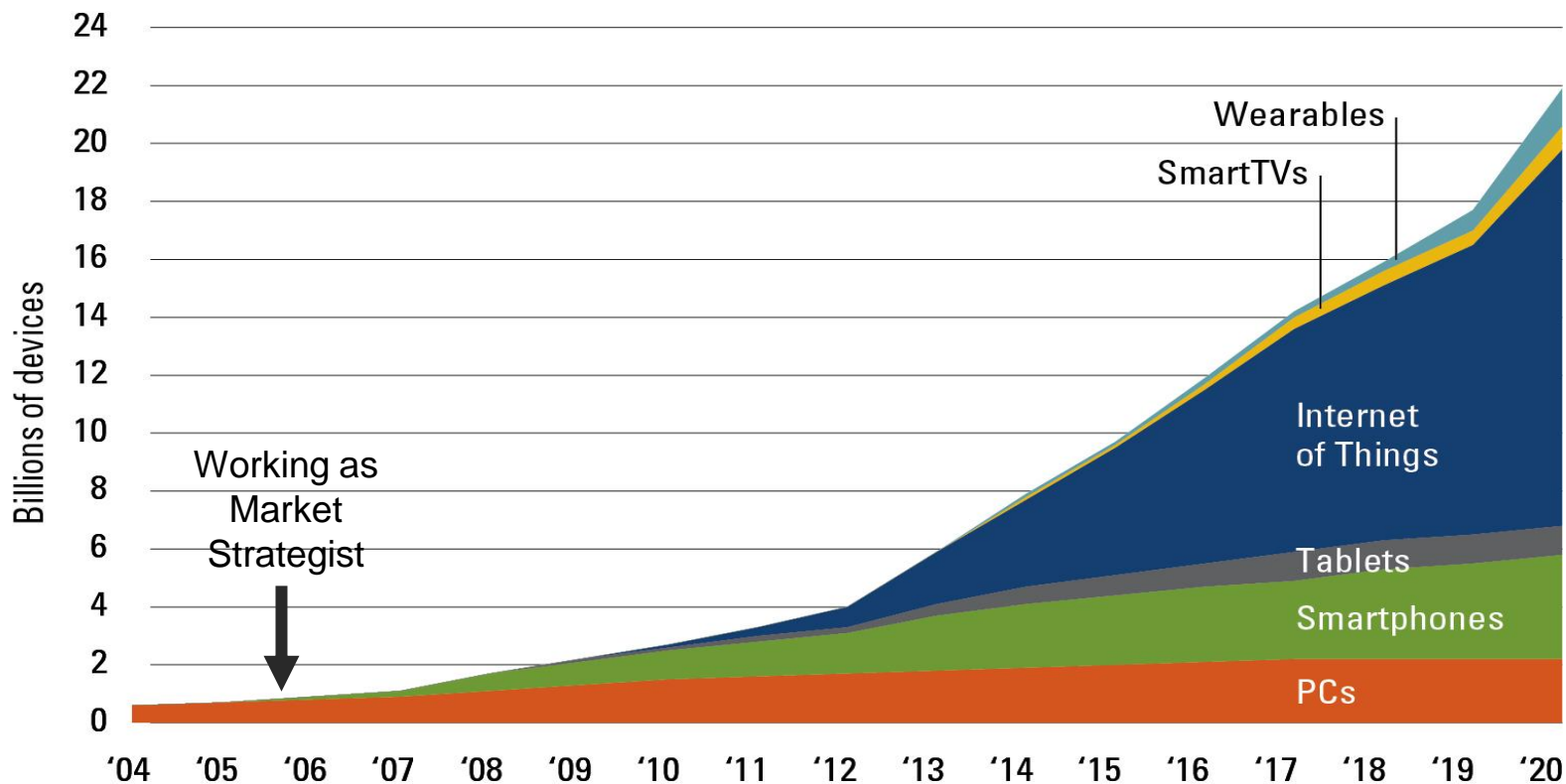
A wonderful  
moment I will  
never forget is ...



A Hard Moment in My Life...



# A Career Changing Moment



Sources: Gartner, IDC, Strategy Analytics, Machina research, company filings, BII estimates

# A Career Changing Moment



Money

Companies

Markets

Tech

Media

Analysis from **FORTUNE**: Plugged In

[+ Column archive](#)

## Seagate CEO: I help people "watch porn"

**You think tech execs are boring? Check out a freewheeling interview with Seagate's Bill Watkins, who might be Silicon Valley's most outspoken CEO.**

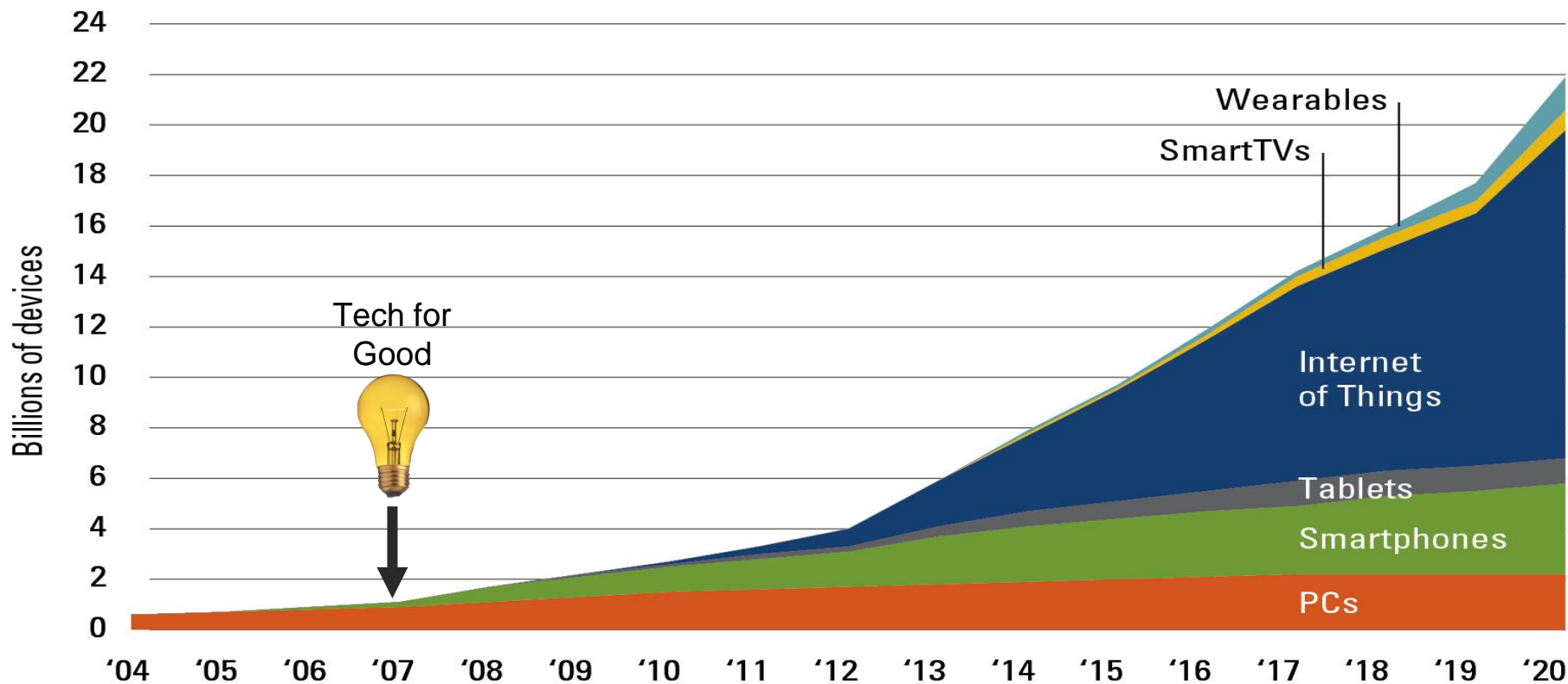
By **Jeffrey M. O'Brien**, Fortune senior editor

November 30 2006: 3:39 PM EST

SAN FRANCISCO (Fortune) -- Sitting at the arm of a tech CEO during a corporate dinner is rarely as interesting as you might imagine. Usually, the CEO stays on message throughout the meal as a PR flak hovers, smiles, nods and prods the conversation along. Just keep the drinks coming, guys.

Not so with Bill Watkins, the mercurial, salty-mouthed Texan who runs the \$15 billion hard-drive king Seagate Technology.

# A Career Changing Moment



Sources: Gartner, IDC, Strategy Analytics, Machina research, company filings, BII estimates



# Moved to Action

## Tech Industry



Tech Industry



Businesses

Families

Social Emotional Learning





ARCTIC OCEAN

Greenland  
(Denmark)

ARCTIC OCEAN

Svalbard  
(Norway)

United States

Canada

United States

Mexico

Iceland

U.K.

Ireland

Norway

Sweden

Finland

Estonia  
Latvia  
Lithuania

Belarus

Ukraine

Portugal

Italy

Spain

France

Germany

Poland

Czechia

Slovakia

Hungary

Croatia

Slovenia

Austria

Switzerland

Liechtenstein

Belgium

Netherlands

Denmark

Sweden

Finland

Estonia

Latvia

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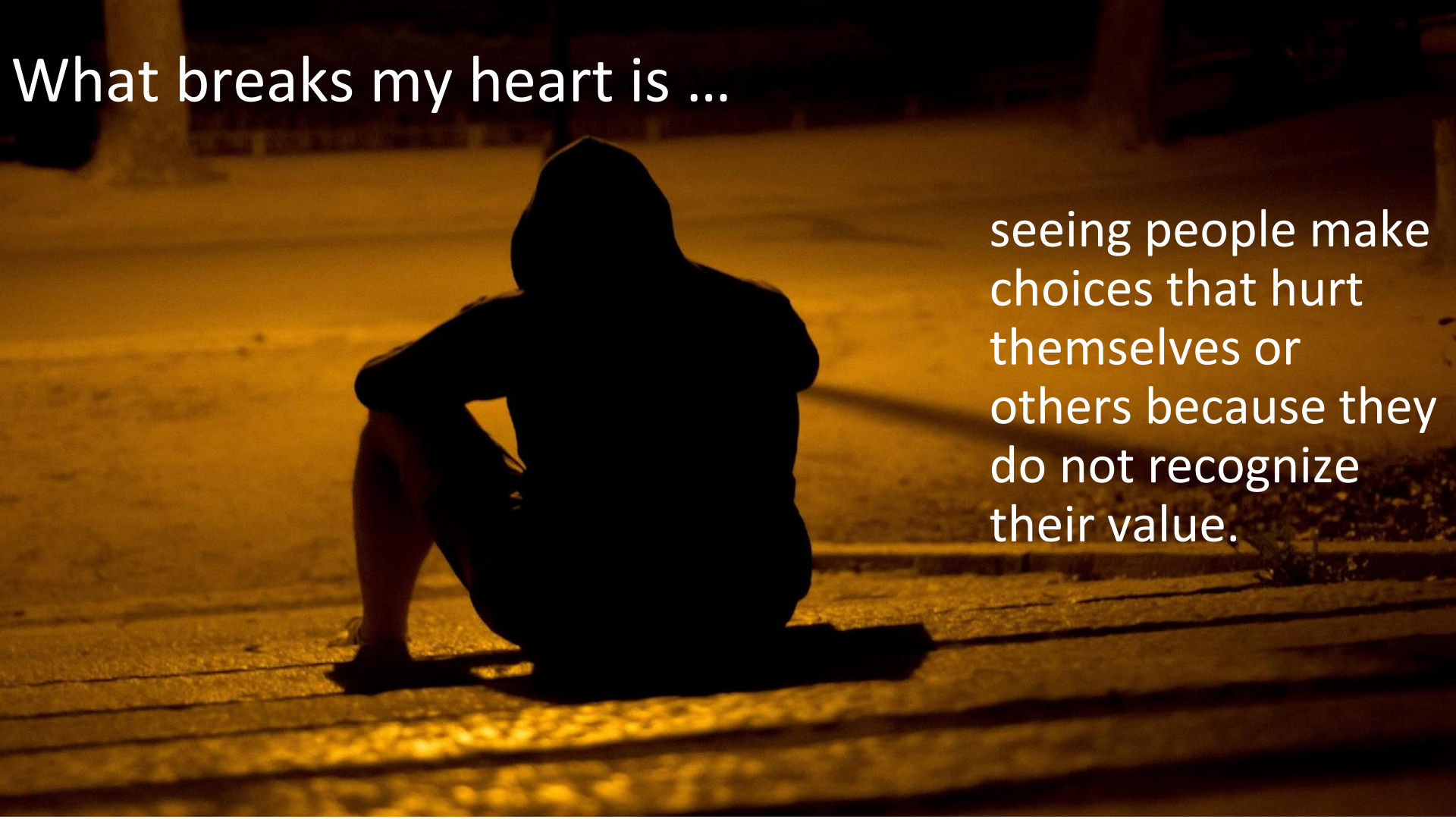
Poland

Czechia

Slovakia

Hungary

What breaks my heart is ...

A silhouette of a person sitting on a sidewalk at night, looking away. The person is wearing a hooded sweatshirt and shorts, sitting with their back to the camera and one arm resting on their knee. The scene is lit with a warm, yellowish light, possibly from a street lamp, creating a somber and reflective atmosphere. The background shows a dark street and some indistinct structures.

seeing people make choices that hurt themselves or others because they do not recognize their value.

Because of  
this I am  
committed to

helping people  
embrace their unique  
stories and use their  
circumstances to  
improve their impact.

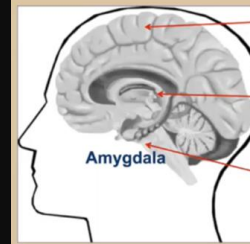


# Growth Experiences in Marriage

- Joining the Retrouvaille Community
- Chuck's Classes



Our Tripartite Brain--



2. Limbic System  
Mammalian

1. Brain Stem  
Reptilian



Chuck Starnes



While these things position me,  
they do not define me.

My story is unique!

# What Makes Me Unique

Directions: Use the prompts to describe your unique story. You can skip around.

Who I Am		My Roles	Relationships
My Background Story:		I am a:	Family
In my free time I like to:	Something that makes me smile is:		Friends:
Education/Experiences:	I spend a lot of time:	My organizations: For example: Work, school, team, groups	Co-workers, leaders, teammates, mentees:
At my best I am ...	Other:		
At my worst, I am:			

Circumstances

My Choices

My unique circumstances create new opportunities.

# Positioned for Change

A moment I will never forget is... Mark a few defining moments above and below the line that helped you grow. Examples: Accomplishing a goal, overcoming a loss, injury, career change.

😊

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Past Present

☹️

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Some things that break my heart... List things that move you to action. For example: injustice, hurting people, climate change, homelessness, bullying.

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Because of this I want to... Write some ideas that capture your personal mission. Your mission describes the impact you want to make/ how you want to make the world a better place. It summarizes what you want your story to be about. Examples: I want to help protect our environment. I want to use my strengths to help those who are hurting.

## CONCLUSIONS

- CONCLUSION 1: I play an important role in a story bigger than myself. No matter what is going on or what others think, my life has unconditional significance.
- CONCLUSION 2: My circumstances DO NOT define me, but they DO position me to be a positive contributor.
- CONCLUSION 3: I can remain confident that my life has value, and I can make a positive difference under any condition.





# CONCLUSIONS

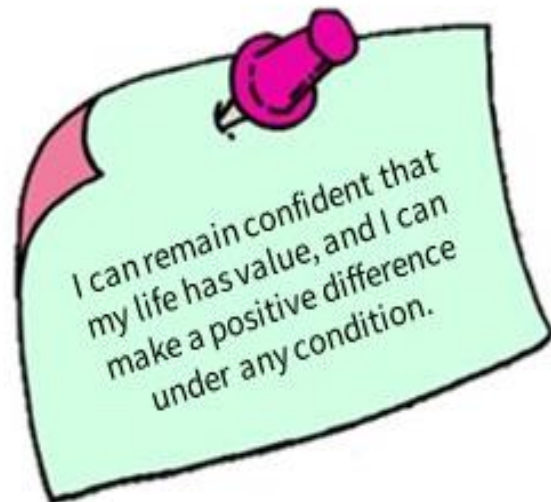
CONCLUSION1



CONCLUSION2



CONCLUSION3



# In God's Story we are more than Significant. We can say with confidence:

- I am loved- 1John 3:1
- I am accepted- Ephesians 1:6 KJV
- I am a child of God- John 1:12
- I am Jesus' friend- John 15:14
- I am a joint heir with Jesus, sharing His inheritance with Him- Romans 8:17
- I am united with God and one spirit with Him-1 Corinth 6:17
- I am a temple of God. His spirit and life live in me- 1 Cor 6:19
- I am a member of Christ's body- 1 Corinthians 12:27
- I am a Saint- Ephesians 1:1
- I am redeemed and forgiven- Colossians 1:14
- I am complete in Jesus Christ- Colossians 2:10
- I am free from condemnation- Romans 8:1
- I am a new creation because I am in Christ-2 Corinthians 5:17
- I am chosen of God, holy and dearly loved- Colossians 3:12
- I am established, anointed, and sealed by God-2 Corinth 1:21
- I do not have a spirit of fear, but of love, power & a sound mind- 2 Tim 1:7
- I am seated in heavenly places with Christ-Ephesians 2:6
- I have direct access to God- Ephesians 2:18





## Talk About It

1. Take a moment to share highlights from the first page of your story.
2. Spend the bulk of your time talking about your defining moments, what breaks your heart and how that impacts your personal mission.
3. Which conclusion stands out to you? When you are discouraged, how can that truth help you move from distraction to thriving?



# At our BEST, we think:

We are beloved by God. Our significance is unconditional.



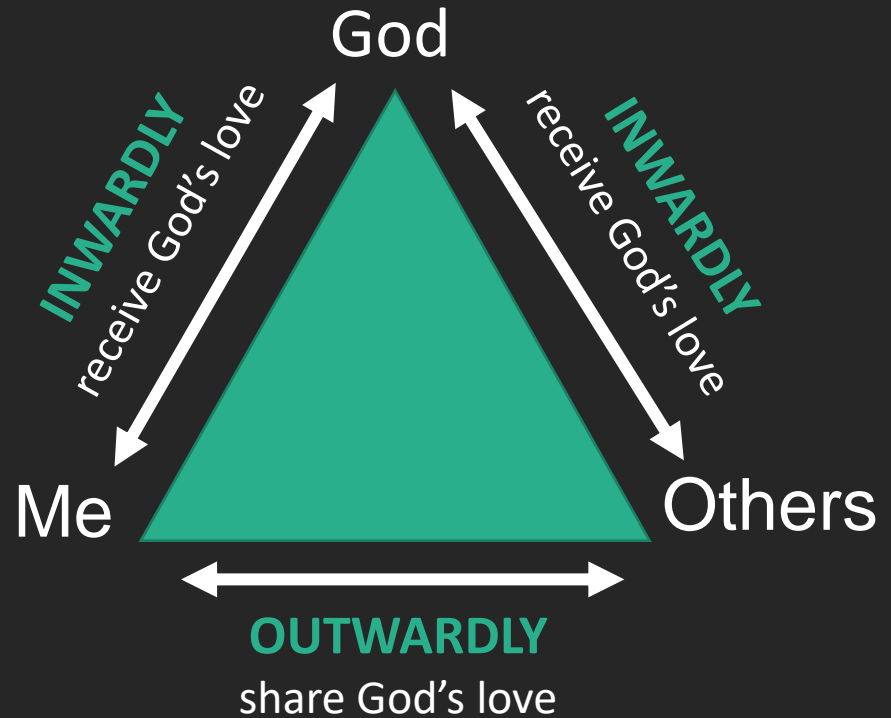
Our circumstances position us.



Therefore, we are uniquely positioned to be a positive contributor.

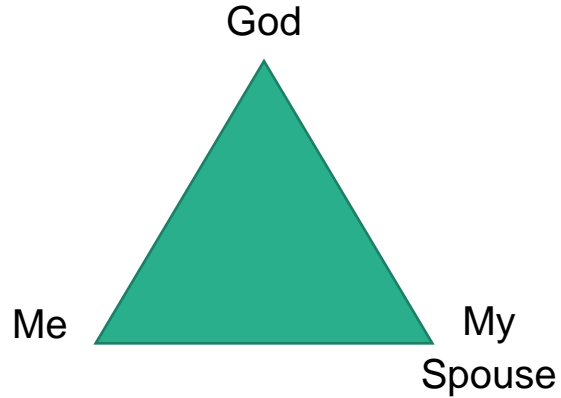
So, we remain confident we can make an ETERNAL difference under any condition.

At our BEST, we both ...



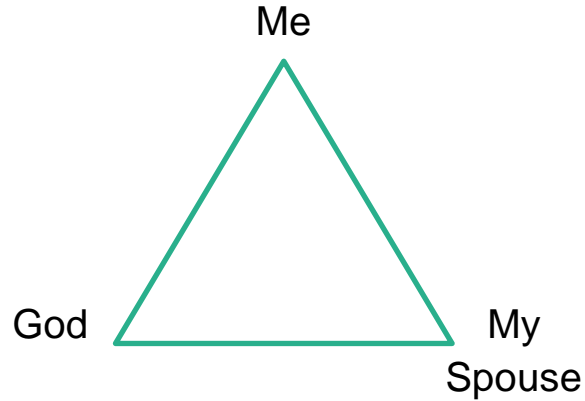
“A new command I give you: Love one another. As I have loved you, so you must love one another. John 13:34

## Trusting



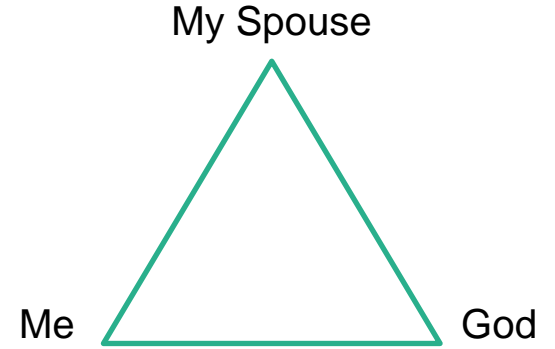
Trusting God's love, we are empowered to share God's love.

## Self-Centered



Elevating ourselves, we want our way.

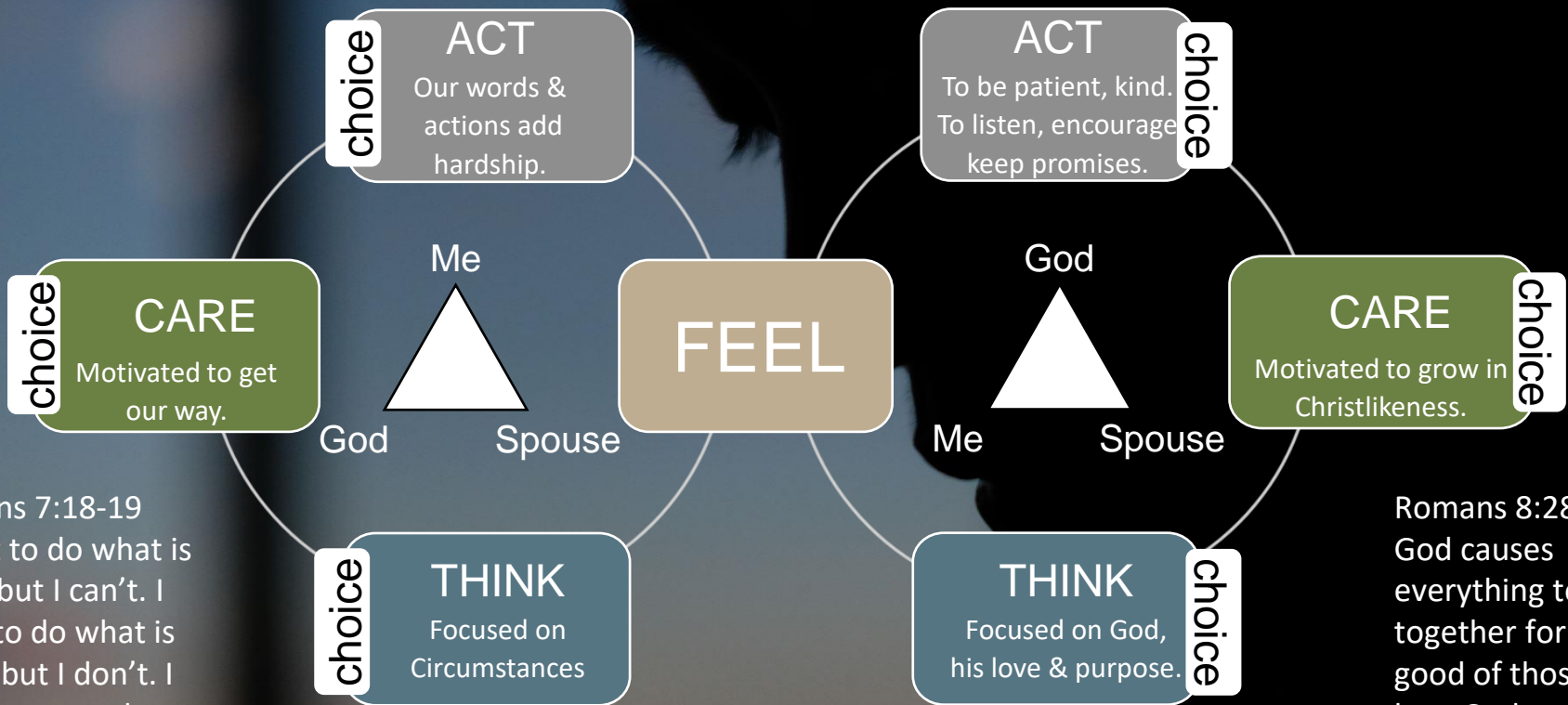
## Co-Dependent



Elevating our spouse, we conform.

# Our Focus Matters

# The Spirit Helps Us in Our Weakness



Romans 7:18-19  
I want to do what is right, but I can't. I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway.

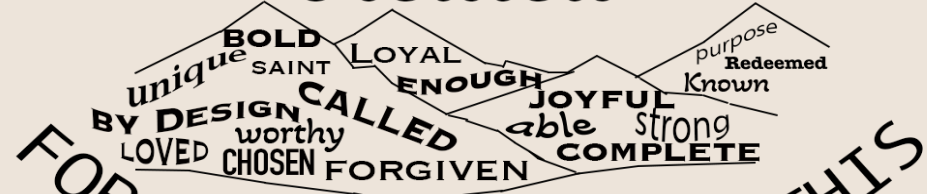
Distracted Cycle

Thriving Cycle

Romans 8:28  
God causes everything to work together for the good of those who love God and are called according to his purpose.

INWARD  
OUTWARD  
TOGETHER

YOU WERE  
*created*



unique BOLD LOYAL purpose  
SAINT ENOUGH Redeemed  
KNOWN  
BY DESIGN CALLED JOYFUL  
LOVED worthy able strong  
CHOSEN FORGIVEN COMPLETE

— ESTHER 4:14 —

FOR SUCH A TIME AS THIS