

s-#5 Criticism Turkey 2009

ROGER

● SLIDE: Do Dogs Go to Heaven
Self: Mind, will and emotions
Self-conscious
Romans 8

● SLIDE: Cats are another matter.

Do you know I got criticized for that comment about cats. People will criticize you for anything. Lady sent me picture of her cat.

Tom M: behind my back

● SLIDE: Prov 19:11 A man's wisdom gives him patience; it is to his glory to overlook an offense.

JULIE

● SLIDE #: "Honest criticism is hard to take, particularly from a relative, a friend, an acquaintance, or a stranger." That is just about everybody!

● SLIDE #: How many of you enjoy being criticized?

No one enjoys it; but Proverbs teaches that good criticism is one of the best things that can happen to us.

● SLIDE #: Proverb 12:1 declares: "Whoever loves discipline loves knowledge, but he who hates correction is stupid."

ROGER

Since criticism is hard to handle, mentally, emotionally and physically, we want to learn how to handle it well—

● SLIDE #: like David handled it when Nathan confronted him over his sin of adultery with Bathsheba and subsequent murder of her husband, Uriah.

● SLIDE #: David broke—wrote two psalms 32 and 53. Nathan was right and David surrendered.

JULIE

● SLIDE #: But, what if our critics are wrong?

Once, while he was preaching, John Wesley noticed a lady in the audience who was known for her critical attitude. All through the service she sat and stared at his new tie.

When the meeting ended, she came up to him and said very sharply, "Mr. Wesley, the strings on your bow tie are much too long. It's an offense to me!"

He asked if any of the ladies present happened to have a pair of scissors. When the scissors were

handed to him, he gave them to the critic and asked her to trim the streamers to her liking. After she clipped them off near the collar, he said, "Are you sure they're all right now?" "Yes, that's much better."

"Then let me have those shears for a moment," said Wesley. "I'm sure you wouldn't mind if I gave you a bit of correction. I don't want to be cruel, but I must tell you, madam, that your tongue is an offense to me – it's too long! Please stick it out; I'd like to take some off!"

•SLIDE #: THE WRONG WAY TO HANDLE CRITICISM.

•SLIDE #: Ignore it:

•SLIDE #: Prov 29:1: A man who remains stiff-necked after many rebukes will suddenly be destroyed — without remedy.

•SLIDE #: Get angry.

☉ SLIDE: Proverb 29:11: *A fool gives full vent to his anger, but a wise man keeps himself under control.*

☉ SLIDE: Wedding dress for sale, never worn: "Will trade for .38 caliber pistol."

ROGER

☉ SLIDE: WHERE DOES ANGER ORIGINATE IN THE BRAIN?

☉ SLIDE: Fish Brain: lower brain—breathing, eating, react to pain (don't feel it); no cerebrum; no thinking; all instincts

☉ SLIDE: Reptilian Brain: lower brain, tiny cerebrum; little decision making; basically all instinct.

☉ SLIDE: Mammalian brain: lower brain for instincts and basic life support and larger cerebrum.

☉ SLIDE: Human brain: still has lower brain (instincts; emotions; eat, drink; sleep, reproductive drives); well-developed cerebrum (thinking and reasoning and self awareness.

☉ SLIDE: The entire brain: The Amygdala, an unconscious part of lower brain is intricately involved in the generation of human emotion (not feelings—complicated—possible to go into the emotion of anger and rage without feeling it.

It is instrumental in the *Fear/Appeasement—Flight—Fight* survival response.

☉ DRAW OVERHEAD: Fear/Appeasement—flight—fight
Today's boardroom

Close proximity of the three areas in the amygdala

Stimulate part of the amygdala and get rage response.

1 of 3 murderers have no recollection of the murder. Blank out. Wake up holding knife over a dead body.

Do have some control. Cerebrum thinks and can over ride anger and rage.

Neurons go from cerebrum to hypothalamus to amygdala. Have to grow into place. Begin to grow in place by age end of age 2.

Terrible Twos. No neurons. Mom and dad can encourage the growth and strength of the neurons. More child is patterned to control rage and anger, stronger and more numerous are the neurons. Better able to control anger in adult.
Child left to himself and not corrected and patterned in early life will struggle more with anger as an adult. Fewer and weaker neurons.

JULIE

● **SLIDE:** Mary Gordon, a Christian woman describes in “Fascination Begins in the Mouth”, a personal experience with rage that I want us to hear.

It was a hot August afternoon. I was having 10 people over for dinner that evening. I was chopping, stirring, bending over a low flame, on that hot afternoon. No one was giving me a bit of help and I was getting angry.

My mother and my children put on their swim suits and got in the car and refused to move until I took them swimming. They leaned on the horn and shouted my name out the window, well within hearing of the neighbors, reminding me of my promise to take them to the pond.

And *I lost it*. I jumped on the hood of the car. I pounded on the windshield. I told my mother and my children that I was never, ever going to take any of them anywhere again. I told them they were never going to have a friend over to play ever again. I couldn't stop pounding on the windshield.

Then the frightening thing happened. I became a huge bird. A vulture. My legs became hard stalks; my eyes were sharp and vicious. I developed a murderous beak. Greasy black feathers took the place of arms. I flapped and flapped. Each time my beak landed near my victims (it seemed to be my fists on the windshield, but it was really my beak on their necks) I went back for more. The taste of blood entranced me. I wanted to peck and peck forever. I wanted to carry them all off in my bloody beak and drop them on a rock where I would feed on their battered corpses till my bird stomach swelled.

I don't mean this figuratively: I became that bird. I had to be forced to get off the car and stop pounding the windshield. Even then I didn't come back to myself. When I did, I was appalled. I realized I had genuinely frightened my children. My son said to me, “I was scared because I didn't know who you were.”

“I understand that this is not sin of a serious nature. I know this to be true because it has its comic aspects and deadly sin is characterized by the absence of humor, which always brings life. But because of that experience and others I won't tell you about, I understand the deadly sin of anger.”

She misdiagnosed what happened.

● **SLIDE: OVERHEAD:** She reinforced the loop—and escalated her own anger.

● **SLIDE:** Prov 30:33: For as churning the milk produces butter,
and as twisting the nose produces blood,
so stirring up anger produces strife.”

Get angry, clench fists, shout words...your body and cerebrum are screaming at the amygdala to escalate the problem.

ROGER

● **SLIDE: OVERHEAD: DRAW**

We Tend To Be Angry And Sin In Either One Of Two Directions—One is easy to recognize, the other is often insidious.

1. The ventilation of anger. We blow up! Criticize! Easy to see.
2. The internalization of anger. We clam up! Harder to recognize the symptoms.

In Greek there are two words for anger:

"Thumos" describes the flame which comes from dried straw. It is the anger which quickly blazes up and which just as quickly dies down.

"Orge" is the long-lived anger; it is the anger of the man who nurses his wrath to keep it warm; it is the anger over which a person broods, and which he will not allow to die.

Research now reveals that ventilation serves only to encourage more frequent use of aggressive behavior in the future.

One study showed that children who were originally low in aggressive behavior and who were given free play experiences in playing with aggressive toys became significantly more aggressive in their behavior after playing with those toys.

Playing with violent video games does not drain away anger. Rather, it opens up new ways for expressing anger and for translating anger into hostility.

JULIE

● SLIDE: Neither blowing up nor clamming up is a proper way to handle anger.
HURTS ARE HEALED BY MOURNING AND COMFORTING

● SLIDE: WHAT DO YOU DO IF YOU FIND YOURSELF LOSING CONTROL?

● SLIDE: Prov 16:32: Better a patient man than a warrior, a man who controls his temper than one who takes a city.

● SLIDE: 1. Deescalate the emotions of the moment. Choose to calm yourself down.

● SLIDE: Thomas Jefferson: "Count to ten. If that doesn't work, count to one hundred."

ROGER

● SLIDE: Mark Twain: "Count to ten. If you don't feel better by the time you get to four, swear."

EXERCISE #1: What is your typical response when you are criticized?

1. Do you listen carefully and respond accordingly?
2. Do you find it difficult to listen without defending yourself?
3. Are you more likely to hold your anger inside or let it explode?
4. Share with the people at your table.

JULIE

● SLIDE #: THE RIGHT ATTITUDE WHEN CRITICIZED.
(then the right response)

•SLIDE #: NO ONE KNOWS EVERYTHING; SO, DEVELOP A YEARNING HEART TO LEARN.

•SLIDE #: Prov 2:1-5: My son, if you accept my words
and store up my commands within you, ...

3 and if you call out for insight

and cry aloud for understanding, ...

●SLIDE: then you will understand ...

and find the knowledge of God.

ROGER

I am afraid some of us have become like the group of folks in a little tribe who lived long ago and far away in a valley.

In that valley the grass was green; the river was clear; the game was plentiful; and they grew and they prospered and they multiplied until that valley was no longer abundant enough for them.

There was a group of men in that tribe that rose up to say, "We've heard on the other side of the mountain where people have never been before, there's a broader valley, greener grass, deeper stream, more abundant game. We want to see." So they went over and saw, and they came back and said, "It's so. It's like they told us."

You know what? There was a council in that village, called the Council of the Men Who Know. That Council said, "There just can't be anywhere like that. We know there's not."

So those who knew stayed there until nearly everyone had died, but those pioneers and their families struggled over the mountain, and within another generation the same thing had happened.

The pioneers had grown and prospered and multiplied so that game was not plentiful enough; that water was not deep enough; that grass was not abundant enough. So another group of heroes rose up and said, "We've heard that beyond the next mountain where men have never gone before there is an even yet wider valley and more abundant water.

But you know what happened in the interim? Those original pioneers had become the Council of the Men Who Know.

When I look at life, I want to ask the Father never let me join the Council of the Men Who Know that there's not something on the other side of the mountain.

JULIE

•SLIDE #: WELCOME REBUKE, EVEN IF IT STINGS.

Story of Julie going too fast: Earth to mom!

ROGER

Story of Preparing for leadership meeting; Mike: That approach makes me think you have abandoned all leadership what so ever. Contradicted yourself. Do that in a business setting, you'd be fired."

He was right.

•SLIDE #: Prov 17:10: A rebuke impresses a man of discernment more than a hundred lashes a fool.

JULIE

- SLIDE #: PEOPLE HAVE DIFFERENT PRIORITIES AND EXPECTATIONS; SO EVALUATE CRITICISM IN LIGHT OF YOUR PURPOSES AND CALLING IN LIFE.

Mrs. Calkins and cookies: “We don’t want our pastor’s children to get fat.”

Evelyn Johnson and story of Julie choosing youth choir over senior adult choir.

ROGER

Story of Sunday morning accosting by Senior Adult and “Fulfill all Righteousness”
What they didn’t understand that Julie’s calling was to be a conductor and minister to people with instrumental music.

- SLIDE #: Prov 1:1-5: The proverbs of Solomon son of David, king of Israel:
2 for attaining wisdom and discipline;
● SLIDE: 4 for giving prudence to the simple, ...
knowledge and discretion to the young —
5 let the wise listen and add to their learning,
and let the discerning get guidance...

JULIE

- SLIDE #: CONSIDER THE SOURCE. SOME PEOPLE CAN’T BE SATISFIED; SOME CRITICISMS AREN’T WORTH ENGAGING; SOME PEOPLE AREN’T WORTH LISTENING TO.

Mother-in-law pleased with the service. I am so glad. No, you don’t understand, you have pleased the unpleasable.

- SLIDE #: A woman left her house and went down to the plaza to do her errands. To her disgust, she found every shop malodorous. “Phew,” she said to the clerk in the grocery store, “it stinks in here.” Going next door to the dry cleaners, she frowned at the odor. She stepped into the bank to make a deposit, and found a sewer-like smell, which she complained about while she cashed a small check.

Returning home, she discovered she had doggy poo on her shoe.

- SLIDE #: Proverb 26:7: Like a lame man’s legs that hang limp is a proverb in the mouth of a fool.

ROGER

- SLIDE #: A farmer came into town and asked the owner if a restaurant if he would like to buy some frog legs. “How many you got?” the owner of the restaurant asked. The farmer answered, “At least one thousand. There is a pond near my house that is full of frogs. They croak night and day and are about to drive me crazy.” The two men settled on a price, and agreed that the farmer would deliver the first one hundred frogs the following week. Seven days later the farmer returned, looking rather sheepish, with two scrawny frogs. He told the owner of the restaurant, “I was mistaken. There were only these two frogs in that whole pond. But they sure were making a lot of noise.”

JULIE

**EXERCISE #2: What is the best feedback you ever received? What was your relationship with them?
What are some ways that you could become more teachable and humble?**

•**SLIDE #: THE RIGHT RESPONSE TO CRITICISM**

•**SLIDE #: 1. STOP AND LOOK AT THE PERSON. CRITICISM IS SERIOUS BUSINESS.**

•**SLIDE:** Melanie Guthrie and looking into dog's eyes. Leader turns away first.
You are not the one in charge in this circumstance.
So, don't turn your eyes away.

•**SLIDE #: Prov 13:14: The teaching of the wise is a fountain of life, turning a man from the snares of death.**

ROGER

•**SLIDE #: 2. LISTEN TO WHAT THEY HAVE TO SAY. DON'T ANSWER TOO QUICKLY.**

•**SLIDE #: Prov 18:13: He who answers before listening — that is his folly and his shame.**

Don't be planning your response before you have heard what they have to say.

A U.S. cavalry commander was conferencing with an important Indian chief. Working through a translator, he asked the chief a number of questions and was surprised to get no reply. After the meeting, the commander asked the translator why he had gotten no response. The translator replied, "That's what we call Indian time. He has enough respect for your questions to go away and think about them before answering them."
Maybe we all need to practice more Indian time.

JULIE

•**SLIDE #: 3. NOT EVERYONE SEES FROM THE SAME PERSPECTIVE. ACCEPT THEIR PERCEPTION AS REAL AND VALID.**

A mother once described how her three children would respond to a spider web in the garden. The first child would examine the web and wonder how the spider wove it. The second would worry a great deal about where the spider was. And the third would exclaim, "Oh, look! A trampoline!"
There was only one spider web in the garden, only one reality. But how differently it can be perceived and understood.

•**SLIDE #: Prov 12:15: The way of a fool seems right to him, but a wise man listens to advice.**

•**SLIDE #: 4. RESIST THE TEMPTATION TO DEFEND. DON'T ACCUSE OR USE LABELS.**

ROGER

Relocation Priority

Tom Machamer pointing at my chest: "You are destroying this church. You are leading it right over the precipice to destruction."

This was not the time to get angry or defend.

JULIE

•**SLIDE #:** Prov 23:9: Do not speak to a fool, for he will scorn the wisdom of your words.

•**SLIDE #:** 5. DON'T ACT LIKE A FOOL BY CHANGING THE SUBJECT OR JOKING.

ROGER

Danny Hansen criticizing me: "How many people have you led to Jesus this week?"

This is called deflecting.

JULIE

•**SLIDE #:** Prov 10:8: The wise in heart accept commands, but a chattering fool comes to ruin.

•**SLIDE #:** 6. SEEK TO UNDERSTAND WHAT THEY REALLY MEANT—AND SAID. RESTATE THEIR FEELINGS IN YOUR OWN WORDS TO ENSURE THAT YOU BOTH ARE TALKING ABOUT THE SAME THING.

ROGER and volunteer

(1) Tell me, "I don't like your shirt." Respond: "You don't like my shirt."

Let's give _____ a hand.

That's called "fogging." (1) Basically, you just keep putting the issue back on the other person. "You don't like my shirt."

(2) "The feedback transaction" You give a little more feedback than just repeating what the person said. "You seem upset because of my shirt."

(3) "You feel really strongly about that." And when he kept going on, I just repeated myself. He dropped it.

(4) "Hard for you" will work in almost all situations.

(5) Go one-down - "Yes, others have told me that." Simply agree.

JULIE

•**SLIDE #:** Prov 16:21: The wise in heart are called discerning, and pleasant words promote instruction.

•**SLIDE #:** 7. LET YOUR WISDOM SHOW. RESPOND APPROPRIATELY.

- SLIDE #: Prov 13:18: He who ignores discipline comes to poverty and shame, but whoever heeds correction is honored.
- SLIDE #: 7a. Humility and gratitude
- SLIDE #: 7b. Apology if appropriate
- SLIDE #: 7c. Evaluation: If the criticism is true, make changes accordingly..

ROGER

If the criticism is not true, ignore it

Story of lady hearing from God: “Not spent enough time with you wife, You will be divorced” (Julie disguising your voice? No).

Truth: not spent enough time with Julie.

Al Johnson: “Was there any message of hope and repentance?” No. “Then, it was not from God.”

JULIE

EXERCISE #3: Have you ever made a foolish choice? Have you ever disregarded wise counsel? What was the advice? What were the results of your decision? Who in your life do you approach to seek counsel? Are your mentors mature, spiritual people? What steps could you take to develop “truth-tellers” in your life?

ROGER

- SLIDE #: A WORD TO CRITICS
- SLIDE #: Be Careful What You Say And How You Say It. Words Are Powerful Things.

Charles Swindoll wrote about a woman who committed suicide. She left an unfinished note that simply read,

- SLIDE #: “They said...” She never completed her final thought, but whatever “they said” was painful enough for her to extinguish her own life.

JULIE

- SLIDE #: Timing is sometimes more important than truth.

The right thing at the wrong time is as devastating as the wrong thing at the right time. We want to say the right thing at the right time.

Gossiping woman confronted by Pastor. Gave her feathers and told her to through them up in to the breeze. Feathers fled downwind.

“Now, go gather them up.”

“That’s impossible!”

“You can’t gather your words back either.”

- SLIDE #: You may not know as much about what is going on as you think.

ROGER

- SLIDE: A grocery store checkout clerk once wrote to advise columnist Ann Landers to complain that she had seen people buy “luxury” food items – like birthday cakes and bags of shrimp – with their food stamps. The writer went on to say that she thought all those people on welfare who treated themselves to such non-necessities were “lazy and wasteful”.

A few weeks later Landers’ column was devoted entirely to people who had responded to the grocery clerk. One woman wrote:

I didn’t buy a cake, but I did buy a big bag of shrimp with food stamps. My husband had been working at a plant for fifteen years when it shut down. The shrimp casserole I made was for our wedding-anniversary dinner and lasted three days. Perhaps the grocery store clerk who criticized that would have a different view of life after walking in my shoes.

Another woman wrote: I’m the woman who bought the \$17 cake and paid for it with food stamps. I thought the checkout woman in the store would burn a hole through me with her eyes.

What she didn’t know is the cake was for me little girl’s birthday. It will be her last. She has bone cancer and will probably be gone within six to eight months.

You never know what other people are dealing with.

JULIE

- SLIDE #: “Great is the man who can accept criticism. Greater yet is he who welcomes it. But greatest of all is he who knows how to administer it in a spirit of love and sensitivity without causing pain or chagrin.” (Rabbi Norman Lamm)