



Life Group Preparation Notes:

Emotionally Healthy Relationships

Session 6 - Climb the Ladder of Integrity

In preparation for Life Group:

Watch Vimeo: Session 6. Watch the session at home in preparation for life group.

<https://vimeo.com/332670279> (Password for the vimeo link is: EdgeChurch). Make notes as you watch. Share one phrase that impacted you most from the video.

Notes from the video - refer to them when watching the video

The Ladder of Integrity.

- Helps you get honest and clear about what is going on inside of you.
- Helps you uncover and clarify your values so that you can assert yourself with the other person (if that's appropriate).
- Is important because Scripture tells us each of us is created in God's image with distinct preferences, hopes, dreams, and values. Climbing the Ladder of Integrity may sometimes involve moral issues of right and wrong. Other times it may involve grey areas or personal preferences.

Important Reminder: This is not a conflict resolution tool!

- It is for getting clear within yourself so you can identify your values and then, if appropriate, respectfully share them.
- Note the progression in the ladder. From:
 - Thoughts and feelings, to
 - Values, to
 - Hopes

Climbing the Ladder of Integrity. Be sure to stick to one issue.

12. I hope and look forward to...	What I hope for (11-12)
11. I think my honest sharing will benefit our relationship by...	
10. The most important thing I want you to know is...	What I value (7-10)
9. One thing I could do to improve the situation is..	
8. I am willing/not willing to...	
7. This issue is important to me because I value...and I violate that value when...	
6. What my reaction tells me about me is..	What is going on inside me (1-6)
5. My feelings about this are...	
4. My need in this issue is..	
3. My part in this is..	
2. I'm anxious in talking about this because...	
1. Right now the issue on my mind is..	

Group Time:

Worship: Suggested song is “So will I” By Hillsong Worship. Listen to the words of the song and pray back to God a phrase that stands out to you.

Pray: Take 2 minutes of silence to “be still and know that I am God.” Psalm 46:10. Then pray prayers of thanks for His presence.

Check-in: Share one specific fear you carry that keeps you from having a difficult conversation with a friend, boss, co-worker, or family member.

Purpose: To grow in our level of integrity.

Introduction: “God has shaped and crafted us internally - each with our own personality, thoughts, dreams, temperament, feelings, talents, gifts, and desires. He has planted “true seeds of self” inside of us, inviting us to listen to him and live faithfully to our true selves in Christ. Secure in his Father’s love, Jesus lived with integrity. Despite enormous pressure to live according to the expectations and plans of others, he remained faithful to the Father’s will for his life.

We violate our integrity when we do not live what we believe, think, or feel, or when we ignore values, we hold dear. Often who we are “on stage” (i.e. in front of others) slowly becomes different from who we are “off stage” (i.e. when we are alone).

Something dies inside of us when we fail to speak up about our values and preferences. God invites us to ground our identity in an ongoing experience of the love of God in Christ and respectfully assert ourselves.”

Bible Study: Galatians 2:11-14

Group Discussion:

1. Why, according to Paul, did Peter separate himself from the Gentiles?
2. Imagine what could have gone wrong. What did Paul risk in speaking to Peter?
3. In what area(s) of your life might you be like Peter, desiring the approval of others and acting in a way that is inconsistent with your values?
4. Identify a non-volatile issue that is bothering you (e.g. someone else’s lateness, texting during a meal, lack of honesty, missing meetings).

Write down the issue by completing the sentence:

Right now, the issue on my mind is _____

Share this with the group.

5. What next step might you take to summarize the main points of your Ladder if you intend on sharing your values with the appropriate person?
6. How do you think this tool might better enable you to listen to God's voice?

Check-out and Prayer:

It may take several times up the Ladder to "mine" your true values. This skill is not for confronting someone, but for getting clear within yourself.

Jesus is a great example of integrity: "I have brought You [The Father] glory on earth by completing the work You gave Me to do" (John 17:4).

Share what you have learnt or been challenged about from the session.

Pair up and pray for one another.

Application:

- Before the next session, write about a difficult issue, using the Ladder of Integrity to express your thoughts.
- After clarifying your values, decide if it is appropriate to share it with the person with whom you have the tension.
- Practical practice: Pair off with your life group partner, a person with whom you do not have the issue, to practice going up the Ladder.
- As the speaker:
 - Ask for permission.
 - Start at the bottom and go up the Ladder.
 - Skip a sentence if it does not help you explore the issue.
 - Thank the listener when you're done.
- As the listener:
 - Give the speaker your full attention.
 - Do not interrupt.
 - Thank the speaker for sharing when he/she is done.
- Print the notes and create a file for future reference. Bring your file to life group each week.

Others:

Watch for opportunities to share with others an aspect that has been meaningful to you from this session.

Taken from Emotionally Healthy Relationships by Peter L. and Geri Scazzero

Copyright © 2017 by Peter L. and Geri Scazzero

Used by permission of Zondervan. www.zondervan.com