# Module #1 - Relationships

## Introduction

Module objectives and content

**Introduction to relationships**

According to the dictionary of the Royal Spanish Academy, the word relationships is defined as *people with whom someone maintains a deal of friendship, work, social, etc*. *[[1]](#footnote-1)* These include:

1. Myself
2. People around me
3. My faith

What other people or groups do you relate to in your daily life?

**Objectives of the module:**

1. You will introspect to understand yourself in a clearer way
2. You will have the right direction to discover and affirm your purpose as a believer
3. You will understand the reason of the leadership’s topic applied to your own life
4. You will define your ideal self, clarify the path to your purpose and direction to equip yourself as a leader
5. You will understand that life is about changes, and you will learn both to provoke them and to adapt to them

**Part of the module:**

1. Myself
2. Finding my purpose
3. The purpose of my leadership

## Part 1 – Myself

¿What story do I want to tell?

### ¿Some words about the word “myself”?

It is almost impossible to make a theological treatise on man—in his relations with himself, with other people, and with God—without using this term extensively.[[2]](#footnote-2)

According to Howard, R.E. (2009) in the theological context the "I" refers to one's inner identity, the characteristic that makes one individual or different from other people. There are many factors that relate to the formulation of that "me", which in turn also determine your health or pathology.

The self is the result of all the experiences we have lived in conjunction with all the decisions we have made until today. These two words, experience and decisions are key in the formation of the self, and we will be talking about it very soon. These experiences and decisions form our soul and spirit, which we can refer to as the character of the person. Before we continue to talk in more detail about the components of the self. Let's talk about experiences and decisions.

Experience is about the following:

1. The environment I grew up
2. Emotions that affect my behavior
3. Unexpected events
4. Others…

*To reflect on:*

*Do you seek for experience or acquire? Why?*

To contrast experiences and decision; as children, we do not choose experiences, because we do not have the age or maturity to make important decisions in our lives; that is why childhood is the most important stage in the development of a person, because it is where the spirit and soul are mostly formed, the character of the person develops, however, the point comes when we already have the power to decide for ourselves many of the experiences we want to live.

Why is understanding and being aware of the formation of our self-important?

*For the self, it is very easy to detach oneself from oneself, but not to do God's will, but to point out and look at the faults of others, what another has, etc.*

*-Anonimus*

Many times, as children we live unpleasant experiences that creates trauma in us for the rest of our lives. Studies indicate that the stage of infancy and childhood are the most important stages to develop a healthy and productive self, person or being.

Understanding these things is not only important to understand ourselves and begin a healing process, if necessary, but also knowing that we all live unique experiences in life, that we all process experiences differently and therefore have a unique and different self with different needs helps us to help others in their process of personal discovery and or healing.

As a leader, we're going to encounter different characters and personalities and we're going to have to work with that. Starting with ours.

Those difficult times in life are also important for understanding the need for a good leader in our life. A leader who helps us heal and train as a leader, but we will be talking about this in the second part which is about purpose.

There are many methods of introspection to heal and release wounds from a past. We are not going to mention those methods, but we are going to talk about introspection. Introspection is defined as the observation that a person makes of his own consciousness or moods to reflect on them.

1. Are there experiences from my past that cause me pain today? The past can be as early as yesterday, if the answer is yes, then issues to attend to.
2. Is there an unfinished business that every time I think about it my heart and thoughts speed up?
3. Is my motivation for doing things to let others know what I'm capable of?

Introspection helps us understand why we feel the way we feel and make decisions away from intense emotions. In Andy Stanley's book Better Decisions, Fewer Regrets he states the following:

Every decision we make becomes a permanent decision in our history. This being the case, we must dwell on every decision-making conjecture and consider "this is the story I want to tell about my life." [[3]](#footnote-3)

There is a saying that the difference between the wise and the foolish is that the wise can make the same mistake only once, while the fool can fall into the same mistake more than once. Our decisions can be influenced by our experience, as well as by our emotional appetite, which is why we must be careful to know ourselves, before trying to lead the lives of the people around us. We must be effective leaders in our personal leadership.

Now we come back to the question: what story do I want to tell?

What I want you to understand is that, up to this point, today we have the ability as Christians, as believers, to make decisions that glorify God and seek to tell our story in obedience to God, it is our call to make that decision to live that experience. For this, it is necessary to adequately attend to all the components of our being.

The components of our being

When we talk about our being, many variations related to the topic can arise. Life, mind, body, soul, thoughts, character, etc. However, I want to talk about the three main components:

1. **Body** – the matter in which our spirit and soul are found
2. **Soul** – where all our emotions lay
3. **Spirit** – our mind and thoughts, think of thoughts when we refer to spirit

These three components are related to our self. The Bible exhorts us to care for all three holistically, as the instability of one can affect the other and vice versa.

#### **The body** - Among the terms it represents, “basar” is the most important and the only one with theological significance. However, essentially “basar” is not soma but sarx (σαρξ), flesh, the human being in his weakness and mortality.[[4]](#footnote-4)

#### **The soul** - The term "soul" is found more than 400 times in the Reina-Valera version. It is the translation of the Hebrew nefesh in the AT and its Greek equivalent ψυχη (psyqué) in the NT. Purkiser points out that nefesh is used 756 times in the AT, but it does not translate "soul" in all cases. Other meanings are "life," "being," "person," "desire," "appetite," "emotion," and "passion" (DHS, 75–78). Both nefesh and psyqué are flexible, and can mean an array of simple animal life to the immortal spirit of man.[[5]](#footnote-5)

#### **The Spirit** - In man, the spirit describes the life force that, though invisible in essence, energizes and directs everything that constitutes the sphere of his human existence. The spirit is the center where he finds self-awareness, his emotions, and his will.[[6]](#footnote-6)

**Questions to reflect on the components of our being**

1. Are you what you think?
2. Are you what you feel?
3. Are you what your body says you are?

**The answer is none of the above.**

1. You are not what you think, but what you believe of what you think.
2. You are not what you feel, but what you do with what you feel.
3. You are not what your body tells that you are.
4. We are called to believe that we are what God says we are and act upon that.

**The spiritual order of our being**

1. A body without flesh would not be a body
2. The soul without a spirit would not be a soul
3. The spirit without God would be lost

To heal our inner self, God must be in the first place in our life, He must be the value system by which we walk in life.

**Questions to answer:**

1. What is the self?
2. What are factors for the formation and development of the self?
3. Is it important to have a healthy inner self? Yes, and why or no and why?
4. How important is decision-making in our lives?
5. Do you believe in the body, soul and spirit and the interaction between them as the components of your being?
6. Do we need a value system by which to direct our lives?
7. Do you have a value system by which to direct your life?

1. Cayuela, N. L. (Ed.). (1997). *[Diccionario general de la lengua española Vox](https://ref.ly/logosres/dglevox?hw=relaci%C3%B3n&off=1746&ctx=+ella.%0a9+relaciones+~Personas+con+las+que)*. Barcelona: VOX. [↑](#footnote-ref-1)
2. Howard, R. E. (2009). [YO, MÍ MISMO](https://ref.ly/logosres/diccteobeacon?ref=Page.p+730&off=1730&ctx=%C3%B3n+de+la+sicolog%C3%ADa.+~Es+casi+imposible+ha). En R. S. Taylor, J. K. Grider, W. H. Taylor, & E. R. Conzález (Eds.), E. Aparicio, J. Pacheco, & C. Sarmiento (Trads.), *Diccionario Teológico Beacon* (p. 730). Lenexa, KS: Casa Nazarena de Publicaciones. [↑](#footnote-ref-2)
3. Stanley, A. (2020). Better Decisions, Fewer Regrets. Zondervan [↑](#footnote-ref-3)
4. Greathouse, W. M. (2009). [CUERPO](https://ref.ly/logosres/diccteobeacon?ref=Page.p+184&off=8&ctx=equivalente+exacto.+~Entre+los+t%C3%A9rminos+q). En R. S. Taylor, J. K. Grider, W. H. Taylor, & E. R. Conzález (Eds.), E. Aparicio, J. Pacheco, & C. Sarmiento (Trads.), *Diccionario Teológico Beacon* (p. 184). Lenexa, KS: Casa Nazarena de Publicaciones. [↑](#footnote-ref-4)
5. Taylor, R. S. (2009). [ALMA](https://ref.ly/logosres/diccteobeacon?ref=Page.p+40&off=2413&ctx=cluyendo+el+cuerpo.%0a~El+t%C3%A9rmino+%E2%80%9Calma%E2%80%9D+se). En J. K. Grider, W. H. Taylor, & E. R. Conzález (Eds.), E. Aparicio, J. Pacheco, & C. Sarmiento (Trads.), *Diccionario Teológico Beacon* (p. 40). Lenexa, KS: Casa Nazarena de Publicaciones. [↑](#footnote-ref-5)
6. Cowles, C. S. (2009). [ESPÍRITU](https://ref.ly/logosres/diccteobeacon?ref=Page.p+260&off=3105&ctx=ESP%C3%8DRITU.+~En+el+hombre%2c+el+esp%C3%ADritu+desc). En R. S. Taylor, J. K. Grider, W. H. Taylor, & E. R. Conzález (Eds.), E. Aparicio, J. Pacheco, & C. Sarmiento (Trads.), *Diccionario Teológico Beacon* (p. 260). Lenexa, KS: Casa Nazarena de Publicaciones. [↑](#footnote-ref-6)