

HIGHLIGHTS FROM JIM WILDER'S MUNCHIES Condensed by Barbara Moon

Mindsight and Heartsight Based on James 1:18-19 & 2 Corinthians 5:16 When conflicts arise our brain's 1st priority is to reconnect with each other. Disconnects bother us the most. The brain has an order for resolving conflict.

- 1) See the person's face, be with them; remember the relationship. (Most often we split apart.)
- 2) Calm our fears; calm ourselves. (We have to realize we are not alone, God is with us)
- 3) Use mindsight to understand what is going on in the *other person's* mind. (Most of the time we are just thinking of our own perspective.) Developing mindsight is the number one priority of our minds in relationships. After mindsight, we go to heartsight—what is God doing here and how does He see the situation?
- 4) Now what is it like me to do here after I see *their perspective and God's*?
- 5) Last, What am I going to say?

Verse 18 "In the exercise of His will He brought us forth by the word of truth, so that we might be, as it were, the first fruits among His creatures." The new life He gave us and the first sign of this new family and that He's at work is verse 19: "This you know, my beloved brethren. But let everyone be swift to listen, slow to speak and slow to anger." This doesn't mean just zip the lip or listen for their weakness or to be ready to talk when they stop talking. Mindsight is about knowing and understanding what is going on inside the other person.

The brain is designed for us to listen first--science calls it mindsight. Jesus used mindsight when he told parables. He began with their point of view. Prodigal son was told to sinners. Look at the woman at the well story and see how Jesus used mindsight then moved to heartsight.

There is no resolution without mindsight. Most people are terrible at mindsight. If 2 people are seeking mindsight and to understand the other, there will be 2 way communication. Otherwise not. God wired us to listen (Level 3) to the other's point of view. It's easier to be slow to anger when we understand.

Understanding what is in your mind is not the end. Heartsight comes next—to look with the eyes of the Spirit and see how God sees and His perspective. James 1: 5. We don't speak before this.

II Corinthians 5:16. We don't recognize people according to the flesh, what we can see. Add heartsight to mindsight. If all we see is the conflict/problem, we want to convince them. If only we can get them to listen to us everything will be fine. This is what most people see as counseling and resolution.

Matthew 6:28 Don't be anxious. Matthew 7: 1-speck and log. The brain runs amuck here because can't quiet thus can't listen and understand because of the plank/log from past unresolved pain. Brings triggers and VLE (the VLE is when the brain decides that the person in front of me is the problem but in reality I am triggered from an unresolved wound). If we haven't taken the log/plank out of our eye, can't see with heartsight. Those things are bigger and more important than the relationship. Our own upset is the log/plank.

Biblical examples—Samaritan woman, Hannah and Eli, Pentecost, Peter and the sheet of animals, Esther.

FACES and God's face Listen for what is going on inside the other, share their state of mind. How do we listen? We watch the face. Babies learn this at 5 months. They know there is a mind behind the face. We don't think there are minds behind books, etc. Mindsight builds trust when what we see on a face is what is really inside. We should live in our faces what is real and not have masks. We respond to what we see on faces. Babies get their identity from the faces of those who rear them.

1890 verses in Hebrew for face (countenance), 73 in Greek. Most are about God's face. Examples from Psalms: Psalm 4:6, 16:11, 42:11, 43:5, 44: 24, 89:15, 95:2, 105: 4

Proverbs 15:14, 16: 15, 27:17—Iron sharpens iron. Picture sharpening a knife. As we rub faces over and over with God, we will be changed into His image-- II Corinthians 3:18. As we rub faces with each other we will become more like each other. If we rub until we are sharp and alert, others will trust us.