



## WHAT TO DO WHEN YOUR NEGATIVE ASSUMPTIONS AREN'T WRONG

In this video, Nathan and Lacey discuss the 3 ways you can believe the best about someone even when your negative assumptions about them aren't wrong. They also reveal a perspective change that will help you appreciate them more even if they still fail to meet your expectations.

### INTRODUCTION (00:21)

What we believe about someone will determine our interaction with them. Our words, actions, and responses to them can either discourage them — causing further stress in the relationships — or encourage them.

1. *Before watching this video, have you ever considered the expectations you bring into every relationship?*
2. *How has someone believed the best about you despite a mistake you made? How did that make you feel?*

### #1 – TRUST THEIR IDENTITY (01:24)

Regardless of a person's words or actions, their identity is rooted in being created in the image and likeness of God. Therefore, we can believe and call out of them something that may not currently be true, but it could be.

3. *How might focusing on a person's identity and potential actions rather than their failures and current actions help them change?*

### #2 – FOCUS ON THEIR POSITIVE ATTRIBUTES (02:58)

Healthy people do not deny someone's faults or shortcomings. However, taking a moment to think about what they're good at and celebrating them when they do that positive thing, will help us change our perspective of them.

4. *If you consider yourself someone who finds it difficult to celebrate someone's positive qualities, how might you start celebrating them?*

### #3 – FORGIVE THEIR FAILURES (04:40)

Forgiveness — releasing someone from our expectations — is the most selfless act of love we can demonstrate. It is a willful sacrificial response to people regardless of their words or actions or whether they reciprocate.

5. *What does being able to “release someone from your expectations” look like to you?*

### NEXT STEP (06:10)

It isn't difficult to have negative assumptions about people, especially if our experience with them has been negative. Think of someone you have negatively assumed about and ask yourself the following questions:

6. *What are your negative assumptions about them (be as specific as you can)?*
7. *How can you specifically encourage this person within the next few days?*