

I-THOU SAFETY

¹⁴ The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth.

John 1:14

I. A safe relationship is one that does three things.

A. It draws us closer to God. (Matthew 22:37,38)

³⁷ Jesus replied: “‘Love the Lord your God with all your heart and with all your soul and with all your mind.’ ³⁸ This is the first and greatest commandment.

B. It draws us closer to others. (Matthew 22:39)

³⁹ And the second is like it: ‘Love your neighbor as yourself.’

C. It helps us become more of the authentic person God created us to be. (Ephesians 2:10)

¹⁰ For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

II. Three qualities of a safe person

A. **Dwelling** - Safe people “encamp” and “reside” and are present in such a way as to connect on a deep level.

B. **Grace** - With unmerited favor, a safe person is “for us”; we receive grace and acceptance with no condemnation. We are then free from the fear of rejection.

C. **Truth** - In their acceptance of us, they are honest about our faults without condemning us. (Truth without grace is legalism. Grace without truth is license.)

III. 19 traits of unsafe people

- A. **Defensive** – Unsafe people are defensive instead of being open to feedback.
- B. **Arrogant** – Unsafe people are self-righteous instead of being humble.
- C. **Manipulative** – Unsafe people will only apologize instead of actually changing their behavior.
- D. **Irresponsible & immature** – Unsafe people avoid working on their problems instead of dealing with and resolving their problems.
- E. **Egotistical** – Unsafe people demand trust, instead of earning it.
- F. **Narcissistic** – Unsafe people believe they are perfect instead of admitting their faults.
- G. **Victims** – Unsafe people blame others instead of taking responsibility.
- H. **Liars** – Unsafe people lie instead of being honest.
- I. **Immature** – Unsafe people are stagnant instead of growing.
- J. **Afraid of intimacy** – Unsafe people avoid closeness instead of connecting.
- K. **Self-centered** – Unsafe people are only concerned about “I” instead of “we.” (not relationship-centered)

- L. **Controlling** – Unsafe people resist freedom instead of encouraging it.
- M. **Artificial & unsupportive** – Unsafe people flatter us instead of confronting us.
- N. **Judgmental and condemnatory** – Unsafe people condemn us instead of forgiving us.
- O. **Discouraging & destructive** – Unsafe people stay in parent/child roles instead of relating as equals.
- P. **Unstable** – Unsafe people are unstable over time instead of being consistent.
- Q. **Toxic** – Unsafe people are a negative influence on us, rather than a positive one.
- R. **Disloyal & gossipers** – Gossip instead of keeping our confidences.
- S. **Religious & dogmatic** – Unsafe people are religious instead of being spiritual; i.e. judgmental, unforgiving, dogmatic, lacking in compassion.

IV. 17 traits of a safe person

- A. **Open and teachable**
- B. **Humble**
- C. **Non-manipulative**
- D. **Responsible and mature**
- E. **Other centered**
- F. **Confessional**
- G. **Victors not victims**

- H. They speak the truth.**
- I. They are mature and childlike.**
- J. They welcome intimacy.**
- K. Not controlling**
- L. Forgiving**
- M. Encouraging and uplifting**
- N. Consistent**
- O. They bear good fruit over time.**
- P. Loyal and keep confidences**
- Q. Spiritual without a religious spirit**