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HOW TO GET ALONG WITH PEOPLE

Teaching Notes by Joyce Meyer

Joyce Meyer Ministries

Nanakramguda

Hyderabad - 500 008

Andhra Pradesh

INDIA

91-40-2300 6777

www.jmmindia.org

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Joyce Meyer Ministries
P.O. Box 655 • Fenton, MO 63026
636-349-0303 • 1-800-727-WORD (9673)
www.joycemeyer.org

HOW TO GET ALONG WITH PEOPLE

I. How To Approach Relationships

Don't approach relationships any longer for what the other person can do for you; instead, approach every relationship from the platform of being a servant. Approach each person with a purpose of desiring to bear fruit for God. To live for His glory, live to give, not to get. Live to love, not to be loved.

Foundation Scriptures:

- A. **Matthew 7:12** – Do unto others as you would have them do unto you.
- B. **Galatians 6:7** and **Matthew 7:1-5** – Sow good seeds; you will reap as you have sown.
- C. **John 15:13** (KJV) – Greater love hath no man than this, that a man lay down his life for his friends.
- D. **I Corinthians 13:5** – Love seeks not her own.
- E. **I Corinthians 10:24** – *Let no one then seek his own good and advantage and profit, but [rather] each one of the other [let him seek the welfare of his neighbor].*
- F. **Philippians 2:4** – *Let each of you esteem and look upon and be concerned for not [merely] his own interests, but also each for the interests of others.*
- G. **Mark 8:34** – If anyone intends to follow Christ, let him deny himself, forget himself, ignore himself, disown himself, and lose sight of himself and all his own interests, and take up his cross and follow Me.

II. Relationships – The Bible Is About Relationships.

- A. Your relationship with the Godhead (Father, Son, and Holy Spirit)
- B. Your relationship with people
 - 1. Believers
 - 2. Unbelievers
 - 3. Those in agreement
 - 4. Those in disagreement
 - 5. Those who are easy to get along with
 - 6. Those who aren't easy to get along with
 - 7. Those who treat you well
 - 8. Those who mistreat you
- C. Your relationship with yourself
 - 1. If you don't get along with yourself, you won't get along with others.

III. Major Hindrances To Good Relationships

- A. Past hurts
- B. Fear of being hurt again
- C. Poor self-image
- D. Not knowing how to treat people due to improper mirroring and imaging

1. Example: A young man saw his father talk down to his mother. He may treat his wife the same way, not even really understanding what he is doing wrong.

IV. Sowing Good Seeds . . . (Being A Good Friend)

A. Cultivate transparency.

1. Be truthful.

Ephesians 4:15 – *Rather, let our lives lovingly express truth [in all things, speaking truly, dealing truly, living truly]. Enfolded in love, let us grow up in every way and in all things into Him Who is the Head, [even] Christ (the Messiah, the Anointed One).*

2. Straightforward without hypocrisy

John 1:45-47 – Nathanael: No guile nor deceit nor falsehood nor duplicity (double dealing)

3. Be yourself.

- a. Use wisdom.

- b. Be tactful.

- c. Season your words with salt.

4. Don't wear masks.

- a. Cause – Fear of rejection

- b. **James 5:16** - *Confess to one another therefore your faults (your slips, your false steps, your offenses, your sins) and pray [also] for one another, that you may be healed and restored [to a spiritual tone of mind and heart]. The earnest (heartfelt, continued) prayer of a righteous man makes tremendous power available [dynamic in its working].*

**IF WE BUILD MORE WINDOWS AND FEWER WALLS,
WE WILL HAVE MORE FRIENDS**

5. **Sowing good seeds** – Your transparency will release others to be transparent.
6. Jesus was remarkably transparent.

John 15:15 – *I do not call you servants (slaves) any longer, for the servant does not know what his master is doing (working out). But I have called you My friends, because I have made known to you everything that I have heard from My Father. [I have revealed to you everything that I have learned from Him.]*

7. Take off the mask.
 - a. **If you are accepted**, you have a true friend.
 - b. **If you were rejected**, you would eventually lose the relationship anyway.
8. Total acceptance by God brings healing.

Model for all other relationships

B. TOTAL HONESTY? Does that mean . . .

1. Giving your opinion on every subject that is raised?
2. “Letting it all hang out” – Some things you never tell anyone but God.
3. Most of us flee from people who tell their life story with every intimate detail in the first hour of meeting.
4. Revealing facts or feelings that will damage the hearer

C. Don't be afraid of emotions.

1. Show affection.

Example: Don't say "so long" when you mean "I'll miss you a lot; you mean a lot to me."

2. What if our warmth is rejected? Embarrassed? Few emotions are stronger.
3. Don't be a "Gusher" – Gush inappropriately and ruin the whole thing.

Ecclesiastes 3:11 – Everything is beautiful in its time.

4. Don't be a "Pusher."
 - a. Reach out – Notice how your affection is received; then move forward or stop, depending on signals you receive.
 - b. **Be sensitive.**
5. **Don't wait until "it's too late."**

D. Learn the gestures of love.

1. Love is something you do.

I John 3:18 – *Little children, let us not love [merely] in theory or in speech but in deed and in truth (in practice and in sincerity).*

2. It's the little things that count.
 - a. Albert Einstein – After his wife died, her sister moved into his home and cared for him and his home while he worked. Later, she became very ill and was in a coma. For a long time, he sat by her side and read to her two hours each day.
 - b. Marriage ends – Husband says the end started when they stopped putting toothpaste on each other's toothbrush.

3. Significance of rituals
 - a. Getting together on certain days
 - b. Special kind of cake for birthday
 - c. Yearly fishing trip
 - d. Etc.!

4. Art of giving gifts

Listen to people – Develop a joy in getting them little things they say they want, need, or like.

E. Love is not possessive. Control and manipulation is a no-no in good, healthy relationships.

1. Who are the people you have dropped as friends?
 - a. Those who **ADVISE** too often
 - b. Those who **dominate**
 - c. Those who **control**
 - d. Those who **manipulate**
 - e. Those who **judge**

F. Are you the manipulating type? (You might be unaware that you are.)

Three types:

1. The **take-charge** manipulator

Test:

_____ Do I usually end up going to the movie or restaurant I want?

_____ Do I enjoy correcting factual errors in other people's conversation?

_____ Do I use humor to "put down" my friends?

_____ Do I have to know more about a topic than others to feel comfortable discussing it?

2. The **poor-me** manipulator

a. Opposite of the take-charge manipulator – They manipulate by appearing weak.

b. Lots of sickness

c. Hypochondriac – Real symptoms produced by emotional instability

d. They control you by needing you.

3. The **need-to-be-needed** manipulator

They control you by your needing them.

G. Six suggestions for creating more space.

1. Be cautious with criticism.

a. Do you make people nervous?

b. Can people relax around you?

c. Sioux Indians – "I will not judge my brother until I have walked two weeks in his moccasins."

- d. Experts at love – Always passes tolerance
- e. God Himself does not propose to judge a man until his life is over – why should you and I?
 - 1) **Matthew 7:1-2** - *Do not judge and criticize and condemn others, so that you may not be judged and criticized and condemned yourselves. For just as you judge and criticize and condemn others, you will be judged and criticized and condemned, and in accordance with the measure you [use to] deal out to others, it will be dealt out again to you.*
 - 2) **Romans 2:1** - *Therefore you have no excuse or defense or justification, O man, whoever you are who judges and condemns another. For in posing as judge and passing sentence on another, you condemn yourself, because you who judge are habitually practicing the very same things [that you censure and denounce].*

2. Employ the language of acceptance.

- a. Famous doctor in Switzerland says his technique is “I accept people.”
- b. Acceptance is approval – You can accept a person without approving or disapproving of their moral standards.
- c. This is what we get from Jesus!

3. Encourage your friends to be unique.

- a. Do you urge people to conform or be unique?
 - 1) **Romans 12:2** – *Do not be conformed to this world (this age), [fashioned after and adapted to its external, superficial customs], but be transformed (changed) by the [entire] renewal of your mind [by its new ideals and its new attitude],*

so that you may prove [for yourselves] what is the good and acceptable and perfect will of God, even the thing which is good and acceptable and perfect [in His sight for you].

- 2) Example: Dave's and my relationship
4. Allow for solitude.
 - a. Maintain respect for each person's privacy.
 - b. Too much closeness is dangerous.
 - c. In relationships, we move together and apart.
 - d. One mark of a mature relationship is that you can relax if your friend is moving away for a while.
 - e. Do not intrude in private or uninvited areas of a friend's life.

Examples: Finances, sex, private time with the Lord, weight, age, etc.
5. Encourage other relationships.
 - a. Beware of the "green-eyed monster," JEALOUSY.
 - b. Have "good friends," but not "best friends" or "only friends."
 - c. Marriage partner should also be a very close friend, but not your only friend.
 - d. "Social prosperity" – You are impoverished unless you have several intimate bondings.
6. Be ready for shifts in your relationships.

- a. Little sister grows up; you can't take the lead role in the relationship any longer.
- b. Child grows up.
- c. You disciple a baby Christian; and after awhile, he/she grows up and becomes a mature Christian.
- d. Give people "Roots" and "Wings."
- e. Children need to be ready for shifts in relationships also. They have to grow up and not keep depending on Mom and Dad in an out-of-balance way.
- f. A marriage relationship may shift.
- g. Changes with increase of age
 - 1) Woman raises children, and then she goes to work.
 - 2) Man reaches goal in business, then he desires more home life.
 - 3) Retirement throws a couple together all the time.

V. Communication

- A. Touch – Pat, hug, loving squeeze, etc.
 - 1. Transmits warmth
 - 2. Italians and French touch one hundred times in one hour of conversation; Americans, less than three times.
 - 3. Babies will die without being hugged, held, picked up, and cuddled.
 - 4. Women die younger if they don't receive twelve meaningful and loving touches a day.

5. Skin when touched sends very important messages to the brain that are needed for proper development.

B. Affirmation

1. Compliments vs. Correction
2. Train your mind to search for positive things about people.
3. Book: *How to Win Friends and Influence People* – (ten years on the best-seller list.)

Largely about **building people up**

4. Be lavish in **praise**.
 - a. Mark Twain said, “One good compliment can last me two months.”
 - b. The deepest principle in human nature is the **craving** to be appreciated.
5. Talk – Must spend time talking.

C. Be a good listener.

1. The secret of being interesting is to be interested.
2. Maintain good eye contact – a sure sign you are interested.
3. Facial expressions during conversation are **very important**.
4. Never break a confidence.

You will be trusted with greater confidence if you are trustworthy with information.

5. Complete the loop.

When someone makes a comment, don't respond with **silence**. It is generally described as negative feedback.

D. Other principles of **how to be a good friend**.

1. Need your friends. Don't be afraid of needing others.
 - a. **They need to be needed.**
 - b. The "I MUST ALWAYS BE STRONG" syndrome
2. Don't be afraid to cry if you're hurting or cry with someone who is hurting.
3. Suffering together helps build relationships.

If you BAIL OUT every time the going gets tough, you'll never develop good friendships.

4. Remember, people can't read your mind.

Example: Don't get angry because no one helped you with the dishes if you refused to ask for help.

E. Tips on how to get along with someone who is "**hard to get along with**"

1. Pray:
 - a. For them
 - b. Your response to them
2. Be led by the Holy Spirit in how you respond to them.
 - a. One time – "A soft answer turns away wrath."
 - b. Another time – "Confrontation is the answer."

3. Realize there is a “root” to their problem.
(Pray for it to be uncovered.)
 4. You may not need to spend so much time with them – remember Paul and Barnabus.
 5. Don’t gossip about them!
- F. What to do if your marriage relationship is unfulfilling.
1. Confront if possible and try to get help.
 2. Apply all the principles in the Communications section above.
 3. You may need to develop other “godly” relationships to meet some of your emotional needs while you’re waiting on God to change your mate.
 4. Depend on God to give you **GRACE** to handle your situation. Don’t just **TRY** to hang in there.

