



*Stirrings in Your Relationships:* One of the reasons change starts with stirrings is that they are telling us something we would rather not know. Something we've blocked from our consideration. But because they are real they keep making noise until we wake up - unless we've mastered how to ignore them forever. That is not a skill you want to master. The people in your life are too important. Let's get to know the stirrings in our relationships.

## WELCOME!

Life, for adults and kids alike, is most fulfilling when it is woven deeply with others (including the world around us), and that mysterious element we often call the third strand, or "God."

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## WHAT TO EXPECT

We're glad you're here!

Take a seat, get comfortable, then...

Welcome & Songs - [Laura Lou](#)

Message - Greg Meyer

Songs

Supporting Fabric

Closing

## QR CODES

[Communication Card](#) - Send us your prayers, comments, suggestions, jokes



[Supporting Fabric](#) - We're grateful for your support as we continue to grow as church together.



## NEXT SUNDAY



Join us as we continue our conversation with *Stirrings in Your Career*. More at [fabricmpls.com/current](http://fabricmpls.com/current)



October Book Club for Everyone.

Fabric is thrilled to get to dive into the newest offering from Minneapolis' Green Card Voices *Our Stories Carried us Here: A Graphic Novel Anthology*. Buy your copy today. (There are a few to check out too!) More at [fabricmpls.com/book-club](http://fabricmpls.com/book-club)

Stirrings are what change begins with.

Stirrings are how you start being part of what will be, not what has been.



Nicodemus and Jesus.

- 1 The wind (*pneuma* - also spirit) blows where it will. You hear the sound (*phoné* - also voice) of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the spirit (*pneuma* - also wind). John 3.8
- 2 Nicodemus, who had gone to Jesus before, and was one of the Pharisees, asked, "Our law does not judge people without first giving them a hearing to find out what they are doing, does it?" They replied, "Surely you are not also from Galilee, are you?" John 7.50
- 3 Nicodemus, who had first come to Jesus by night, also came, bringing a mixture of myrrh and aloes, weighing about 100 pounds. They took the body of Jesus and wrapped it with spices in linen cloths, according to the burial custom of the Jews. John 19.39-40

**What are other words you know 'Stirrings' by?**



**Some things to know about your stirrings and your relationships.**

MOST OF WHAT YOU NEED TO KNOW for a healthier relationship is already stirring in you.

*You are hard-wired for connection. Created for community!*

Why would you believe that? Because...

- "If you dare to look deep inside yourself, where these stirrings come from, you will discover something lovely and precious. Not a monster." *Image of God, product of love, not defective or unworthy.*
- Not because you are so smart, but because you are WOVEN INTO THE FABRIC. *It's how the world works!*

Listening and following your stirrings is a QUALITY-OF-LIFE issue.

When stirrings become HABITS, relationships transform.

Stuff that squelches stirrings about your relationships.

- The instinct for SELF-PROTECTION. *We put up walls between us and our stirrings to keep from getting hurt.*
- The instinct to FIX what's wrong. *Diagnose, advise & repair is no substitute for being vulnerable & present.*
- Paranoia instead of PRONOIA. (Adam Grant) *'Pronoia' is an overwhelming feeling that everyone is out to help you!*

HOMEWORK: Be still and let your mind see the names and faces of the people in your life. Start with those closest and work your way out. What stirs in you when you pause with each of them? In your mind, emotions, physical feelings? Don't critique, solve, or defend; just sit with them. Let this be your prayer.