

The Two-Way Street of Defensiveness

By Ann Malmberg

Is it just us or does the statement, “Don’t get so defensive!” seem to have the same effect as when someone tells you, “Just try to relax!” In other words, it makes you feel the opposite of what’s intended – more defensive, less relaxed.

Unfortunately, defensiveness can be a catalyst for negative communication patterns. It can make it hard to talk through issues and be open, authentic, and vulnerable with each other.

Sometimes our defensiveness is our own doing, and sometimes it’s just a natural response to protect ourselves if we’re feeling attacked or exposed. And that’s why if we want to decrease defensiveness, it’s not just one person that needs to put in the effort – it’s a two-way street.

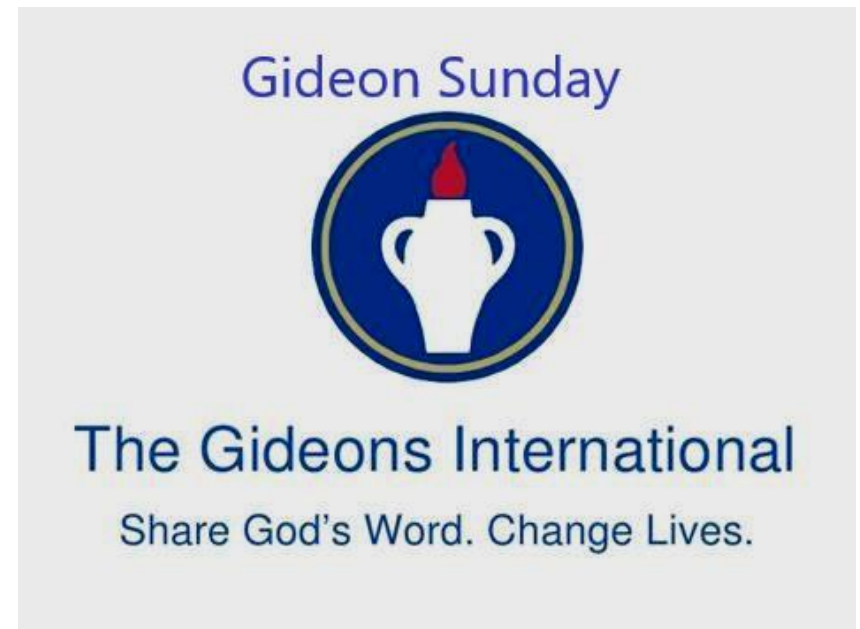
Lane 1: Taking a look at ourselves

Often, we react defensively before we can even register why. It makes sense – we want to armor ourselves when we’re feeling vulnerable. Take a minute to think about the times you’ve had a strong emotional reaction to something your partner said or did. Was it related to an insecurity you have? Something you’re feeling guilty about? Ashamed? Hurt or angry? It can be liberating to simply acknowledge the fact that yep, I’m human and I feel insecure/guilty/angry, etc. about _____. Sharing this with your partner increases connection and gives them insight they may not have had before. But this doesn’t mean you’re never going to react defensively – it’s still going to happen. Being aware of what triggers you allows you to pause in the moment, take a deep breath, and say, “I’m sorry I just snapped at you. I feel insecure about _____.”

Lane 2: Making the effort for our partner

On the other side of road is the environment we create for our partner – is it safe and non-judgmental or do they feel like they might be attacked? Just as lowering our defenses and acknowledging our triggers can take a conscious effort, so does taking steps to make our partner feel safe and respected. This might mean being very mindful of your tone or how you’re bringing up a topic with them. What you say matters, but so does *how* you say it. It might also mean resisting the urge to interrupt or reply with a counterpoint or criticism. Interestingly, our ability to do these things also requires us to feel safe and respected in our own right.

The reality is, we’re in both lanes simultaneously, which can seem like... a lot. But there is comfort in knowing that you’re both making a genuine effort for each other and your relationship. You’re not walking this street alone.



WELCOME TO LAKEVIEW CHAPEL

Sunday, March 21, 2021 / Worship 10 AM

Song	All Creatures Of Our God And King
Invocation	
Welcome & Announcements	
Missions Moment	<i>Mickey Reynolds</i>
Song	Great Are You Lord
Song	Holy Spirit
Worship Prayer	<i>Art Reynolds</i>
Message	<i>Manuel Sorensen, Gideon Representative</i>
Song	Build Your Kingdom Here
Song	So Good
Benediction	

Sermons are available online at:

<https://www.lakeviewowego.com>

<https://www.facebook.com/lakeviewowego>

Events and Information

CHILDREN'S BELL CHOIR – The children's bell choir will be practicing during children's church time in March to prepare for a performance on Easter Sunday morning.

EASTER CELEBRATIONS

- Palm Sunday Service–March 28, 10 AM.
- Maundy Thursday & Communion Service–April 1, 7 PM.
- Easter Sunday Service–April 4, 10 AM.

ACT DINNER - Lakeview will provide the weekly ACT Dinner on Thursday, April 8. The meal will be packaged and served out of the First Baptist Church on Main Street in Owego at 5 PM. If you can help, please arrive at 4:30 PM. To donate supplies, serve and/or clean up, sign-up at the table at the back of the church or call the church office at (607) 687-3261. Please bring donated supplies to Lakeview's kitchen by Wednesday afternoon, April 7.

I LOVE MY CHURCH WORKDAY - A workday is scheduled for Saturday, April 17 with breakfast at 7:30 AM, a devotional at 8 AM and work projects to follow. If you plan to attend the breakfast, please sign-up on the table at the back of the church.

SPRING REFRESH 2021 / A VIRTUAL EVENT

The Alliance Women's Spring Refresh Conference will be held Saturday, April 24 at Lakeview. Theme: *'Free to Walk in the Spirit.'* The keynote speaker is Marilyn Lauffer. To facilitate the event, we need to know who is interested in attending. Please see Mickey Reynolds or call the church office (607) 687-3261 if you would like to attend. More information to follow.

INTERNATIONAL WORKERS CONFERENCE

Our International Workers Conference will be held Sunday evening, April 25 through Wednesday evening, April 28 with International Worker Mark Eikost who serves in Bosnia. More details to follow.

LOST AND FOUND – Lost and found items are located on the coat rack between the church office and the pastor's office. Items will be kept until the end of the month before being donated.

Small Group Ministry

Small Groups

Adult Group (Led by Steve & Kristie Kreis)

Meeting Friday evenings 7 PM at Steve & Kristie's home. Using *'The Steps to Freedom in Christ'* material. For more information, call (607)-330-1969.

Couples Small Group (Led by Chad & Judy Showers)

Tuesday evenings 6:30 PM. Meeting at Lakeview in the fellowship hall. Reviewing *'The Art of Marriage'*. For more information, call (607) 223-4028.

Bible Study Groups

Women's Bible Study (Led by Anne Howard)

Tuesday mornings from 9:30 AM-12 Noon at Lakeview. Meeting in the sanctuary.

Men's Bible Study (Led by Pastor Dave)

Wednesday evenings from 6:30-8 PM at Lakeview. Meeting in the fellowship hall. Reviewing *'Outrageous Justice'* from Prison Fellowship.

Prayer Group (Led by Art Reynolds) Wednesday evenings from 6:30-8 PM at Lakeview. Meeting in the church office.

Wednesday Night Youth Programs (6:30-8 PM)

IMPACT (Teen Group 6th–12th grade)

This Weeks Calendar

Tuesday	9:30 AM	Women's Bible Study
	6:30 PM	Couples Small Group
Wednesday	6:30 PM	Prayer Meeting, Men's Bible Study
	6:30 PM	IMPACT (Teen Group)
Thursday	6:00 PM	Elder's Meeting
Friday	7:00 PM	Adult Small Group
Saturday	2-5 PM	Church-In-Use

Birthdays This Week

Doug Graves 3/25, Joel Martin 3/25, Rebekah Cohrs 3/26

**We're building a community of faith in God
that LIVES WELL but not by SIGHT.**