

Order of Worship for Sunday, November 8, 2020

Greeting:

Opening Prayer:

Opening Hymn: 437 - This Is My Song

Call to Worship

Announcements:

Prayers followed by Lord's Prayer:
- Longstown UMC

Veteran's Video

Offering:

Hymn: 697 - America

Scripture: Matthew 18:15-17

Special Music:

Sermon: Emotionally Healthy Relationships: Fight Cleanly

Closing Hymn: 717 – Battle Hymn of the Republic – vs 1, 2, 3, 4

Benediction

Postlude:

Dirty Fighting Techniques

- silent treatment
- lecturing
- blaming / attacking
- threatening posture
- name-calling
- sarcasm
- denying
- walking away
- avoiding
- shouting
- anger / rage
- passive-aggressive
- lying
- hitting / violence

Fighting Clean

- 1) Ask permission. Then state the problem
 - begin with the words, "I notice .."
- 2) State why it is important
 - "I value ..."
- 3) Share your feelings
 - When you ... , I feel ..."
- 4) State your request clearly, respectfully, specifically
- 5) Listener – Considers the request
 - listener says whether he/she will do all of it, some of it or none
 - listener can give an alternative solution
- 6) Speaker – agrees to request or offer alternate
 - go back and forth until agreement is met
 - if cannot make an agreement, help some help
- 7) Write down the agreement – make it clear