

Relationship Growth: Session Three



This is your time to go deeper. But remember these tips:

***Pray**

***Limit distractions**

***Approach each exercise with a positive attitude**

***Carve out 30-45 minutes for this process**

 *A person's conscience has two major functions.*

The first is that the conscience has a self-observing or self-monitoring function. It is as if part of your mind is watching your attitudes and actions and directing you to stay in line with what you believe is right. So, a mature conscience prompts you to act consistently with what you believe. Whereas, a weak or hardened conscience will let you get away with acting contrary to what you think would be right ... you would feel little to no guilt, and it would have little influence over directing you. As you grow in your relationship with the Lord, your conscience should be shaped and strengthened by what you learn and by the Holy Spirit.

The other primary function is that the conscience transports you out of your perspective into the perspective of another, so that you see yourself from another person's vantage point. Like the first function, the conscience is helping you to observe yourself, but in this case, through the eyes of another. This is often what is meant by being conscientious — thoughtful, understanding of another and empathetic.

1. Look back on your relationships and fill out the chart on the next page with some specifics of what you would expect from a both a healthy and unhealthy conscience. For example, what are some red flags of someone who has a conscience that doesn't monitor them very well, or doesn't prompt them to feel guilty when they have acted inappropriately or inconsistently to their values?

2. Be sure to think of the two functions because it is possible to have one function in healthy ways while the other is not. For instance, what would be other red flags of someone who seems to consistently follow their own moral code, but lacks the conscientious aspects – too many times, they don't get your perspective, or don't feel guilty when they hurt your feelings?

TRANSPORTING FUNCTION

SELF-MONITORING FUNCTION

HEALTHY

UNHEALTHY
