

## A Better Way To Get What You Want

*For you have been called to live in freedom, my brothers and sisters. But don't use your freedom to satisfy your sinful nature. Instead, use your freedom to serve one another in love. (Gal. 5:13 NLT)*

- **Manipulation** – the act of maneuvering or coaxing someone else to do what you want for your own personal benefit.

*Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. (Philippians 2:3 ESV)*

➤ **Types of Manipulators**

1. The \_\_\_\_\_ - \_\_\_\_\_ Manipulator  
Weapon of Choice - \_\_\_\_\_
2. The \_\_\_\_\_ - \_\_\_\_\_ Manipulator  
Weapon of Choice - \_\_\_\_\_
3. The \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Manipulator (Make others \_\_\_\_\_ on you)  
Weapon of Choice - \_\_\_\_\_

**Manipulation is \_\_\_\_\_!**

*...that ancient serpent, who is called the devil and Satan, the deceiver of the whole world...(Revelation 12:9b ESV)*

➤ **What To Do When Tempted to Manipulate to Get What We Want**

1. \_\_\_\_\_ your tendency to manipulate and which method you tend to use
2. Ask God to help you be \_\_\_\_\_ and straightforward instead of manipulating
  - a. *Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. (Philippians 2:3 ESV)*
  - b. *Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is--his good, pleasing and perfect will. (Romans 12:2 NIV)*
3. Determine to \_\_\_\_\_ by God's power.
  - a. *Submit yourselves therefore to God. Resist the devil, and he will flee from you. (James 4:7 ESV)*
  - b. *I also pray that you will understand the incredible greatness of God's power for us who believe him. This is the same mighty power that raised Christ from the dead and seated him in the place of honor at God's right hand in the heavenly realms. (Ephesians 1:19-20 NLT)*

➤ **What To Do When WE Feel Manipulated**

1. Be aware of your \_\_\_\_\_ and recognize when one of the manipulative techniques is being used on you (Fear, Guilt or Obligation)
2. Speak \_\_\_\_\_ by asking questions like:
  - a. Does this seem reasonable to you?
  - b. Do I have a say in this?
  - c. Are you asking me or telling me?
  - d. Are you really expecting me to [restate the request]?

*Then we will no longer be immature like children....Instead, we will speak the truth in love, growing in every way more and more like Christ, who is the head of his body, the church.  
(Ephesians 4:14-15 NLT)*

3. \_\_\_\_\_ yourself.
  1. \_\_\_\_\_ how your mate's behavior and words make you feel (fear, guilt, obligation) without attacking or blaming.
  2. Learn to say \_\_\_\_\_ gently but firmly. Stand your ground while maintaining a loving relationship.

*A gentle answer deflects anger, but harsh words make tempers flare. (Proverbs 15:1 - NLT)*

3. \_\_\_\_\_ your mate to speak openly about what they really want. (Just tell me clearly what you desire and let me respond yes, no, in a few minutes, or even I'll think about it.)

➤ **Conclusion**

*Now that you know these things, do them, for that is the path of blessing. (John 13:17 LB)*

➤ **Couple Sharing**

For Each Spouse:

1. Which of the three manipulation techniques do you tend to use?
2. Does your spouse agree?
3. Which of the three steps provided when you are tempted to manipulate would help you the most?
4. Which of the three steps provided when you feel you are being manipulated would help you the most?
5. What can each of you do to help each other "Stop It?!" (Search for Bob Newhart "Stop It" video on [www.youtube.com](http://www.youtube.com) )