

# Biblical Fellowship Week 8: The Power of MOPing and The Jar Principle

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## The Power of MOPing

- When someone asks how we're doing, our default is often to talk at a head-level:
  - What is happening or what happened factually
  - What we ought to believe but don't believe
- While reminding ourselves of truth is always good, we have to put truth-speaking on pause in order to examine and explore what is at the root of our struggles with sin.
- MOPing allows others to see what is truly going on at our core by following our feelings to our beliefs.
- Keep asking and listening until you hit a Core Belief!

## J -

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- Until the person we are talking to knows that we are joined with them, that we are seeing the full extent of their circumstances, and that we are for their good, they will not accept our truth.
- The best way to Join is to keep using our three tools earlier: asking questions, listening and empathizing, and encouraging MOPing.
- You'll know you've joined when...
  - You ask, "I hear you saying XYZ," and they say, "Yes, that's it."
  - They say something along the lines of: "What do you think?"

## A -

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- Authenticity is about being real to our identity in Christ.
- At times, our insecurities can tempt us to people-please. We want to say what will make others happy, even if what we say is not true or godly.
- Beware of:
  - Agreeing with what God hates (e.g. revenge because "they deserve it")
  - Supporting or making excuses for someone's sinful behaviors (e.g. "you can do hurt them back because they struck first")

## R -

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- Risk is the flip of Authenticity. Truth-speaking is not easy! We have to risk potential rejection and hurt as we seek to help convict, challenge, and exhort each other to grow in the Lord.
- Even if we have Joined perfectly, we cannot guarantee that others will respond well.
- But remember... risking is worth it. Nothing is more important than the glory of God. Hopefully, we truly love each other! One truth we must always risk is that **God loves us far more than our idols.**

