

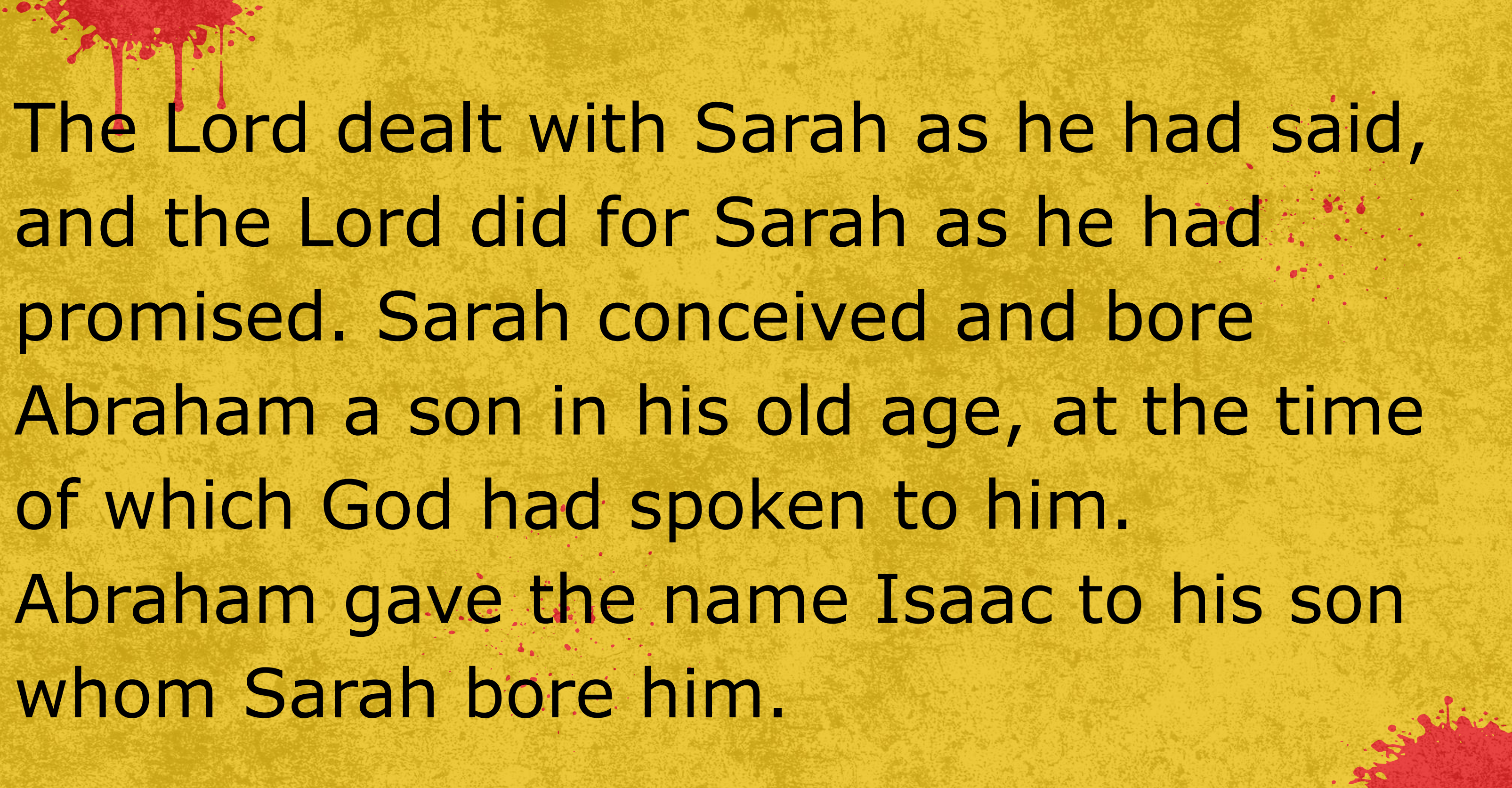
UNZUNG
HEROES

DARAH



Genesis

21: 1-3, 6-7



The Lord dealt with Sarah as he had said,
and the Lord did for Sarah as he had
promised. Sarah conceived and bore
Abraham a son in his old age, at the time
of which God had spoken to him.
Abraham gave the name Isaac to his son
whom Sarah bore him.

Now Sarah said, 'God has brought laughter for me; everyone who hears will laugh with me.' And she said, 'Who would ever have said to Abraham that Sarah would nurse children? Yet I have borne him a son in his old age.'

Sarai



Sarah



princess

My princess



unseen
unloved
undervalued



God
sees

We are a work
in progress





a spoiled
brat?



Hurt
people
hurt people

The image features a vibrant blue background with a textured, paper-like appearance. In the center, there are two concentric hexagons: an outer red one and an inner yellow one. The text is centered within the yellow hexagon. Surrounding the hexagons are several dynamic paint splatters and drips. On the left, there are red and black splatters. On the right, there is a large black splatter with a long vertical drip. At the bottom, there are yellow drips extending from the yellow hexagon. The overall aesthetic is bold and artistic.

gave her to her
husband to be
his *wife*



Contempt

The image features a vibrant blue background with a textured, grainy appearance. Centered on the background is a large red hexagon. Inside the hexagon is a yellow diamond shape. The word "Contempt" is written in a large, black, sans-serif font across the center of the yellow diamond. The composition is decorated with various paint splatters and drips: red paint splatters are on the left side, yellow paint drips are at the bottom, and yellow paint splatters are on the right side. There are also some black speckles scattered across the blue background.

Contempt... Wow, what an emotion, it's worse than anger. If you're angry with me, I'm like, 'OK, well, she's really hacked off at me', but I'm still engaged. Contempt is dismissing, you have been dismissed. You're not even worthy of the argument. So contempt is the fastest corrosion of a relationship



Brené
Brown

I just say to myself, you know, my challenge is to find God in the face of everyone I meet. Sometimes I've got to look really hard."



Contempt is the most poisonous of all relationship killers. We cannot emphasize that enough. Contempt destroys psychological, emotional, and physical health



Dr John
Gottman



Be honest



start small



don't use
"you"
statements



Daily practice of
communicating fondness
and admiration

Abram is more concerned
about his safety than
Sarai's safety or
wellbeing!



Hagar's story
mirror's
Sarai's



Sarai was
barren



She had

no

child



We all live with both
internal and external
expectations

Problematic expectations:

- Unconscious

Problematic expectations:

- Unconscious
- Unspoken
- Unagreed upon

Problematic expectations:

- Unconscious
- Unspoken
- Unagreed upon
- Unrealistic

Valid expectations:

Conscious =

we are aware of the
expectation

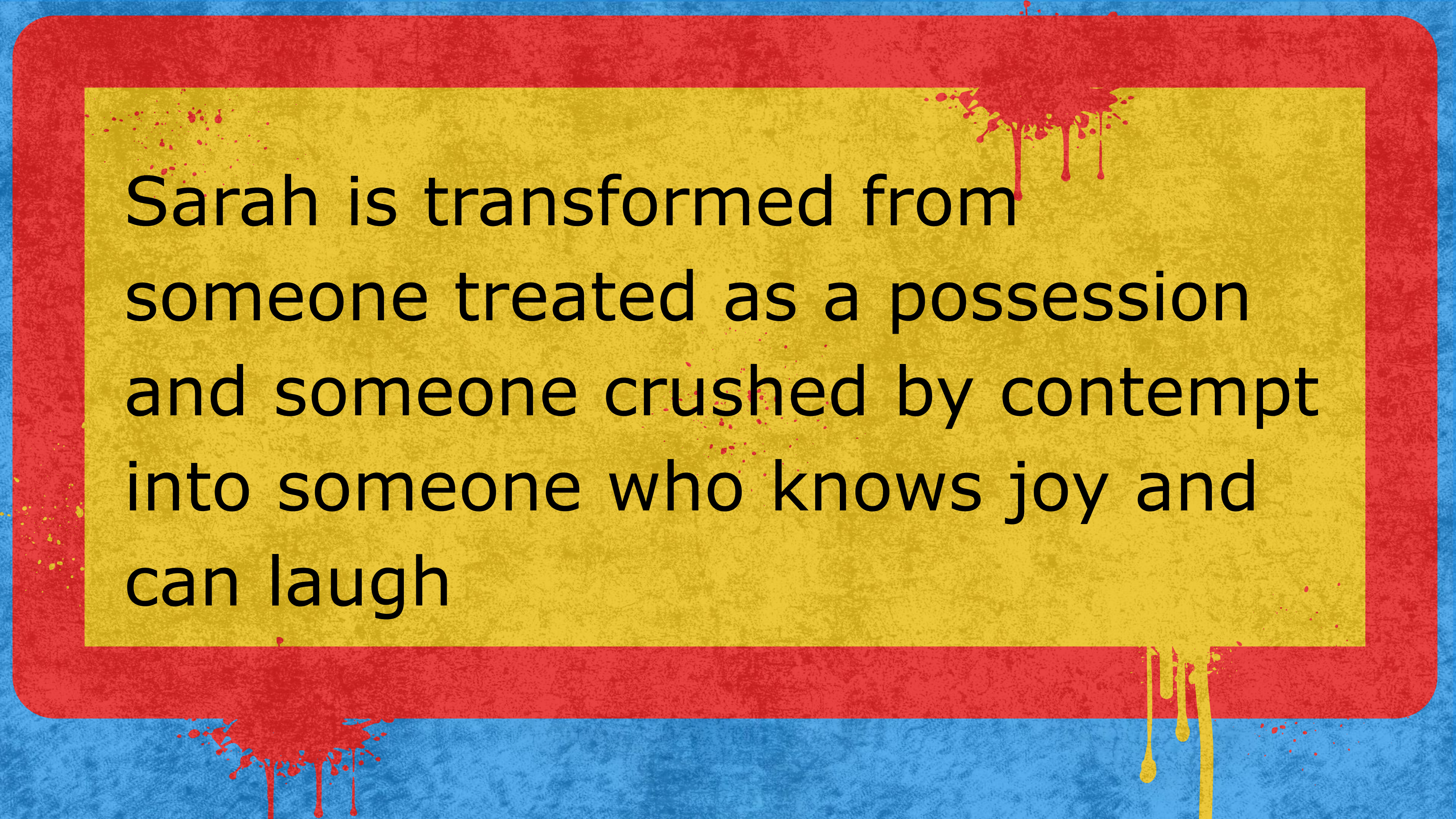
The Lord dealt with Sarah
as he had said, and did
for Sarah as he had
promised.



Pure
unmerited
grace



“God has brought laughter
for me; everyone who
hears will laugh with me”.



Sarah is transformed from
someone treated as a possession
and someone crushed by contempt
into someone who knows joy and
can laugh

Sarah's story is our
story

