

Resist *the Drift*

When Comfort Replaces Connection

When the Conversation in Your Head
Becomes the Conclusion in Your Heart

Mark 2:5-8, Genesis 2:18

Pastor Zairreus Patterson

1: THE PROBLEM

INTERNAL DIALOGUE PRETENDING TO BE TRUTH

Mark 2:8

Internal reasoning *feels like* a revelation...
but it's often just an assumption.

WHAT WE HEAR IS OFTEN FILTERED THROUGH:

Past
Wounds

Unmet
Expectations

Unresolved
Pain

Internal
Insecurity

You're responding to what you told
yourself they meant.

You're not arguing with your spouse.

You're arguing with your assumption.

You're not frustrated with their actions.

You're frustrated with your interpretation.

Your interpretation has been rehearsed
for so long...

Your interpretation feels like fact.

THESIS

Relationships drift when
we treat internal
dialogue like final truth
instead of tested
conversation.

2: THE DANGER

UNCHECKED THOUGHTS CREATE UNHEALTHY CONCLUSIONS



3: THE DESIGN

GOD BUILT RELATIONSHIPS FOR CLARITY, NOT ASSUMPTION

Genesis 2:18

<u>Ezer</u>	<u>Kenegdo</u>
Strong Help Support Strength	Corresponding To Opposite Of Facing

Your spouse is not your enemy. They are designed to challenge your perspective.

4: THE SOLUTION

BRING THE CONVERSATION OUT OF YOUR HEAD



TRY THIS!

#1

"Help me understand what you meant."

Proverbs 20:5

#2

"This is what I heard... Was that your intent?"

Proverbs 18:2

#3

"Here's how that made me feel... Can we talk about it?"

Ephesians 4:15

Instead of:

Assuming...

Proverbs 18:13

Ask

Concluding...

James 1:19

Clarify

Withdrawing...

Ephesians 4:26

Communicate

5: THE GOSPEL

JESUS CAN HEAL WHAT MISUNDERSTANDING HAS PARALYZED

Mark 2:5

Which of these do you need healing for?

_____ Stuck Communication

_____ Stuck Patterns

_____ Stuck Pain

_____ Stuck Distance

What have you concluded...without conversation?

What narrative has been shaping your response?

What assumption have you been rehearsing?

SCAN HERE OR
Text "JESUS"
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to accept Christ



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5 TYPES OF PEOPLE WHO REASON IN THEIR HEARTS:

1. THE MIND READER

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Assume motives without asking a single question.

- “He didn’t text back... he must not respect me.”
- “She walked past me... she’s definitely mad.”

They’ve got ZERO facts, but FULL confidence.

THE TRUTH:

Mind reading feels like insight, but it’s actually insecurity in disguise.

2. THE SILENT PROSECUTOR

3. THE HIGHLIGHT REEL EDITOR

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Edits the story to fit the emotion.

- “You never listen.”
- “You always forget.”

They’ve turned one 10-second clip into a full Netflix documentary.

THE TRUTH:

When you don’t seek understanding, you start rewriting reality.

4. THE GHOST INTERPRETER

5. THE AVOIDANCE ARTIST

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“It’s just not worth bringing up.”

- Lets things “go” externally but holds onto them internally
- Hopes the other person will magically fix what they don’t know is broken

They think they’re keeping the peace... but they’re just rescheduling the explosion.

They’ve got ZERO facts, but FULL confidence.

THE TRUTH:

Avoidance doesn’t protect relationships; instead, it quietly poisons them.

2. THE SILENT PROSECUTOR

“I’m not mad... I’m just observing.”

- Keeps a mental list of offenses
- replays situations like a courtroom drama

Has already judged the person... but never talked to them

THE TRUTH:

Unspoken accusations turn into real bitterness.

4. THE GHOST INTERPRETER

Reads too far into tone.

- “Did you hear how they said that?”
- “That look meant something.”

Assigns meaning to things never explained.

THE TRUTH:

You can’t have clarity if you’re communicating with assumptions instead of words.



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