

# Building the Skill of Honor

## Objective:

The goal of this document is to help you build the skill of HONOR. To do that, we must learn how to identify a person's value and then reveal their value to them and or others, in a positive way.

## Process:

To identify a person's value and then reveal their value to them in a positive way, we will use written scenarios to help you recognize a person's value and then show you how you can reveal their value to them. We will also review your previous week and look at times when you did honor someone and when you may have missed an opportunity to honor someone. Finally, we will look ahead to the upcoming week and anticipate ways you can honor people in your life.

- Helpful Tips
  - To honor is not always about applause. You can honor someone while having nothing worth celebrating. Having a challenging conversation is a way to honor someone.
  - This document includes some actions you can take to honor people, either verbally or non-verbally. Feel free to use these actions as a guide to help you honor people
  - When building the skill of honor, ask the question, "What needs to be highlighted, illuminated, or celebrated in this person's life right now?"

## Payoff:

Building the skill of honor will help you improve your relationship with others and yourself. Your relationships will improve because people will feel genuinely valued by you as you take the time to notice meaningful things about people. Your relationships can also improve because you tell people what they need to hear, not just what they want to hear.

### **Building this skill will allow you to remove negative behaviors such as:**

- Alienated: feeling isolated in places where you should belong
- You dishonor people
- Don't like yourself
- Inarticulate: hard to communicate how you feel about others

### **Building this skill will allow you to implement or improve positive behaviors such as:**

- Articulate: able to communicate how and what you feel about others
- You honor people
- Intimacy: you can get close to others and build genuine relationships
- You like yourself



**Here are a few actions you can take to honor people:**

Verbal	Non-Verbal
Thank them for doing a specific task	Write a note highlighting an action someone did
Thank them in front of others	Send a letter in the mail letting someone know that you love them simply for who they are. In the letter you describe who they are.
Start your meetings off by honoring someone	Send an email congratulating someone
Tell someone something you like about them	Write a review of their service
Thank a business for doing a good job	Refer a business to someone
Publicly share with others what another person has done, or what they mean to you	Throw someone a party
Have a hard conversation with someone about a troubling issue	Pray for a friend who is battling an ongoing sin

**Additional Resources:**

Video Playlist; [https://youtube.com/playlist?list=PLfi2FKt-hTKZ9h1jbjPV2XMsiH\\_4dz5wK](https://youtube.com/playlist?list=PLfi2FKt-hTKZ9h1jbjPV2XMsiH_4dz5wK)

Remember to ***pray*** and ask God to help you with this skill.

**If you need help answering the questions** you can always download my answers from the website to give you a point of reference.



# Scenarios

Go through the written scenarios below and write down how you could honor the people highlighted.

## Simple Scenarios:

**What are some verbal ways you could honor people in the scenarios below?**

Your grandmother is retiring in a few months.

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Your sister just graduated from college.

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Your colleague did an excellent job on their presentation.

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Your colleague had a great sales month.

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Your son finished all of his homework before you got home from work.

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Your niece made an A on her science project.

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What are some non-verbal ways you could honor people in the scenarios below?

Your colleague made top salesperson of the year.

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Your friend just opened up a new business.

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Your friend is about to have a baby.

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**Honoring Yourself:**

You made it to the gym every day this month. How can you honor yourself?

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You have overcome a sin that has plagued you for the last six months. How can you honor yourself?

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You just lied about how you really feel about a situation to your spouse. How can you honor yourself?

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You were late for the third time this month. How can you honor yourself?

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**Complex Scenarios:**

**How can you honor people in the Scenarios below?**

You see a homeless person on the street who just asks for money. They smell like smoke.

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You are single and your significant other makes a sexual advance towards you.

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Your best friend is about to get married right after you broke up with your significant other. You thought that y'all would be single together and married together. But this is not the case.

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Your child just failed their math test.

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You and your spouse just got into a heated argument. You were clearly mistreated in the argument.

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Your spouse just caught you in the sin of (pick a sin) \_\_\_\_\_. How can you honor yourself? How can you honor them?

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Your son just informed you that he got a girl pregnant, and he is still in high school. How can you honor him, the baby mama, and the baby?

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# Reflection

Reflect on your previous week and identify areas where you honored or failed to honor someone appropriately.

**Relationships:**

- Friends
- Coworkers
- Supervisors
- Members of your community
- Spouse
- Children
- Immediate Family
- Extended Family

Identify moments over the previous week where you appropriately honored someone. Use the relationship categories above to give you ideas of people you could have honored.

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Identify moments over the previous week where you failed to honor someone.

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For the opportunities you missed at honoring people, how would you honor them if you had another chance?

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# Anticipation

Anticipate opportunities to honor people in your upcoming week.

**Relationships:**

- Friends
- Coworkers
- Supervisors
- Members of your community
- Spouse
- Children
- Immediate Family
- Extended Family

Identify moments in the upcoming week where you could honor 1-3 people. Use the relationship categories above to give you ideas of people you can honor.

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How will you honor the people highlighted above?

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What obstacles could prevent you from honoring the people you highlighted above?

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How can you overcome these obstacles?

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