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Grounders:

While each of us has encountered misunderstandings in our relationships, none of us has misunderstood our refrigerator. My refrigerator's name is Benny (Hebrew for understanding). He understands me for four reasons.

First, Benny is plugged into the wall where he receives his electricity. This is a picture of being *Spirit-Led*. Proverbs tells us that a person with understanding is plugged into and led by the Holy Spirit (Prov. 3:5-6). The difference of being Spirit-Led or not is five seconds. So, this week try the *Five Second Rule*. Before every telephone call, encounter, or meeting, ask the Holy Spirit to lead you.

Second, Benny has two doors, indicative of being teachable. This is the *Times 2 Rule*. Proverbs communicates that a person with understanding has another person (times 2) in his life to coach and correct him (Prov. 15:32). This is true for discipleship in Christ, our careers, and our roles in our families. This week, live the Times 2 Rule by asking someone to coach you in an area of your life.

Third, Benny is *cool*. Regardless of the heat outside, Benny always keeps cool. This is reflective of the *10 Second Rule*. You have heard that when conversations become heated with anger that we should count to 10. However, merely counting to 10 defers our anger rather than processes it. The *10 Second Rule*, says that in the heat of the moment, invest 10 seconds by taking your anger to God. Ask Him to cool you down. Proverbs says that a person with understanding has a cool spirit (Prov. 17:27 NASB). This week, practice the real *10 Second Rule*.

Fourth, Benny lets me look and reach inside. Proverbs teaches that a person with understanding has *insight* (Prov. 14:33; 20:5; 28:11). This is lived out through the *20 Second Rule*. This week, take 20 seconds after each conversation to look past every person's words to peer inside his heart. Don't merely focus on his vocabulary, but reflect on what is in his heart that he was attempting to describe.

Be like my refrigerator Benny, who has no misunderstandings. Be a wise person who understands others by intimately experiencing the Holy Spirit (Prov. 9:10). Be: (1) Spirit-Led through the *5 Second Rule*, (2) Teachable with the *Times 2 Rule*, (3) Cool implementing the *10 Second Rule*, and (4) Insightful while engaging in the *20 Second Rule*.

Please memorize one of these verses as you assimilate understanding into your life through the Holy Spirit.

In Him,  
Mitch