

THE JOHARI WINDOW

From a Biblical Perspective

Written and personal study by Felicia Trecek. 07/06/2013 (revised 07/09/2013)

Messiah [Christ] said we are to love our enemies (Matt 5:43-48). Yet we see people all around us incapable of getting-along with their friends or family members. Hate, anger, jealousy, resentment, and the like reside in too many self-proclaimed Christians. What is the problem? There is one very general answer which is: sin. However, 'sin' is too broad of an answer.

All bible readers know that hate, unjustifiable and/or prolonged anger, jealousy, resentment, and the like are *not* fruits of the Righteous Spirit. Intellectually and based upon a plethora of information that is available to us today, we all know negative emotions are unhealthy for us. This being true, why do many self-proclaiming Christians hold onto hate, anger, jealousy, resentment, and the like? The answer: past hurts, insecurities and/or pride. Anger can be - for example - a cover-up, or rather a self defense mechanism for pain. Anger can also stem from pride. For another example: jealousy can stem from insecurity.

Before delving to far into emotional self-discovery and overcoming, why is examining oneself so vitally important for a Christian? Can't we just give our heart to Jesus, and everything is just wonderful and dandy now? Jesus love me! Jesus will save me from everything by doing all the work for me... right? Can I just go to church once a week, warm a seat, sing a few songs, feel warm and fuzzy, and believe I am going to heaven? *What's wrong with this picture?*

MANY SELF-PROCLAIMING CHRISTIANS WILL DIE IN YHWH'S WRATH

From the Septuagint, Isaiah 13: 6 reads:

"Howl ye, for the day of the Lord is near, and destruction from God shall arrive. Therefore every hand shall become powerless, and every soul of man shall be dismayed. The elders shall be troubled, and pangs shall seize them, as of a woman in travail: and they shall mourn one to another, and shall be amazed, and shall change their countenance as a flame. **For behold! the day of the Lord is coming which cannot be escaped, a day of wrath and anger, to make the world desolate, and to destroy sinners out of it.** For the stars of heaven, and Orion, and all the host of heaven, shall not give their light; and it shall be dark at sunrise, and the moon shall not give her light. And I will command evils for the whole world, and will visit their sins on the ungodly: and I will destroy the pride of transgressors, and will bring low the pride of the haughty. And they that are left shall be more precious than gold tried in the fire; and a man shall be more precious than the stone that is in Suphir. For the heaven shall be enraged, **and the earth shall be shaken from her foundation, because of the fierce anger of the Lord of hosts, in the day in which his wrath shall come on.**"

From the Septuagint, Isaiah 24:3-6 (Masoretic text is 24:5-6) reads:

"**The earth shall be completely laid waste,** and the earth shall be utterly spoiled: for the mouth of the Lord has spoken these things. The earth mourns, and the world is ruined, the lofty ones of the earth are mourning. And she has sinned by reason of her inhabitants; because they have transgressed the law, and changed the ordinances, even the everlasting covenant. **Therefore a curse shall consume the earth, because the inhabitants thereof have sinned: therefore the dwellers in the earth shall be poor, and few men shall be left.**"

Rev 6:17 reads, "For the great day of His wrath is come, and who shall be able to stand?"

1-Peter 4:18 reads, "And if the righteous scarcely be saved where shall the ungodly and sinner appear?"

Based upon the previously quoted scriptures, YHWH God is not very happy or pleased with the masses of men and women on the earth. After YHWH's fearsome wrath of punishment, very FEW people will be left alive. And, these said "few people" will be the humble ones who emulated His righteousness. (Read Zeph 2:3) These prophetic endtime scriptures assuredly do not paint a pretty picture. They certainly do not say that the masses of people are going to heaven. These said select few righteous people will SCARCELY be saved according to the apostle Peter. In other words, it appears the righteous will skid in with bumps and bruises.

Just because you are a Christian, does not automatically place you in the righteous category who will scarcely be saved. Our Master Messiah (the Christ) said, "**MANY** will say to Me in that day, Lord, Lord, have we not prophesied in Your Name? And, cast out demons in Your Name, and done mighty works in Your Name?" And, Messiah/Christ will answer them: "I never knew you, depart from Me, you who work lawlessness!" (Ref: Matt 7:21-23) In other words, **MANY** Christians will **NOT** enter into YHWH's/Messiah's Kingdom which He will then establish after His wrath. Make no mistake about what Christ said in Matthew 7:21-23. Christ is talking directly to people who claim to know Him (Christ) and are supposidly doing the work of Christ.

Currently, based upon the statistics I've read, Christians (including the Messianics) compose 32% of the world population. With this said, contemplate very heavily what Messiah/Christ - our Master and Savior said in Matt 7:21-23. **MANY** who claim Christ - many self-professing Christians who compose the 32% will die during His wrath. *This fact ought to be very sobering.*

EACH INDIVIDUAL CHRISTIAN NEEDS TO BE SOBER AND HONEST WITH THEMSELVES

The apostle Paul admonishes us to examine ourselves. 2-Cor 13:5 reads, "Examine yourselves whether you are in the faith — prove yourselves..." Some people might think they are in the faith, but are truly not. And, there are others who play games with themselves — people who know they do things that are contrary to the faith, but do very little or nothing to change it.

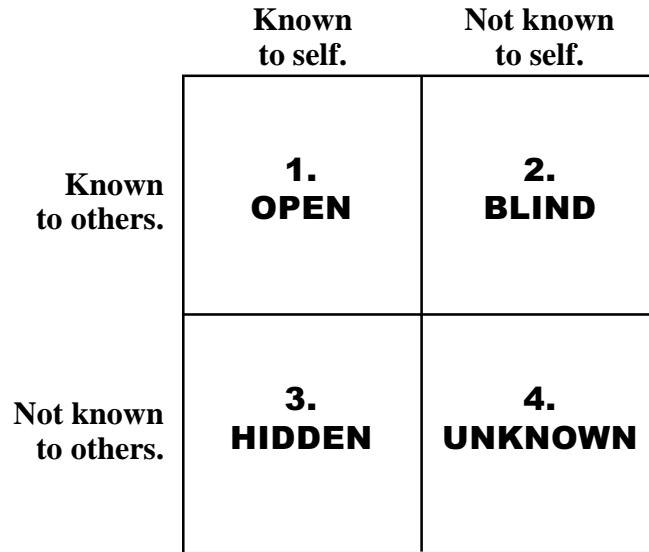
In order to properly examine oneself, its helpful to know how we each function. The Johari Window is a helpful tool.

[REVIEW JOHARI WINDOW CHART ON PAGE 3](#)

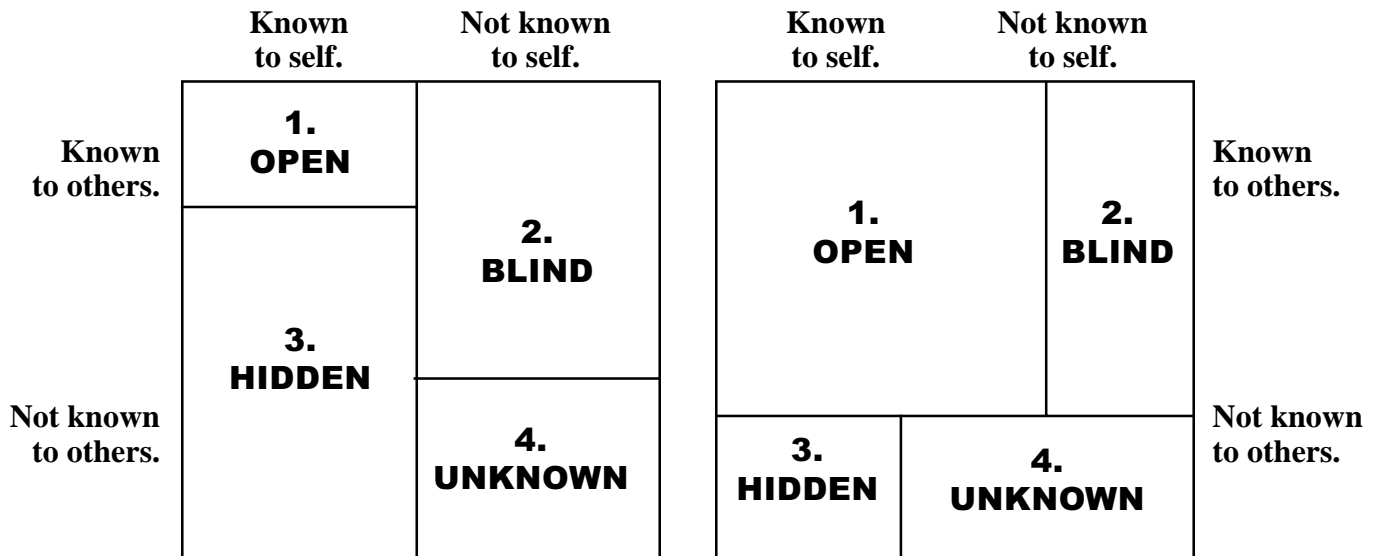
THE JOHARI WINDOW

Created by Joseph Luft and Harrington Ingam in 1955 in the U.S. It is used to help better understand their relationship with self and others.

Based upon many years of studies, it is believed that 80% of our behavior and the way we think is formulated from our subconscious mind - originating from our childhood experience.



Everyone has different size quadrants. Examples...



When the OPEN quadrant is *small* (meaning a person discloses very little information about themselves), they are less receptive to feedback and ideas. When the OPEN quadrant is *large*, the more receptive they are to feedback and ideas.

For the development of any interpersonal relationship, self-disclosure for two people/parties on both sides is necessary.

According to leading psychotherapists, the OPEN quadrant is the largest in emotionally balanced, well-being people.

A BIBLICAL EXAMPLE OF A MAN POSSESSING A SIN IN HIS BLIND QUADRANT (#2)

In Mark 10:17-22, a rich man came to Christ and asked Him, "what shall I do that I may inherit eternal life?" Christ answered by quoting five of the ten commandments that are associated with human relationships. He quoted commandments 5-9, save number 10. Then, the rich man answered and said, "Master, all these I have observed from my youth." Then, Christ told the rich man, you lack one: go and sell everything you have, give to the poor, and come follow Me." At that moment, the rich man became very sad and walked away. Christ pointed out a sin in the rich man's blind quadrant. The rich man was violating the last commandment: "thou shalt not covet." Although; in reality, the rich man was violating the first commandment also. Coveting is a form of idolatry. Christ said in Matthew 6:24, "No one is able to serve to Masters, for either he shall hate the one and love the other, or else he shall cleave to the one and despise the other. You are not able to serve (*both*) Elohim (God) and mammon." In the case of the rich man, he was unable to follow Christ because he placed more value upon his possessions. (Also important to read: Col 3:5-6 and Ephes 5:5. People who do not overcome their coveting problem, will not be in the Kingdom - but rather they will die in His wrath.)

TESTS AND TRIALS TO REVEAL THE HIDDEN AND BLIND AREAS

YHWH will put us through tests and trials to show us our weaknesses and shortcomings. In the event of the Israelites while they were in the desert for forty years, YHWH told the Israelites in Deut 8:2-4 the following: "And you shall remember that YHWH your Elohim led you all the way these forty years in the wilderness, to humble you, prove you, to know what was in your heart, whether you guard His commandments or not. And He humbled you, and let you suffer hunger, and fed you with manna which you did not know nor did your fathers know, to make you know that man does not live by bread alone, but by every Word that comes from the mouth of YHWH."

The apostle Peter told us in 1-Peter 4:2 that fiery trials are to test us or try us. It is my personal belief that YHWH does not always bring about situations, but also allows our own shortcomings and foibles to abase us at times. Sometimes our own choices and decisions that we make effect us in a harsh way.

How do we handle adversary? How do we handle the trials in life, especially human relationship trials and difficulties? Are we like King David when he penned the words in Psalms 139:23... "Search me O God, and know my heart, try me, and know my thoughts." In other words, King David was asking YHWH to point out his blind and unknown spots in his life. This type of mindset takes courage, fortitude, tenacity and honesty. Don't remain in self-denial if you really want an answer.

Christ/Messiah said in Matthew 7:3-5, "And why do you look at the splinter in your brother's eye, but not notice the plank in your own eye?" The plank Christ/Messiah is speaking about most likely resides in the Johari Window "blind" or "unknown" quadrant. Every human being has *had* (past tense) or remains having a big plank in their own eye in some aspect or area in their life. As Christians, its our personal responsibility to take out the planks in our own eye as Christ/Messiah instructed us in Matthew 7:5... "Hypocrite! **First remove the plank in your own eye**, and then you shall see clearly to remove the splinter out of your brother's eye." In other words, don't have the mindset that YHWH will somehow miraculously take out your planks for you. Its our responsibility to take out our own planks. And, the way to see our planks, we need to make our "OPEN" quadrant larger and accept feedback from other people.

RELATIONSHIPS ARE THE WEIGHTIER MATTERS OF THE LAW

Christ/Messiah said in Matthew 5:20... "For I say unto you, that except your righteousness shall exceed the righteousness of the scribes and Pharisees, you shall in no way enter into the Kingdom of heaven." In Matthew 23:23, we learn what Christ/Messiah meant in Matthew 5:20 - our righteousness needs to exceed that of the scribes and Pharisees. In Matthew 23:23, Christ/Messiah told the Pharisees that they were hypocrites. They pay tithes of mint and anise and cummin, but they omit the weightier matters of the law which are: 1) judgement, 2) mercy, and 3) faith. The first two in the list (judgement and mercy) pertain to human relationships. The last, "faith" pertains the relationship with YHWH. In other words: THE WEIGHTIER MATTERS OF THE LAW ABSOLUTELY PERTAIN TO RELATIONSHIPS! Paraphrased yet in another way: if we - as Christians - do not integrate and infuse the right kind of judgement, mercy and faith, we will NOT enter the Kingdom of Heaven. This is what Christ said. With the previous said, we all need to be honest and sober about our Spiritual condition.

In 1-John 4:20, the apostle John told us that if we hate our brother, we cannot - in no way - love YHWH. Because if we can't love someone we can see, we're unable to love YHWH who we cannot see. In Matthew 5:22-24, Christ/Messiah speaks about bringing your gift to the altar. And, if your brother or sister has a problem with you, you are to leave your gift at the altar, go and reconcile with your brother or sister. The implication here is that your gift/s to YHWH will not be accepted if you have relationship problems with someone and have done nothing about it. Although, please understand: a relationship consists of two sides. If the other side refuses to properly engage and breaks-off the relationship, we are not able to do anything about it other than perhaps pray.

Right human relationships - in the eyes of YHWH - are extremely important. They are the weightier matters of the law.

EXAMINE HUMAN DEFENSE MECHANISMS THAT OPPOSE RIGHT RELATIONSHIPS

The following list of defense mechanisms provides some insight on how humans operate when the Right Spirit is not at work. There are seven.

VERBAL AGGRESSION

I was with my boyfriend a few months ago when this man ran a red light and smashed into the side of our van. It was definitely his fault—there were cars stopped in the lane next to him.

Even though this guy must have known he was guilty, he jumped out of his car and began yelling at us. He called us "dirty punks" and "bums." He let out all that verbal aggression just to cover up the truth—that he was wrong.

RATIONALIZATION

A guy I know broke up with his girlfriend not too long ago, and the way he handled the thing really shows how rationalization can hurt communication. The reason he

gave her for splitting up was that he'd be going away to Europe soon and he didn't want to break off suddenly when he left. But the truth was that he was just tired of her. She knew this, and I think his rationalization hurt her way more than if he'd been honest. I know he was only fooling himself because he wants to think he's a great guy who is thinking only of her welfare!

COMPENSATION

The other night I was at a party when the conversation turned to politics. I'm really turned off by that whole subject even though I know it's important. So when somebody brought up the election, I tried to change the subject to motorcycles, which I know a lot about. I do this a lot. When there's something I don't understand or don't like, I try to change the conversation to an area where I'm an authority.

REGRESSION

I use regression at home when I don't want to do chores. If a job sounds unpleasant I claim I "can't" do it: I "can't" prune the fruit trees the right way, strip off the old paint, wax the car, and so on. This way I get other members of my family to help without admitting I'm lazy. It probably doesn't fool them—and now that I'm aware of it, this kind of regression won't fool me either.

REPRESSION

My family is especially good at repressing our feelings about a serious problem. My brother is turning into an alcoholic, and I'm worried that it's going to hurt him and the family seriously soon. Despite the concern everyone feels, when we get together we pretend nothing's wrong. I think we hope that by acting like a happy, trouble-free family we'll become one.

APATHY

After learning about defense mechanisms I discovered that one of my "favorites" is apathy. When I'm criticized by my family, friends, or professors I pretend I don't care. I really do care a great deal, but it's hard to admit that I'm wrong. I guess being wrong isn't part of my presenting image. After thinking about it, I see that acting apathetic doesn't impress others, and it keeps me from changing for the better.

DISPLACEMENT

Yesterday at work I used the defense mechanism of displacement. My supervisor had given me a bunch of static about a problem that was really his fault. He's an unrealistic old S.O.B. to begin with, and there's no use arguing with him. So I guess because I was so mad, when one of the guys on my crew asked me if he could take off a little early that afternoon, I chewed him out for being a lazy so-and-so. But all it was was my anger at the boss being displaced. I was really sorry and apologized later, but it'll take a few days for the guy to let the chip melt off his shoulder.

IMPROVING OUR RELATIONSHIPS

Returning to Matthew 7:3-5...Its our responsibility to take out our own planks in our eye. And, the way to see our planks is to make our "OPEN" quadrant larger. There are several methods to making our "OPEN" quadrant larger. We can read and educate ourselves about human relationships. Another method is to accept feedback from other people. We can ask other people for input. Or, people may volunteer input without being asked. Either way, a non-defensive and non-confrontational response to feedback would be: "Thank you for caring about me. I will consider and think about what you have said." This statement does not mean that you agree or disagree with what you have just been told. However, it does allow us to honestly see how others view us. Additionally, it validates the person who is giving feedback.

The following is an exercise you might want to try:

Make yourself your own personal rule list.

Think about conflict situations in your past. What did you do or say? How could you have handled the situation for a better outcome? The purpose for this exercise is to facilitate a better and more positive outcome for future confrontations.

Consider various conflict resolutions.

The apostle James instructed us to confess our sins to one-another in James 5:16. (See also 1-John 1:9) The Spiritual tool that will give us the strength to do this is "HUMILITY." This facilitates feedback so that we can hopefully overcome our weakness. And, it also facilitates the release of negative energy that compiles within us. That negative energy is called, "guilt."

SUMMARY

Most self-proclaiming Christians will die in YHWH's wrath because of disobedience. The majority of disobedience appears to be against the law of love: "judgement" and "mercy." (I am not minimizing "faith" here.) When Christ spoke to self-professing Christians in Matthew 7:21-23, they claimed to perform mighty works in His Name such as casting out demons and prophesying. Although, I doubt Christ gave a complete list of "mighty works." Nonetheless; the weightier matters of the law are more difficult to follow, thus are overlooked. With this said, we can easily lose out on our Salvation if we're not attentive to the law of love and faith in YHWH/Christ. Are we (this author and the readers of this message) - are we going to the ones standing in-front of Christ when He says, "I never knew you, depart from Me!" I sure hope and pray not!

We need to be very attentive to our Spiritual well-being by making our OPEN quadrant larger, rid ourselves of our planks - the planks that blind us, and improve upon our relationships. YHWH is creating and desires a large happy family, not a dysfunctional one.