

pages
How do you GTS?
49-52

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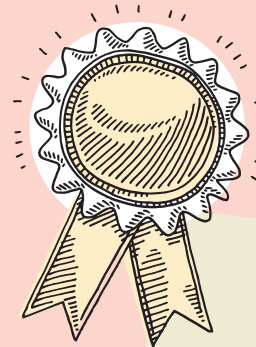


What is G.T.S. about?

Greeting people with enthusiasm is a simple gesture that can make their day.

Treating people with respect indicates our unique, God-given human dignity.

Speaking in a friendly manner to people, and with confidence, allows us to build authentic and trustful relationships with those in our lives.



How do we form our G.T.S. skills?

We form habits when we practise doing something the same way often. For example, you would have learned to brush your teeth before going to bed, and now this is something that comes naturally to you.

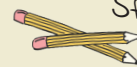


WHO are people in your life whom you learn from?



G.T.S.

How often do you stop to reflect on how you GREET, TREAT and SPEAK to others?



- ☐ Often? ☐ Sometimes?
- ☐ Rarely?

"Kind words can be short and easy to speak, but

their echoes are truly endless."

- Saint Teresa of Calcutta



Things to do:

- ✓ Greet people with enthusiasm, confidence and friendliness.
- ✓ Listen **ACTIVELY**, not just to **HEAR** but also to **UNDERSTAND**.



Tip: When we listen to understand, we then follow up with questions or comments. That makes the person feel like they've truly been heard.



Reflect on how headphones are a way for people to avoid G.T.S. -----

Your turn

Fill in the blanks below.

I will practise G.T.S. today at

.....

.....

because by doing this it

.....

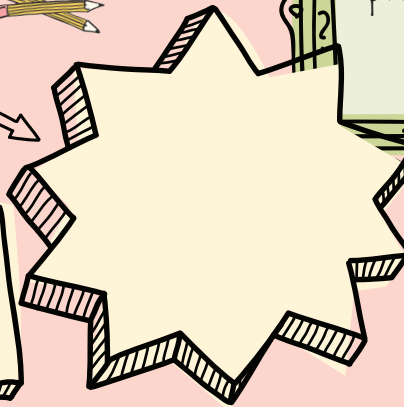
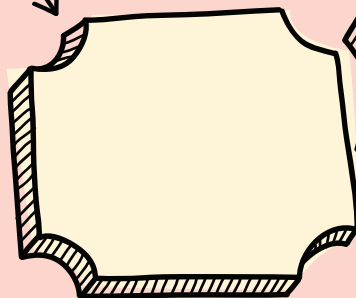
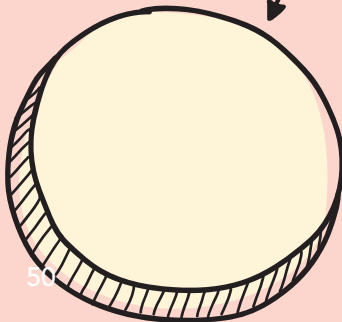
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G.T.S. takes practice!

Identify some ways that you can practise incorporating G.T.S. into your daily life. One example could be to say good morning to someone, but actually stop, make eye contact, smile and listen to their answer.

Ways I can practise G.T.S. are ...



"Listening with intent takes practice!"



Jesus and G.T.S.

When Jesus came to the place, he looked up and said to him, "Zacchaeus, hurry and come down; for I must stay at your house today." So he hurried down and was happy to welcome him. All who saw it began to grumble and said, "He has gone to be the guest of one who is a sinner." Luke 19:5-7

Jesus spoke to the marginalised including the tax collectors such as Zacchaeus. In fact, Zacchaeus' life is transformed after a G.T.S. interaction with Jesus.

Today, Jesus' message still resonates with people from all walks of life and different cultures. We are encouraged to cultivate and nurture the power of effective G.T.S.



Let's put the shoe on the other foot



Jesus communicated to people on all levels with no judgement. Let's put the shoe on the other foot. You are meeting Jesus for the first time. You have heard about his message, healings and ability to weave parables into conversations.

Q

What would be your first greeting to him?

A



Q

How would you follow up your next encounter with him?



Positive action

G.T.S. is a positive action that God calls us to engage in every day. It is free, simple and a deed that is totally within your control! We need to consciously reflect on our everyday actions.

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JOURNAL

Pen some thoughts about how using a positive G.T.S. approach would affect your relationships with family members, your friends and the wider community.

Consider this: What would change for the better?

Why is treating people with respect important?



TAKE AWAY