

YOUR THOUGHTS & EMOTIONS AND THEIR IMPACT ON YOUR RELATIONSHIPS SESSION 4

<https://www.cov-pres.org/sunday-school/sunday-school-classes/>

Taught by:

Greg Becker – Director of Congregational Care & Counseling LPC

John Kuebler – Retired Pastor, Retired Clinical Director of Journey
Counseling Ministries – LPC, LMFT

SUMMARY OF WHERE WE ARE

- Do you ever feel bad *about* feeling bad?
- What you care about will shape and influence what you feel, and ultimately fuel what you worship
- Emotions give us the physical energy and **motivation** to do things.
- Sharing our emotions with each other (**vulnerability/risk**) actually strengthens our relationships
- Emotions are **confusing** – In this world, emotions are mixed

EMOTIONS INVOLVE OUR BODIES

- We feel and experience our emotions in our bodies
- Your body often act as a billboard displaying your emotions to you and the world (whether you want it to or not)
- Sometimes there is a **delay or gap** between what you see & understand and when you begin to feel that particular emotion in your body

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BODIES (CONT)

- Sometimes, when we are feeling especially sensitive, we **feel emotions instantly** before have had time to evaluate a situation
- Sometimes our emotions can linger much longer than we would like to OR sometimes emotions will end long before they need to
- Sometimes emotionless, physical pain & exhaustion, certain medical conditions, (even joy, contentment impacted)

WHAT SHOULD WE DO WITH OUR EMOTIONS?

- Two dominant approaches people tend to take toward their emotions:
 1. Try to ignore emotions and just move on (quicksand, awkward)
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ENGAGE YOUR EMOTIONS WITH GOD

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- Try to name what is going on inside (**Identify**)
- Slow down and take an honest look at your feelings (**Examine**)
- Sift through the good and bad in your responses to your experiences (**Examine**)



ENGAGE (CONT.)

- Prayerfully figure out which aspects of what you're feeling are good and godly and which are destructive and selfish (**Evaluate**)
- Nurture the loves of our hearts and behaviors that are good (**Act**)
- Starve the loves of our hearts and behaviors that are bad (**Act**)

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YOUR THOUGHTS & EMOTIONS AND THEIR IMPACT ON YOUR RELATIONSHIPS SESSION 4

<https://www.cov-pres.org/sunday-school/sunday-school-classes/>

Taught by:

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John Kuebler – Retired Pastor, Retired Clinical Director of Journey
Counseling Ministries – LPC, LMFT

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- Prayerfully figure out which aspects of what you're feeling are good and godly and which are destructive and selfish (**Evaluate**)
- Nurture the loves of our hearts and behaviors that are good (**Act**)
- Starve the loves of our hearts and behaviors that are bad (**Act**)

YOUR THOUGHTS & EMOTIONS AND THEIR IMPACT ON YOUR RELATIONSHIPS SESSION 4

<https://www.cov-pres.org/sunday-school/sunday-school-classes/>

Taught by:

Greg Becker – Director of Congregational Care & Counseling LPC

John Kuebler – Retired Pastor, Retired Clinical Director of Journey
Counseling Ministries – LPC, LMFT

SUMMARY OF WHERE WE ARE

- Do you ever feel bad *about* feeling bad?
- What you care about will shape and influence what you feel, and ultimately fuel what you worship
- Emotions give us the physical energy and **motivation** to do things.
- Sharing our emotions with each other (**vulnerability/risk**) actually strengthens our relationships
- Emotions are **confusing** – In this world, emotions are mixed

EMOTIONS INVOLVE OUR BODIES

- We feel and experience our emotions in our bodies
- Your body often act as a billboard displaying your emotions to you and the world (whether you want it to or not)
- Sometimes there is a **delay or gap** between what you see & understand and when you begin to feel that particular emotion in your body

• Groves, J. Alasdair. Untangling Emotions . Crossway, Kindle Edition

BODIES (CONT)

- Sometimes, when we are feeling especially sensitive, we **feel emotions instantly** before have had time to evaluate a situation
- Sometimes our emotions can linger much longer than we would like to OR sometimes emotions will end long before they need to
- Sometimes emotionless, physical pain & exhaustion, certain medical conditions, (even joy, contentment impacted)

WHAT SHOULD WE DO WITH OUR EMOTIONS?

- Two dominant approaches people tend to take toward their emotions:
 1. Try to ignore emotions and just move on (quicksand, awkward)
 2. Focus intently on your emotions (storm)

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ENGAGE YOUR EMOTIONS WITH GOD

- Psalm 62:8, Psalm 139:23-24, Matt 26:39, Luke 10:21, Lamentations
- Try to name what is going on inside (**Identify**)
- Slow down and take an honest look at your feelings (**Examine**)
- Sift through the good and bad in your responses to your experiences (**Examine**)



ENGAGE (CONT.)

- Prayerfully figure out which aspects of what you're feeling are good and godly and which are destructive and selfish (**Evaluate**)
- Nurture the loves of our hearts and behaviors that are good (**Act**)
- Starve the loves of our hearts and behaviors that are bad (**Act**)