



YOUR THOUGHTS & EMOTIONS AND THEIR IMPACT ON YOUR RELATIONSHIPS SESSION 2

Taught by:

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LAST WEEK SUMMARY

- Introduced ways to describe how you might be feeling and how you might emotionally respond to certain situations (storm, quicksand, awkward, easygoing)
- **Here is one more:** Touchy-Feely & Braniac;
- Your feelings/emotions (positive or negative) are not right or wrong but they point to what we love, care and are concerned about.
- Our emotions are indicative of the thought (fact) that we were made in God's image



DEFINING EMOTIONS

- In broad strokes, two general and secular theories prevail.
- First, Our emotions are not to be trusted, because they come from the “animal” part of our nature, and we must use our minds, or philosophy, to **master our bodies**.
- Second, the mind is the locomotive that drives the emotions, not the body. This is often referred to as a cognitive understanding of emotions.
- We can manage our emotions with our minds. If you are troubled by your feelings, you need to **change how you think**



DEFINING EMOTIONS CONT.

- Making a tidy distinction between mind and body and assigning one as the source of emotions just doesn't fit.
- In any given situation one can seem more powerful than the other, and in most cases we can see how both are at work forming a kind of feedback loop.
- Our emotions often don't make sense so our mind has to make sense of the emotion
- **Understanding what “causes” my emotions is a critical step in learning to deal with them.**

- Groves, J. Alasdair. *Untangling Emotions*. Crossway. Kindle Edition



THEOLOGY OF EMOTIONS

- The Bible places the focus on how emotions facilitate (or impede) our role as God's image bearers, helping us love him and one another (or hampering us from loving). (Eph 4:26, Ps 4:4)
- Our emotions, in all their dimensions, body and mind, are meant to function together in a way that serves his purposes. (1 Peter 1:13, 5:8, 2 Tim 4:5, Titus 2:2, 2 Cor 5:13)
- The Bible speaks to us as essentially unified persons, who were created with minds and bodies designed to work together seamlessly in our image-bearing tasks. **(Integrated)**



EMOTIONS COMMUNICATE VALUE

- Emotions are the overflow of our love – both right love & wrong love (Matt 6:21, 22:36-40)
- Because we are made in His image, we are made to love & cling to what is good and hate evil, just as he does.
- The essence of SIN is the opposite – we hate what is good and cling to what is evil (Rom 12:9)
- Illustrations: VIDEO - Lollipop, Marriage



THREE WAYS EMOTIONS FUEL OUR WORSHIP

- Emotions help us **evaluate** what we worship – like an ongoing audit
- Is there **congruency** with what you say, think, and do?
- “Pay attention to what you pay attention to”
- Is your negative emotion **triggered** because God’s law was violated or YOUR law?

Think & reflect on these statements and what you fill in the blanks:

1. If only I had_____
2. If only I could_____
3. If only I were_____

- Your answers tell you what you care about



FUEL OUR WORSHIP CONT.

- Emotions **enliven** our worship and help us take God's world & glory seriously
- Our emotions **must** be involved as we come to the Lord. They bring our experience to life. They put color on black & white
- Eph 3:20-21
- Ps 130:1-2, Ps 62:8

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QUESTIONS

- What is the most recent emotion you remember feeling? What did it communicate about what you value?
- What action(s) did it push you toward? How did it, or could it, impact your relationships with other people? In what way did it turn you toward (or away from) God?
- Do you believe that “negative” emotions can lead people toward right actions? Can you think of an example you’ve seen?
- Think about the last time you experienced someone else feeling strong emotions. What were those emotions communicating? Was that easy to see, or hard?