



YOUR THOUGHTS & EMOTIONS AND THEIR IMPACT ON YOUR RELATIONSHIPS

Taught by:

Greg Becker – Director of Congregational Care & Counseling
LPC

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



RESOURCES

- Groves, J. Alasdair. Smith, T. Winston. Untangling Emotions . Crossway.
- Thompson, M.D., Curt. The Anatomy of the Soul. Tyndale House Publishers.
- Siegel, M.D., Daniel. The Developing Mind. The Guilford Press.
- Yerkovich, Milan. How We Love, Expanded Edition: Discover Your Love Style, Enhance Your Marriage. The Crown Publishing Group.

- Our own training & experience!



HOW DO YOU FEEL ABOUT HOW YOU FEEL?

- Like a storm?
- Like quicksand?
- More like an awkward witness to the world of emotion rather than a participant?
- Easygoing? Nothing seems to upset you? Things blow over?



HOW DO YOU FEEL ABOUT HOW YOU FEEL? (CONT.)

- Negative emotions?
- Positive emotions?



CRITICAL TRUTHS

- Emotions are an essential way we bear God's image
- Jesus gives us a perfect picture of human emotions in action
- Emotions flow out of what we love



GOALS

- Address the emotions of everyday life
- Explore biblically what emotions are and what God designed them to do
- We'll see how emotions involve our minds, the ways we value things, and even our bodies
- Learn how our emotions are an important part of how God teaches us to love one another
- Learn how all of our emotions help us to turn to God and grow in our relationship with him
- Learn how to engage our emotions



SOMETIMES IT'S GOOD TO FEEL BAD

- Jesus wept (John 11:32-36)
- Job (Job 1:20)
- God's grief, anger, wrath, jealousy (Gen 6:5-6
Nahum 1-3, Matt 23 – Seven Woes)
- Jesus's dread, anguish, loneliness (Luke 22:39-46)



NEGATIVE EMOTIONS RIGHT & IMPORTANT?

- Most of us are deeply uncomfortable with negative feelings and we feel something is wrong with us
- If we just had more faith, better perspective, more strength of character, we wouldn't feel this way, or, at the very least, we'd get over it faster.



NEGATIVE EMOTIONS CONT.

- The basic reason we need negative, unpleasant emotions is that we live in a fallen world.
- God made us to respond to things as they actually are. Human beings should be distressed by what is distressing



NEGATIVE EMOTIONS CONT.

- Scripture is full of aching & grieving saints
- If you care about others and the kingdom & mission of God in this world then you will mourn and groan in:
 - **Sorrow** –when you or those you love are injured, suffer, or die
 - **Anger** – in the presence of injustice
 - **Fear** – when your family is in danger
 - **Grief** – when you face loss



NEGATIVE EMOTIONS CONT.

- “To love at all is to be vulnerable. Love anything and your heart will be wrung and possibly broken. If you want to make sure of keeping it intact you must give it to no one, not even an animal. Wrap it carefully round with hobbies and little luxuries; avoid all entanglements. Lock it up safe in the casket or coffin of your selfishness. But in that casket, safe, dark, motionless, airless, it will change. It will not be broken; it will become unbreakable, impenetrable, irredeemable.”
- C. S. Lewis, *The Four Loves* (New York: Harcourt Brace Jovanovich, 1960), 169.



NEGATIVE EMOTIONS CONT.

- You were made in the image of God himself, and that means you were:
- Made to see the world as he sees it,
- Respond as he responds,
- Hate what he hates,
- Bothered by what brings him displeasure.



NEGATIVE EMOTIONS CONT.

- Negative Emotions play a necessary role in our lives
- They tell us that something is wrong in the same way that happiness, joy, peace, and contentment can help us conclude that things are as they ought to be.



NEGATIVE EMOTIONS CONT.

- Disgust, annoyance, discouragement, and fury are designed to identify places where this fallen world is fallen, where disorder, damage, and destruction have broken something we rightly hold precious.
- Evaluating the world as fractured and being moved in response are deeply Christian experiences.

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



NEGATIVE EMOTIONS NEED CAREFUL CONTEMPLATION

- Our anger and sadness don't always point us in the right direction
- We need to understand that our darker emotions are not a curse but a gift – although must be considered carefully
- Our emotions—all our emotions—give us the chance to share God's heart, purpose, and perspective and so to truly be his "friends," as Jesus calls the disciples at the Last Supper (John 15:15).



HEART CONNECTION

- Embodied connection – heart, mind, body
- Only by entering into both the joys and the pains of God's love for his children that we can live in honest, wise relationship with the One who made us.
- Only those who love the Lord enough to open their hearts to the pain in his world will be able to enter into his joy as well.

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



QUESTIONS

- As you face your own feelings:
 - 1. Have you ever thought of your bad feelings as having a good purpose? How does that idea strike you right now?
 - 2. What are the most uncomfortable emotions for you to feel? Why do you think that is?
 - 3. Would you describe yourself as a highly emotional person? As numb? As stable?
- As you help others:
 - 1. How do these truths change the way you look at people in your life whose emotions have been a source of suffering for you?