

YOUR THOUGHTS & EMOTIONS AND THEIR IMPACT ON YOUR RELATIONSHIPS SESSION 6

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SELF-REGULATION

- **DEFINITION:** a messy and complex process of **integrating** thoughts with emotional responses to make wise choices (**Act**)
- **Responding** - Ephesians 4:1-3
- Walk in a manner worthy of calling – humility, gentleness, patience, bearing with one another in love, eager to maintain unity of the Spirit and bond of peace

SELF-REGULATION (CONT.)

- How does it work? Four things to consider:
 1. As a stopgap measure, have an **internal** conversation where the **thoughts** (truth/facts) can regulate the emotional response especially when wounds are triggered – this is **Regulation** rather than reacting (blaming self-or others or assigning motive)
 2. Not dismissing but engaging emotion

SELF-REGULATION (CONT.)

3. Since the process of examining your internal world can be sticky, murky or confusing, and often fearful or painful, it is wise to meet with someone who you know is safe with whom your vulnerability will be honored.
4. Applying the Gospel to yourself experientially and relationally – (defending a position rather than defending myself) Romans 8:1,12:12

GOSPEL APPLICATION

- **Romans 8:1** – There is therefore now no condemnation for those who are in Christ Jesus.
- **Romans 12:12** – Rejoice in hope, be patient in tribulation, be constant in prayer.

ROMANS 12:2,14,18

- God is renewing your mind
- Bless those and give grace to those who persecute you
- Strive to live at peace with all