

PAIN

GOD'S GATEWAY TO EMPATHY AND DEEPER RELATIONSHIPS

SESSION 10

[HTTPS://WWW.COV-PRES.ORG/SUNDAY-SCHOOL/SUNDAY-SCHOOL-CLASSES/](https://www.cov-pres.org/sunday-school/sunday-school-classes/)

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THREE STEP ROADMAP TO OTHER CENTEREDNESS

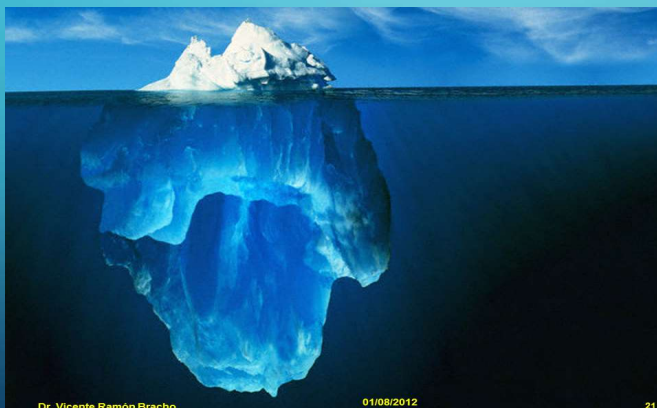
- **Enter in** – “What was it like for you”?
- **Connect** - **Hear** and **demonstrate** that you have heard them
- **Care** - Allow other people's experiences to impact you.

EMOTIONS HELP US TO CONNECT

- Romans 12:9, "Let love be genuine" (**transparency**) Telling the truth
- Sharing our emotions with each other (**vulnerability/risk**) actually strengthens our relationships
- "In verse 15: "Rejoice with those who rejoice, weep with those who weep
- If others love me, they don't just understand my experience; they are personally moved and invested in me. (feeling felt – **empathy**)

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

ABOVE THE WATERLINE WE ARE CONSCIOUSLY AWARE OF 10%



← Actions
Thoughts
Secondary
Emotions

TRANSPARENCY

- Truthful, principled, practical discussion
- **Independent** mindset
- **Deciding “how much info do I share”**
- Includes some honest self-disclosure of situations and problems (more factual)
- Shares personality and worldview/facts
- Reasonableness

BELOW THE WATERLINE

90% IS SUBCONSCIOUS OR “MATTERS OF THE HEART”



←Primary Emotions
Attitudes
Urges
Experiences
Motives/Vows
Memories

Dr. Vicente Ramón Bracho

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VULNERABILITY

- Honest, personal disclosure
- **Interdependent** – need others, teachable
- Courageously **disclosing** and **owning** who you are at a heart level (emotional & spiritual wounds/trauma)
- Risk undertaken in order to have deep connectional relationships
- Risk being ridiculed, rejected or shamed