

YOUR THOUGHTS & EMOTIONS AND THEIR IMPACT ON YOUR RELATIONSHIPS SESSION 3

Taught by:

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LAST WEEK SUMMARY

- 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)** The Great Commandment – Matt 22:36-40)
- Emotions are the overflow of our love – both other-centered love & self-absorbed love (Luke 6:45)
- Emotions help us **evaluate** what we worship – like an ongoing audit (Prov 4:23)
- Emotions enliven our worship and help us take God's world & glory seriously

EMOTIONS MOTIVATE US

- They give us the physical energy and motivation to do things.
- Anger is often a surge of energy (fight or flight)
- Fear is often a surge of energy too but you feel like running rather than fighting (fight or flight)
- Depression often is a lack of energy – emotionally painful & flat and difficult to do anything – even getting out of bed

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

EMOTIONS HELP US CONNECT

- Sharing our emotions with each other (**vulnerability/risk**) actually strengthens our relationships
- Romans 12:9, "Let love be genuine" (**transparency**) Telling the truth
- "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

EMOTIONS REVEAL OUR CONNECTION TO GOD

- Our emotions are an internal or external expression of worship of whom or what I worship (Are we fully **engaged** or **compartmentalized**?)
- Scripture teaches us that whether we are religious or not, we are always worshipping something (Matt 6:21)
- The greatest commandment: Integration of our whole person
- Love of God means dependency, obedience, other-centeredness

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QUESTIONS

1. What streams of emotion pouring into your emotional bucket today can you name?
2. If you can't identify any emotions in yourself, ask your spouse, a church leader who knows you, or one or two of your close friends what emotions they've seen in you, or what they guess you've been feeling. Does their answer make sense to you? Why or why not?
3. If our emotions can reveal something sinful in our hearts, how can emotions help us identify ways we need to change and grow?
4. When has your desire for something good gone wrong? What did that reveal about what you loved most in that situation?
5. What do you notice about your own physical experience of emotions?