

# E.H.R. #4 – FAMILY

## 2Corinthians 5:14-20

05/13/2018  
Sunday a.m.

### SLIDE 1 – EHR – CONTINUATION OF EHS

- EHS → spiritual maturity corresponds to emotional maturity
- Emotionally Healthy Relationships → mature Christian discipleship & healthy/mature interpersonal interactions & life-transformation

### SLIDE 2 – RELATIONSHIPS: FROM BROKENNESS → WHOLENESS

- Relationships in the family of Jesus – from *brokenness to wholeness*
  - Defensive, no self-awareness, isolation, blame, anger issues, fearful, self-absorbed, addiction, dishonest vs:.
  - Approachable, self-aware, calm (no fits), take responsibility, delight or joy, courage, selfless/giving, free, honest

### SLIDE 3 – EHR... WHY?

- The goal = Fully mature as measured – in Christ... – **Ephesians 4:11-16**
- Discipleship, interpersonal interaction → Relating to each other – godly way
  - Intentional & effective, living in truth; self & others → loving God & people

### SLIDE 4 & 5 – OBSTACLES TO SPIRITUAL GROWTH

- *What keeps us from progressing in our spiritual lives?*
  - Paying attention to our 'outer world' (tasks, programs, activities,) at the *expense* of our inner world (thoughts, emotions, feelings, experiences)

### SLIDE 6 – NOGGIN NOTES – RESOURCE

#### SLIDES 7-12 – GENESIS 4:1-8

#### SLIDE 13 – RAISING CAIN

- Brothers, born to Adam & Eve – Cain – farmer, Abel – herdsman
- Worship – offerings – Cain gave some produce; Abel gave 1<sup>st</sup> of the herd
  - Cain's offering rejected, Abel's accepted – WHY?
    - What type of offerings are to be offered to God? Our best...
  - Cain's response: anger, resentment, frustration, sulking – blaming Abel?
- God's confrontation – role of HS in our lives –
  - Get control of feelings; sin lying in wait – out to GET you; gotta master it
- Cain's response: picked a fight w/Abel, murdered him

#### SLIDE 14 – DAVID: UNDER PRESSURE

- David & his band of merry men & Ziklag...
- David, Bathsheba, & Uriah -

#### SLIDE 15 – EMOTIONS & FEELINGS

- **Emotions** – complex, physical, instinctive responses to various stimuli
- **Feelings** – mental associations & reactions to emotions – personal & acquired through experience

- Scripture teaches our emotions & feelings are key parts of our humanity – created by God, *in His image*
- EXAMPLES: Cain & David
  - David & his range of emotions – expressed in Psalms
  - Jeremiah – the weeping prophet
  - Jesus – humanity/emotions/feelings – man of sorrows
- What emotions/feelings are ok/not ok? Why?
  - “Christianizing” our emotions/feelings – appropriate/inappropriate
    - “Christians are always loving & happy”
    - “Christians can’t have negative feelings”

### SLIDES 16 & 17 – HEBREWS 5:7-10 – ID’ING w/CHRIST

### SLIDES 18 & 19 – EXPLORING THE ICEBERG

- EHS & the iceberg symbol – 10% above the surface, 90% below the surface
- 2 weeks ago: **Geneogram** → **looking at our Family Of Origin (FOO)**
- Personal interior work = becoming aware of my feelings & actions & their impact on other people → that awareness leads to my “WHY” questions
  - Why am I always in a hurry?
  - Why am I so anxious?
  - Why do I get so worked up over a dirty (lived in) room?
  - Why do I dread when people ask if they can meet with me?
  - Why do I avoid certain people? Returning phone calls/emails/texts?
  - Why do I hate looking in the mirror/seeing my reflection/pictures?
  - What am I really feeling in this situation? What might be going on here?
    - Taking all these feelings & thoughts & questions about WHY I’m feeling this way to God:
    - “What does this rep? What might YOU be saying to me? What do I learn about myself/other people in this?”

### SLIDE 20 – JESUS & THE WOMAN AT THE WELL

- Jesus & His questions → revealing what lies beneath
- Lasting & transformative change – woman’s life & the whole village

### SLIDE 21 – AVOIDANCE → ISSUES

- Avoiding/ignoring feelings → issues
- Unprocessed emotions *don’t go away*
  - Buried vs. paid attention to –
  - if I don’t deal w/emotions → emotions/feelings find a way to escape
  - Into the body → sickness, anxiety, sleeplessness
  - Leak → sarcasm, lashing out, negative comments, outbursts

### SLIDE 22 – LIVING IN COMMUNITY REQUIRES...

- Community REQUIRES that we each know our self
  - Know self, know others
  - Can’t carry others burdens w/o addressing my own - How are you *really*?

**SLIDE 23 – FEELINGS CAN HELP?**

- Feelings can help me discern God's voice
  - Acknowledge what they are & how I feel
  - Ask God: How are you coming to me in/through this?

**SLIDE 24 – PSALM 139:23,24**

- A prayer – inviting God to investigate & reveal the depts of our hearts

**SLIDE 25– WHAT AM I DOING WITH THIS?**

**SLIDE 26 – PRAYER IS AVAILABLE**