

Who Am I? Emotions
Philippians 2:25-29
Pastor Kevin Radford

1. What are _____?

- Two _____
- Biblical _____, Matt. 6:22
- Emotions in _____, vs. 28.

2. _____ Emotions.

- _____ to Emotions.
- How do you _____ emotions? Psalm 4:4; 9:2
- Engaging _____, vs. 26-27 .

3. Engaging _____.

- A _____, vs. 25, 26, 28, 30. Rom. 12:9-10
- What it was like for me, what was it like for you?
- So this is what it's like for you? Am I hearing right?
- How can we do this differently? This needs to change!?

Additional Notes:

Engaging Emotions

- Identify — put a name on it, I feel _____, ask others what emotions do you see most often in me? what do they look like when I show them?
- Examine — emotions are telling you something, what are they telling you? what are they energizing you to do or not do? What is their effect? You're not looking for what is good or bad, just what is there.
- Evaluate — this is where you determine whether this is good and godly or destructive or selfish (look at what you value/worship)
- Act — embrace and nurture the godly responses and resist and starve the ones that are bad. This does not mean you focus on emotions alone! Or you just need to change your feelings! Change or repent from what you love more than God or others!

A Script

Vulnerability: what it was like for me, extends charity instead of accusations; this means taking a risk (why its hard), be the first one to lay down your weapons!

Empathy: what was it like for you, a genuine invitation to understand; just doing the first part only reads yourself into the situation, love seeks to understand the other side.

Charity: so this is what it was like for you, willingness to hear and state the other persons perspective, it doesn't mean you agree but the goal is to understand and care about the other person's experience.

Humility and Patience: am I hearing you right, I care more about what's going on with you than winning the fight! Asking questions can help rebuild or build trust.

Courage: how can we do this differently, it takes courage to work towards change than to just withdraw or walk away; love requires us to look forward.

Anger: This needs to change! Anger arrives on the scene first, it is needed to have the courage to say this is wrong. The goal is not to stay on the defensive or intimidate or force someone to change, but to maintain the desire for reconciliation. If that is not the case then it gives them over to their desires and the courage to walk away from sinful and damaging behavior.

Adapted from chapters 8 & 10 of "Untangling Emotions"