

Staying in Love 2.0

Part 3: “A Total Eclipse of the Heart!”

The reality is we all bring some baggage to our relationships...

So here's the question: what do we do?

Luke 6:43-45 NLT

Fruit of Spirit Galatians 5:22-23 NIV

Proverbs 4:23 NIV

We're not very good at understanding or guarding our hearts, but we are really good at monitoring our partner's behaviors and attitudes!

Let me tell you how they're connected. In your relationship with the person you love the most, you want to feel a certain way! Right?!

We were drawn in because of the emotions that this person created for us, and it is normal for us to want to keep that emotion!

The problem is we depend on this, and this is why these relationships can become so difficult. We come to depend in a huge way on our spouses or on our partners to create those feelings for us.

And what is inside of us eventually makes it way to the outside. And when stuff comes out of us that we don't like, our tendency is to blame the person that brought it out of us, but it was in us to begin with.

The point is simply this: your ability to feel certain things is determined by the condition of your heart.

Your ability to feel certain things is a reflection not only of your spouse's behavior, but the condition of your heart, which means your ability to stay in love has as much to do with the condition of your heart as it does the behavior of your partner or your spouse.

What's in you is eventually going to come out of you, regardless of who's with you. You can interchange the pieces and interchange the names and faces, but eventually what's in you is going to come out.

What I want to do today is I want to introduce you to an exercise that, if you'll begin to do this, it will help you learn how to or begin to pay attention to what's going on the inside. Think of a way of "Guarding your Heart!"

- 1) The first thing is to name your emotion, and name exactly what you're feeling.

Explore the iceberg

4 Questions:

- What are you angry about? (from the past or present?)
- What are you sad about?
- What are you anxious about?
- What are you glad about?

This is guarding your heart. This is paying attention to your internal life. "What exactly am I feeling?"

Anger is a surface emotion

Look at what is behind the anger and ask yourself: What am I afraid of? What am I sad/hurt about?

- 2) Here's what I want you to do when you identify the feeling, I want you to say it out loud!

Emotions like this that stay buried, and the only thing you can say is "I'm frustrated and I'm mad and I don't like you when you do that . . ." As long as they're a secret, listen to me, they are powerful.

Anger is a surface emotion

Difficult emotions that go unprocessed cover over the positive feelings

If we do not process/experience our emotions we end up leaking them and often not taking responsibility for them.

- 3) The next thing you do with this—name it, you say it out loud, and sometime when it's appropriate—tell your partner.

Because your ability to stay in love has as much to do with the condition of your heart as it does the behavior of your partner. Your ability to stay in love with anyone has as much to do with the condition of your heart.