

## **Weekly Study of Sunday's Message.**

**Sunday July 31, 2022. "The Story of You. I can't control my feelings. Battling aggression/anger."**

### **I Intro.**

Welcome to the weekly devotional that gives you some specific things to work through from the message Sunday. Whether you were able to participate in this service or not, this devotion is free-standing, and you can use it to help you dig deeper into your own spiritual walk. We are thick in the heat of summer and as we move forward we've got some big things planned. Our children's area is expanding, and we've moved check-in into the lobby. We also have many ways you can plug into life at NCC. You can see all that through our newly upgraded app, and social media sites. We're so encouraged by your love and presence when you gather with us. A great group of familiar and new faces join us each Sunday. If you're joining us online, we appreciate your presence also. We are 100% committed to our virtual attenders. We are your church family, and if there is anything you need, prayer, ideas or suggestions, please pass them our way. We know the future is still uncertain, but we are committed to making our virtual congregation as central to NCC as our in person group.

### **II Recap.**

Sunday was the final Message in our series based on the book; ***"The Story of You"*** using the Enneagram to help us understand how we try to find love and acceptance in the world. The Enneagram is a model of human behaviors based on 9 types. And is described as a low resolution image of who we believe we needed to be growing up in order to receive love, acceptance, and to feel like we belong. The premise we've always taken about the Enneagram is, this is NOT who you are. But it is who you believed you had to be because of expectations from those around you. Spoken or unspoken. Once we discover our 'type', we can use it to identify passions, motivations, traits and more, that are automatic habits and how we relate to others. We can also begin to let those go so we can reveal our true inner divine self. A brief description of the 9 types is found in the first Sunday's devotion. The first week we talked primarily about shame. This is the struggle for 2's, 3's, and 4's. We all struggle with shame at times, but we discovered that Jesus already knows all of our 'stuff' and there is no shame. The second week we talked about types 5, 6, and 7, and their battle with anxiety and fear because of constant feelings of being "not enough". Or the belief that no matter how hard we try we will never meet the expectations placed on us. We discovered this feeling is based on the world's expectations and in Jesus we are more than enough. Sunday we finished with 8's, 9's, and 1's to help us understand feelings of anger and aggression we tend to struggle with.

### **III Sunday.**

We finally finished this series with a look at our struggle to control and manage our anger and all the emotions we may struggle with. Sometimes our reaction to things around us can be so intense, that we're unable to reign our anger in. And other people around us experience us in a way that can be off putting. Some of you may not release that anger out in the open, but you carry it deep within you and there is this constant conversation going on in your head of what you wish you could say to that person. 8's, 9's and 1's struggle with this in a deeper way than do the other types. But we all have moments where our emotions get away from us, we say or do things we don't really mean, but they come out anyway.

So, let's dig a little deeper and look at how you handle your emotions.

**We'll start a little lighter. What sets you off?**

**How do you handle your anger when you get really mad?**

**How do you believe people around you experience you when you get mad?**

The scripture used was an unusual one in talking about our struggle to manage intense emotions. Before you read the passage know it's not an example of what we're like when we're mad. But rather some truths about what happens to us, and possibly those around us, when we can't seem to get a handle on our anger. Let's dive in. Read **Mark 5:1-18**, and then we'll look deeper into it.

**What jumped out to you about the passage?**

**Did it bother you in any way that this was the passage used about anger? Did you get mad?**

**What specific things from this story did you see in what our anger can do?**

There were a few specific observations pulled from this passage that can help us understand, and get a handle on moments when it feels like our emotions get out of our control and get the best of us.

**1. Sometimes survival, getting by, dealing with people and situations can feel like a constant battle.** We have to begin with this truth...what we feel on the inside will NEVER go away. This wasn't a one time losing your cool. There will be this constant simmering flood of emotions going on inside of us... continually. This person had a condition, demons or not, that was so bad it isolated him from others. It's not about shutting down what you feel, it's growing the ability to not harm others with it.

**2. Sometimes what you're dealing with on the inside can isolate you. It builds walls, puts strain in relationships, and causes real harm.** This man ended up alone because there was so much going on inside. Know that if you will not reign in, develop the ability to exercise some control over those intense feelings on the inside, you will drive people away. We have to be aware some of our relationship issues may be us. And because we didn't know what to do with these emotions, they feel so intense, we just collapse into ourselves and no one can get close to us. We can be our own worst enemy. Our emotions control us rather than us being able to control them. We know it's something we need to get a handle on, but we just don't know how. It takes an extra sensitivity to see if our inability to deal with the intensity of our emotions, or swallowing them, pushes people away. Sometimes what you're dealing with on the inside hurts so badly, you won't know you're hurting others.

**3. Sometimes there is so much going on within us, so many conflicting voices, feelings and emotions we can't separate them out or make sense of them.** Sometimes it just becomes this constant hum or blur of undefined emotions. Do the work of identifying specifically your own emotions. This man had self-imposed cuts and outward marks of his inability to deal with his emotions, but my guess is many of us are carrying inner wounds, hurts. So many voices (literal and figurative) we can't seem to focus or find the better one. Because there is so much going on sometimes our reaction to a situation can happen before we get a chance to think it through. Words fly out, things are said or done, and there's no getting them back. Sometimes being aware enough that not everyone else enjoys what it means to have to be on the other side of you.

**4. Most likely this will not happen all at once for us.** I do believe there are miraculous stories of conversion where someone was in bondage to these inner demons and overwhelming emotions and something clicks, Jesus does this great work, and we are no longer bound to them. But for most of

us, this will be a process of dedicated work towards discovering, identifying and naming, and channeling and redirecting that anger. This man had to push through a natural tendency to not want to change. To not want to admit his condition. To not want to accept it had hurt his relationship with others, and had isolated him. Not wanting to realize his old story wasn't who he was. He had gotten so used to living as others expected him to, he couldn't even begin to imagine a different life. One of the most important parts of this process is the desire and work of identifying what are your defaults (behaviors, actions, responses) when you're beginning to feel too much. And growing your understanding and relationship with God to help with the work.

#### **IV Challenge.**

I know this was a lot of info to process. Especially when you look back at this entire series. Have faith and be patient. Spiritual growth is a lifelong process of; humility, desire to grow and learn, deepening your relationship with God, and doing the step by step work of letting go of the old story, and surrendering in a way to let God replace that with a new story of grace. All from God's kindness and compassion.

Below is a list of feelings from the Hoffman Institute. A well respected organization that helps families work through issues they're facing. Look over this list, and begin to identify and learn more about those emotions you may be struggling with. This is hard tedious work, but you're not alone. God will help you, and we will also. And this will greatly improve the relationships you're in.

The Hoffman Institute Foundation

#### **Feelings List**

<b>Accepting / Open</b>	<b>Angry / Annoyed</b>	<b>Connected / Loving</b>	<b>Disconnected / Numb</b>	<b>Fragile</b>	<b>Stressed / Tense</b>
Calm	Agitated	Accepting	Aloof	Helpless	Anxious
Centered	Aggravated	Affectionate	Bored	Sensitive	Burned out
Content	Bitter	Caring	Confused	<b>Grateful</b>	Cranky
Fulfilled	Contempt	Compassion	Distant	Appreciative	Depleted
Patient	Cynical	Empathy	Empty	Blessed	Edgy
Peaceful	Disdain	Fulfilled	Indifferent	Delighted	Exhausted
Present	Disgruntled	Present	Isolated	Fortunate	Frazzled
Relaxed	Disturbed	Safe	Lethargic	Grace	Overwhelm
Serene	Edgy	Warm	Listless	Humbled	Rattled
Trusting	Exasperated	Worthy	Removed	Lucky	Rejecting
	Frustrated	Curious	Resistant	Moved	Restless
<b>Aliveness / Joy</b>	Furious	Engaged	Shut Down	Thankful	Shaken
Amazed	Grouchy	Exploring	Uneasy	Touched	Tight
Awe	Hostile	Fascinated	Withdrawn		Weary
Bliss	Impatient	Interested		<b>Guilt</b>	Worn out
Delighted	Irritated	Intrigued	<b>Embarrassed / Shame</b>	Regret	<b>Unsettled / Doubt</b>
Eager	Irate	Involved	Ashamed	Remorseful	Apprehensive
Ecstatic	Moody	Stimulated	Humiliated	Sorry	Concerned
Enchanted	On edge	<b>Despair / Sad</b>	Inhibited	<b>Hopeful</b>	Dissatisfied
Energized	Outraged	Anguish	Mortified	Encouraged	Disturbed
Engaged	Pissed	Depressed	Self-conscious	Expectant	Grouchy
Enthusiastic	Resentful	Despondent	Useless	Optimistic	Hesitant
Excited	Upset	Disappointed		Trusting	
	Vindictive				

Free		Discouraged	Weak		Inhibited
Happy	<b>Courageous /</b>	Forlorn	Worthless	<b>Powerless</b>	Perplexed
Inspired	<b>Powerful</b>	Gloomy	Fear	Impotent	Questioning
Invigorated	Adventurous	Grief	Afraid	Incapable	Rejecting
Lively	Brave	Heartbroken	Anxious	Resigned	Reluctant
Passionate	Capable	Hopeless	Apprehensive	Trapped	Shocked
Playful	Confident	Lonely	Frightened	Victim	Skeptical
Radiant	Daring	Longing	Hesitant		Suspicious
Refreshed	Determined	Melancholy	Nervous	<b>Tender</b>	Ungrounded
Rejuvenated	Free	Sorrow	Panic	Calm	Unsure
Renewed	Grounded	Teary	Paralyzed	Caring	Worried
Satisfied	Proud	Unhappy	Scared	Loving	
Thrilled	Strong	Upset	Terrified	Reflective	
Vibrant	Worthy	Weary	Worried	Self-loving	
	Valiant	Yearning		Serene	
				Vulnerable	
				Warm	

#### Body Sensations

Achy	Contracted	Gentle	Numb	Shaky	Sweaty
Airy	Dizzy	Hard	Pain	Shivery	Tender
Blocked	Drained	Heavy	Pounding	Slow	Tense
Breathless	Dull	Hollow	Prickly	Smooth	Throbbing
Bruised	Electric	Hot	Pulsing	Soft	Tight
Burning	Empty	Icy	Queasy	Sore	Tingling
Buzzy	Expanded	Itchy	Radiating	Spacey	Trembly
Clammy	Flowing	Jumpy	Relaxed	Spacious	Twitchy
Clenched	Fluid	Knotted	Releasing	Sparkly	Vibrating
Cold	Fluttery	Light	Rigid	Stiff	Warm
Constricted	Frozen	Loose	Sensitive	Still	Wobbly
Contained	Full	Nauseous	Settled	Suffocated	Wooden