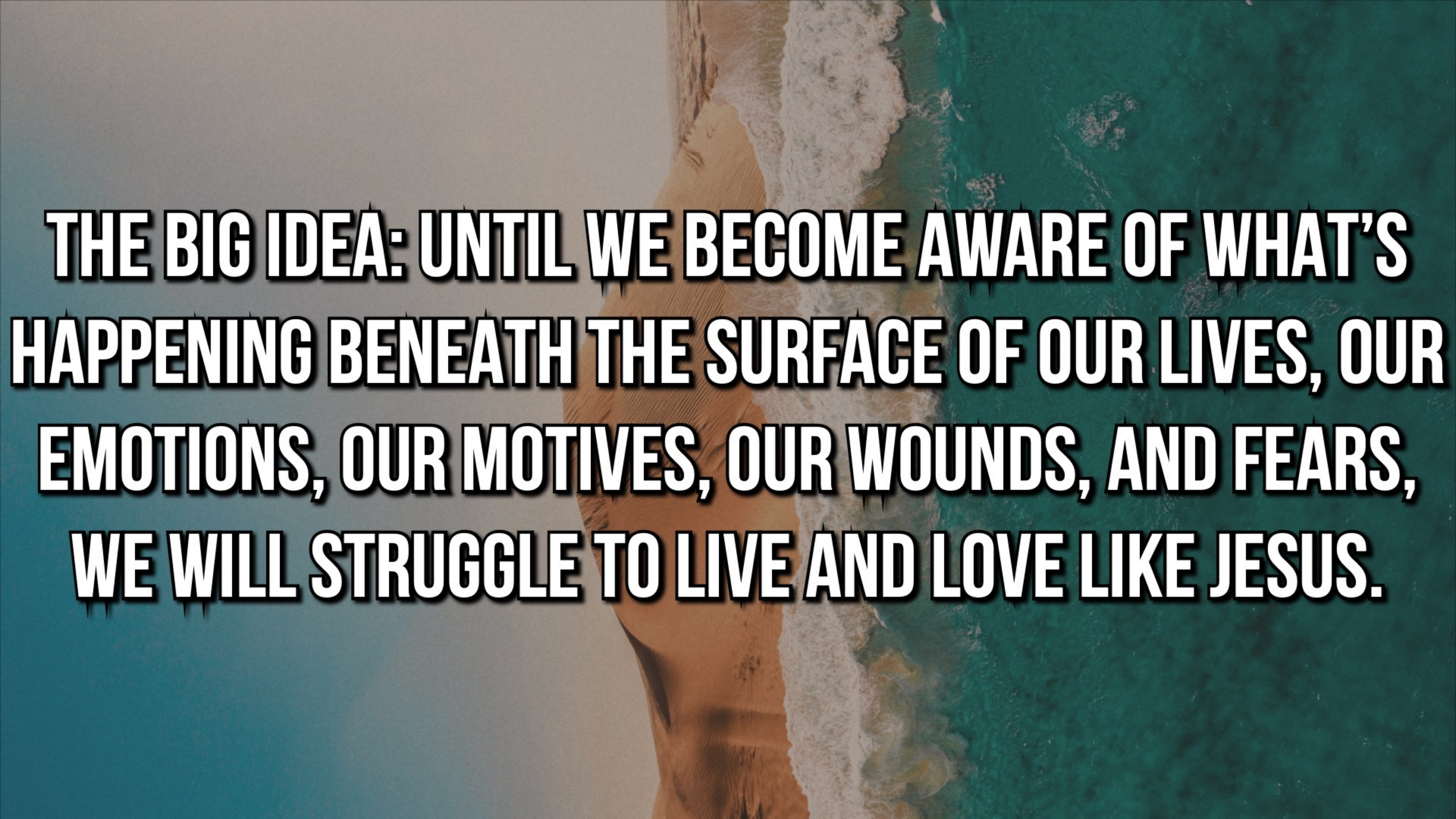


An aerial photograph of a coastline. On the left, a large, smooth sand dune slopes down towards the water. The ocean is a vibrant turquoise color with white foam from breaking waves visible along the shoreline. The sky is a pale, hazy blue. The text 'BEYOND THE SURFACE' is overlaid on the image. 'BEYOND' is in a medium blue, italicized sans-serif font. 'THE' is in a dark brown, bold sans-serif font and is partially enclosed by a semi-transparent orange circle. 'SURFACE' is in a dark teal, italicized sans-serif font.

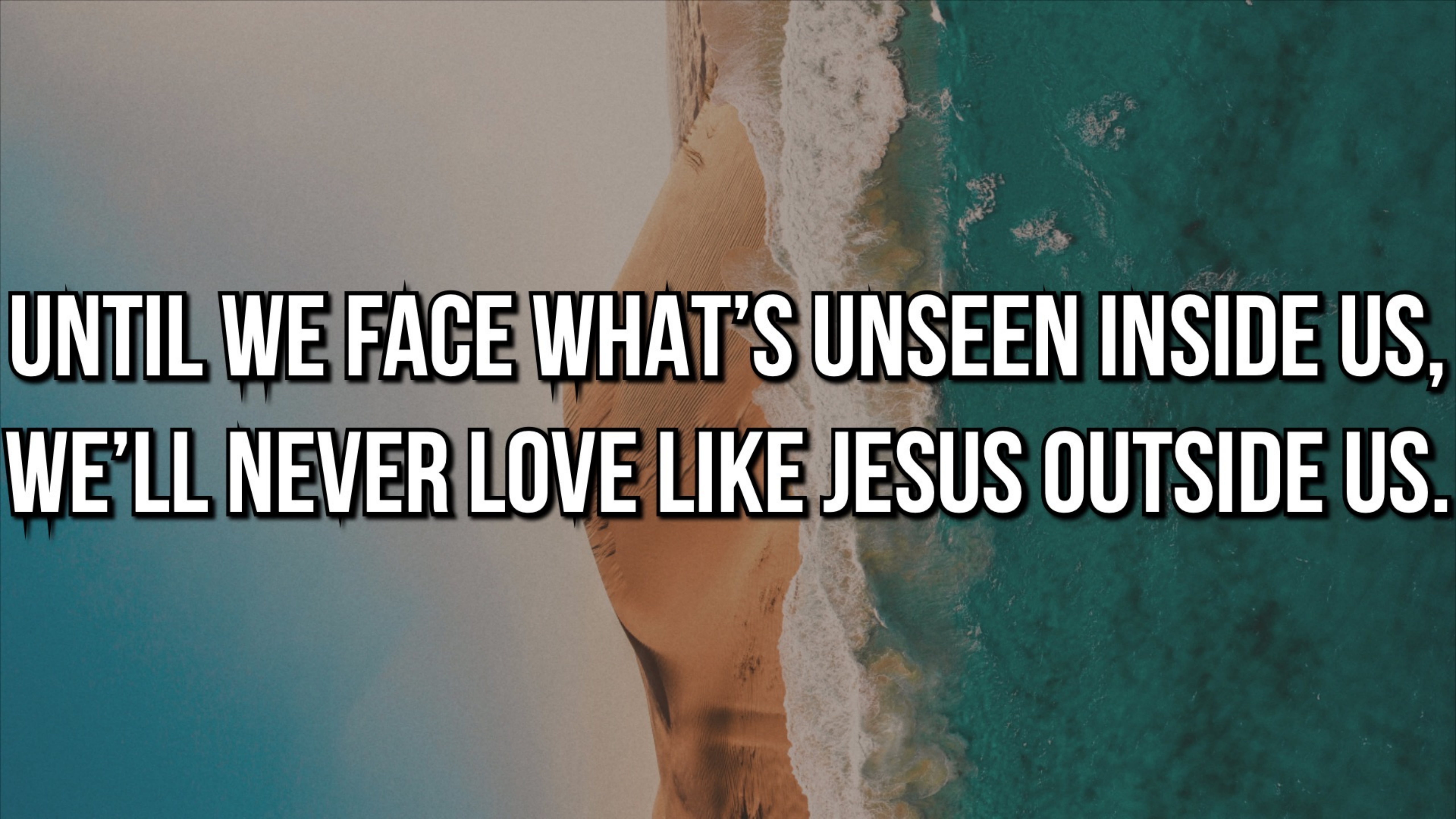
BEYOND

THE

SURFACE

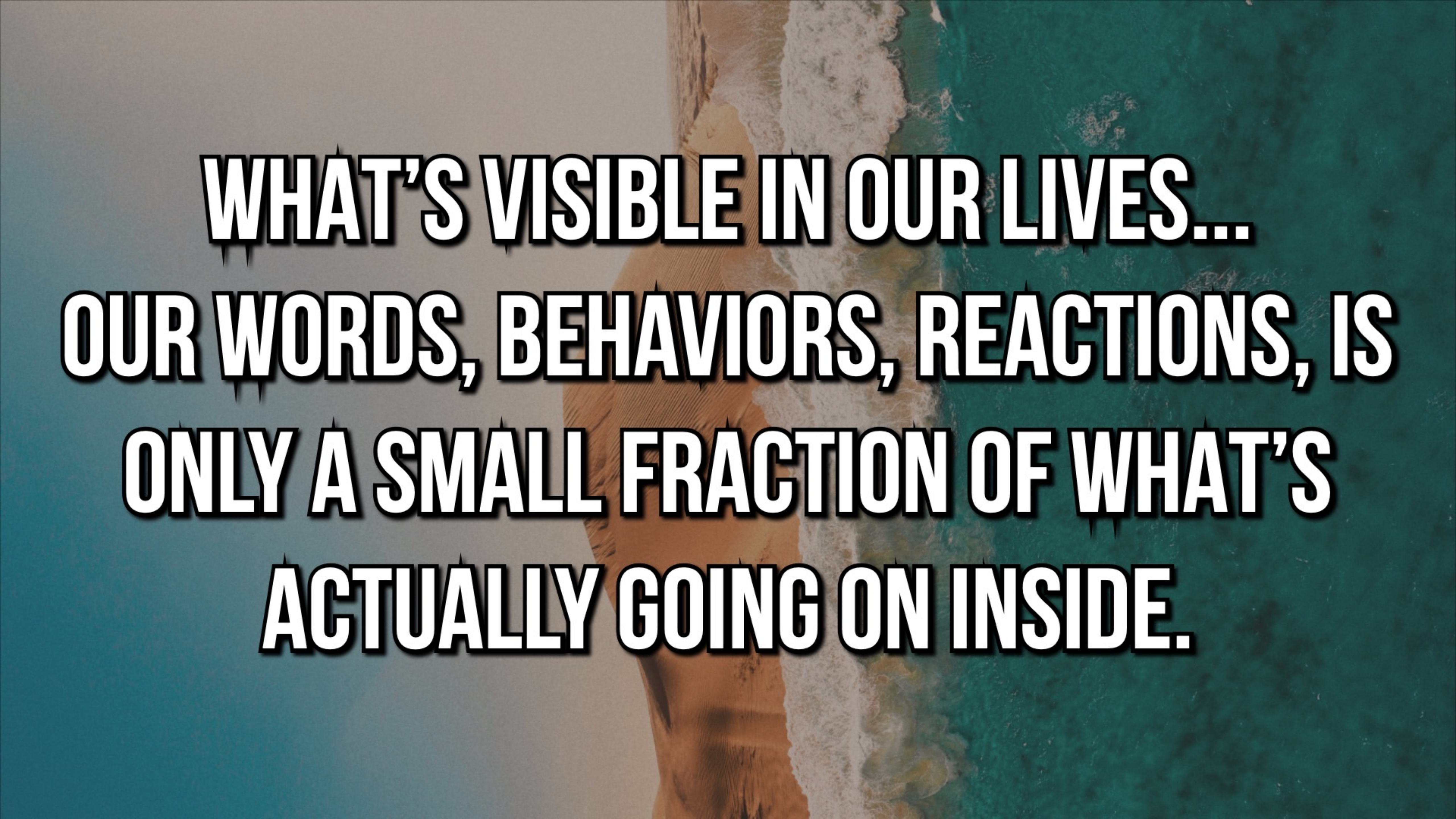


**THE BIG IDEA: UNTIL WE BECOME AWARE OF WHAT'S
HAPPENING BENEATH THE SURFACE OF OUR LIVES, OUR
EMOTIONS, OUR MOTIVES, OUR WOUNDS, AND FEARS,
WE WILL STRUGGLE TO LIVE AND LOVE LIKE JESUS.**

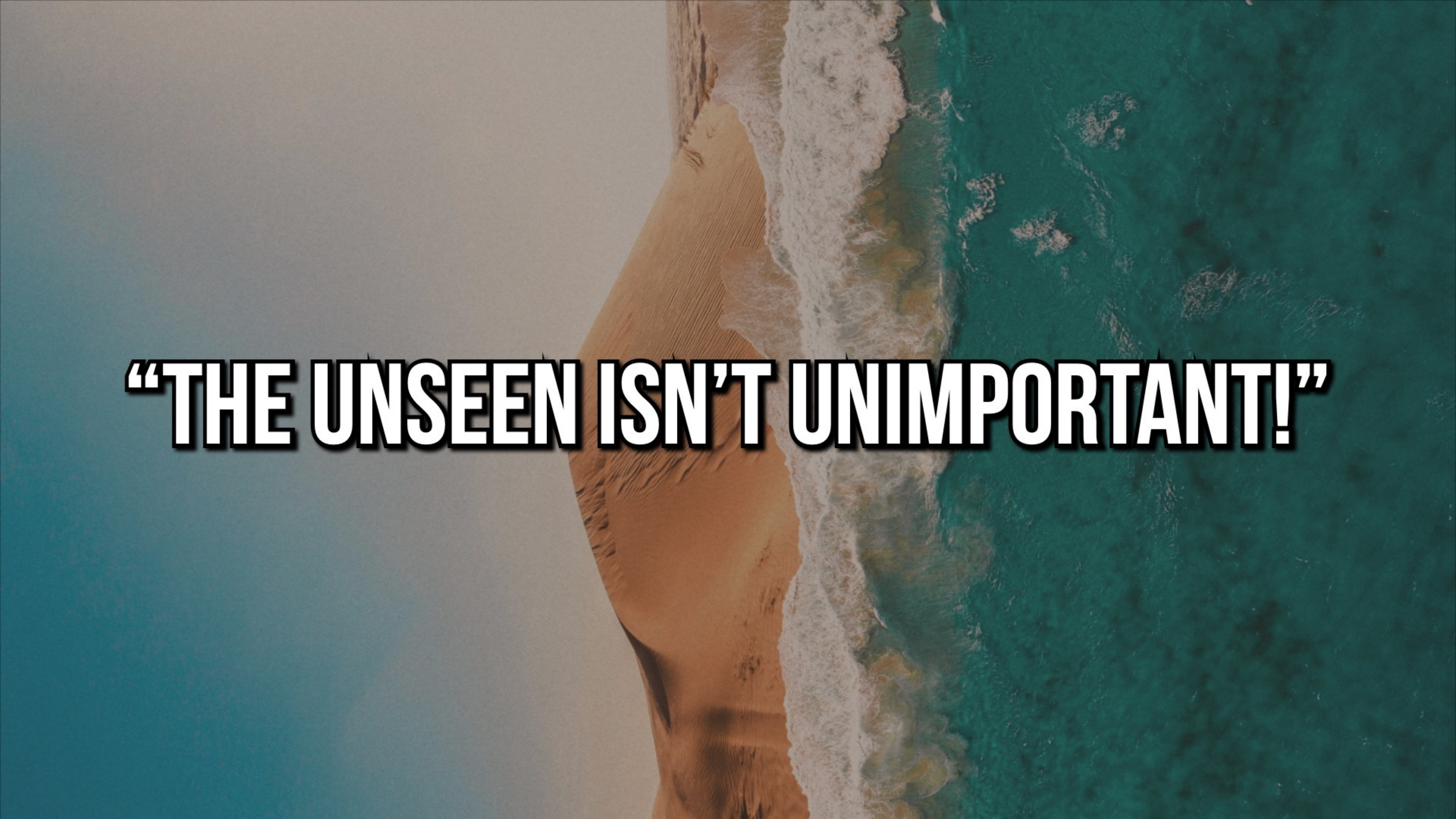
An aerial photograph of a coastline. The top half of the image shows a pale, overcast sky. Below the sky is a wide, curved strip of white sand beach. To the right of the beach, the ocean is a deep turquoise color with some white foam from waves breaking. The text is overlaid on the middle of the image, spanning across the beach and the water.

**UNTIL WE FACE WHAT'S UNSEEN INSIDE US,
WE'LL NEVER LOVE LIKE JESUS OUTSIDE US.**





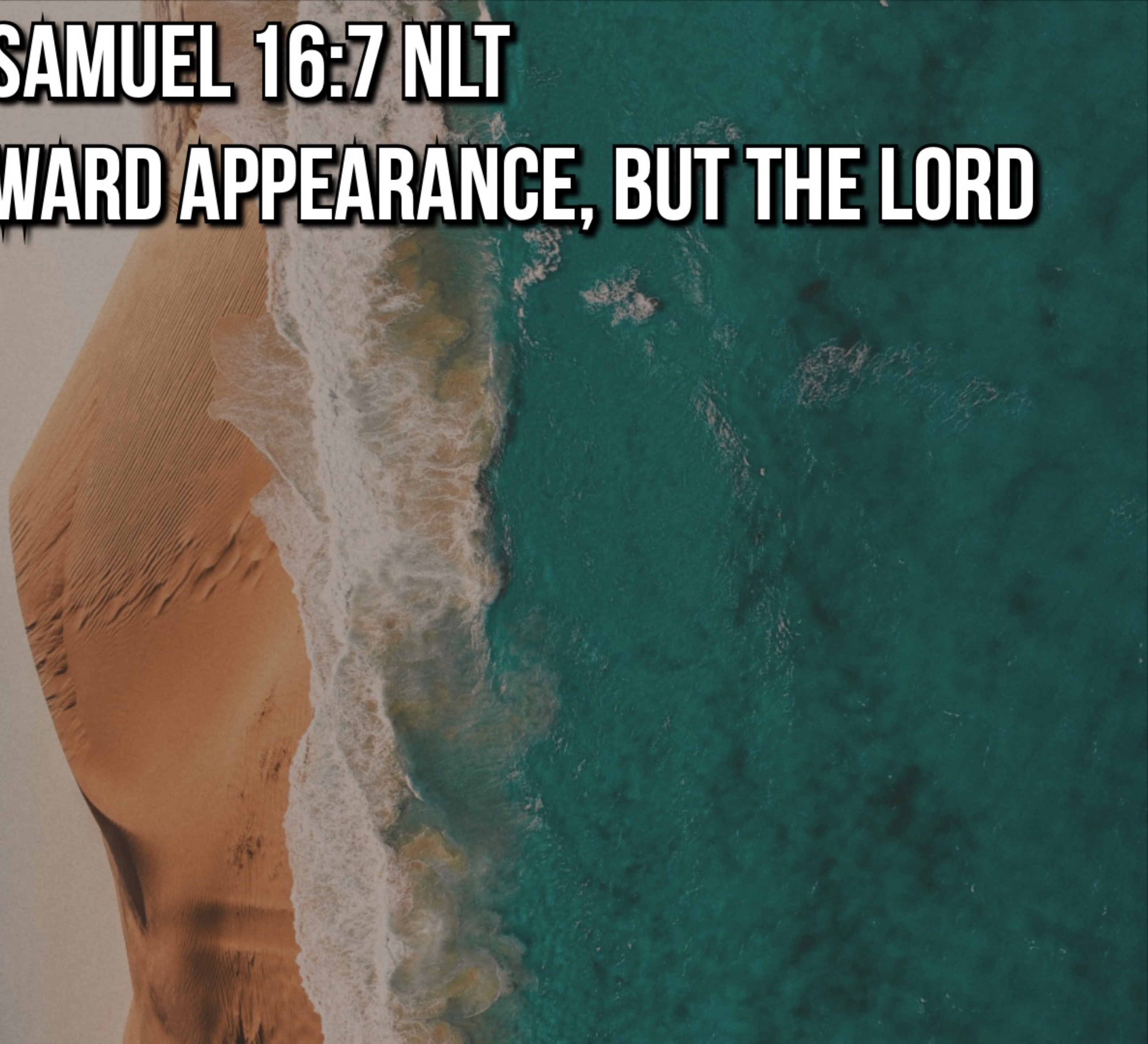
**WHAT'S VISIBLE IN OUR LIVES...
OUR WORDS, BEHAVIORS, REACTIONS, IS
ONLY A SMALL FRACTION OF WHAT'S
ACTUALLY GOING ON INSIDE.**

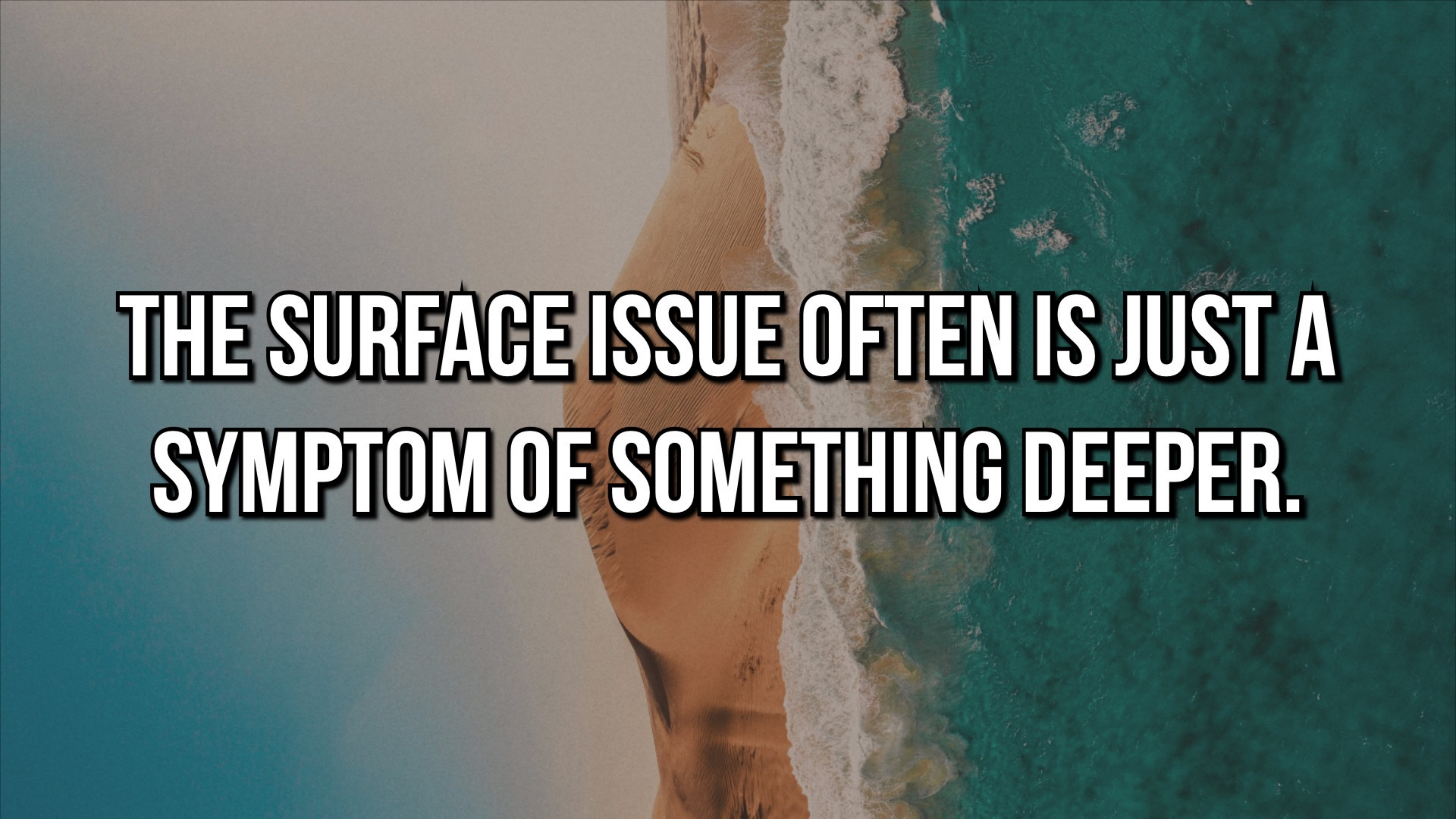
An aerial photograph of a coastline. On the left, a vast, smooth expanse of golden sand stretches towards the horizon. To the right, the ocean meets the shore with white, frothy waves. The water transitions from a pale turquoise near the beach to a deep, vibrant teal further out. The overall scene is serene and captures the natural beauty of a coastal environment.

“THE UNSEEN ISN’T UNIMPORTANT!”

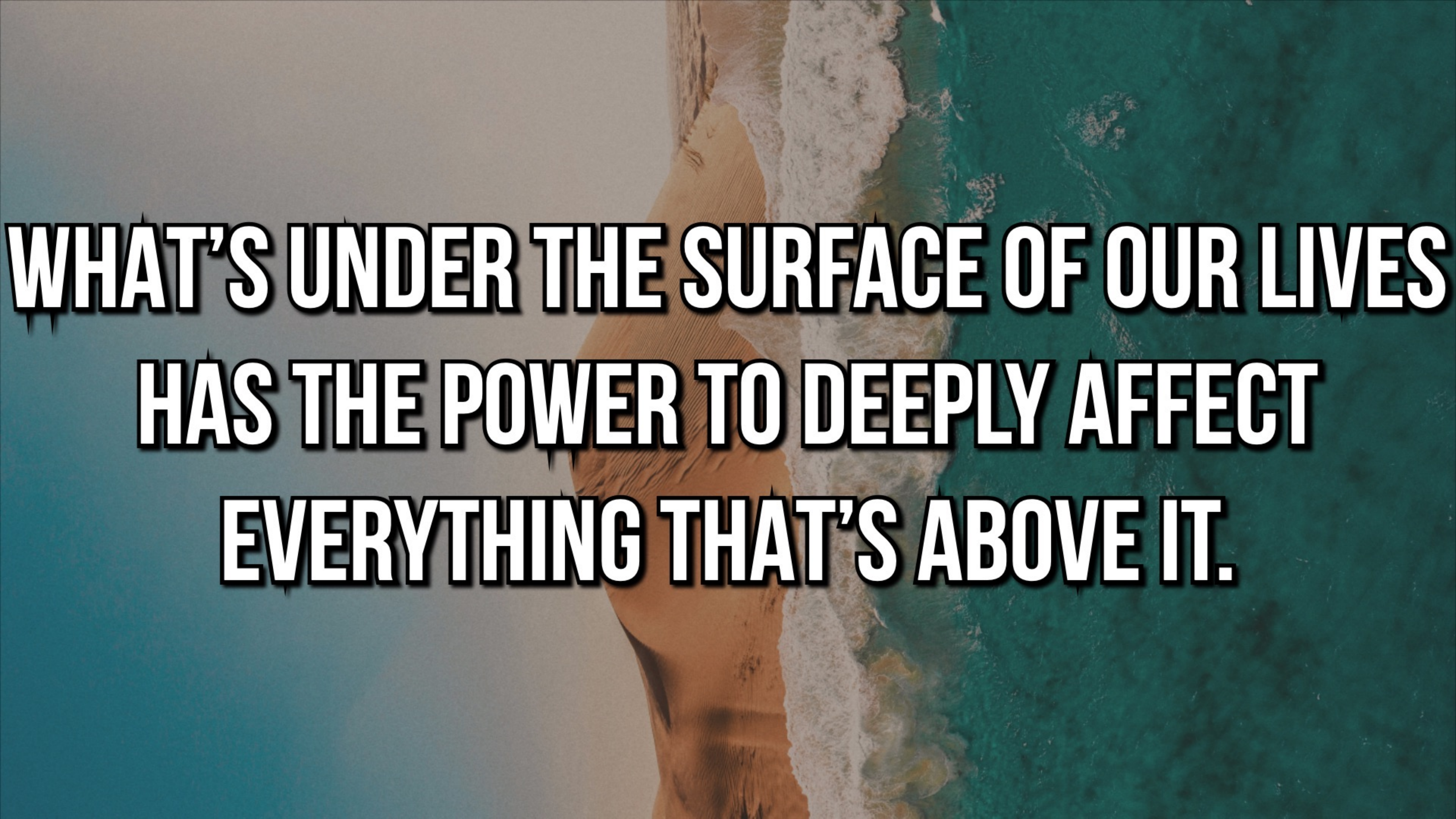
1 SAMUEL 16:7 NLT

**“PEOPLE JUDGE BY OUTWARD APPEARANCE, BUT THE LORD
LOOKS AT THE HEART.”**

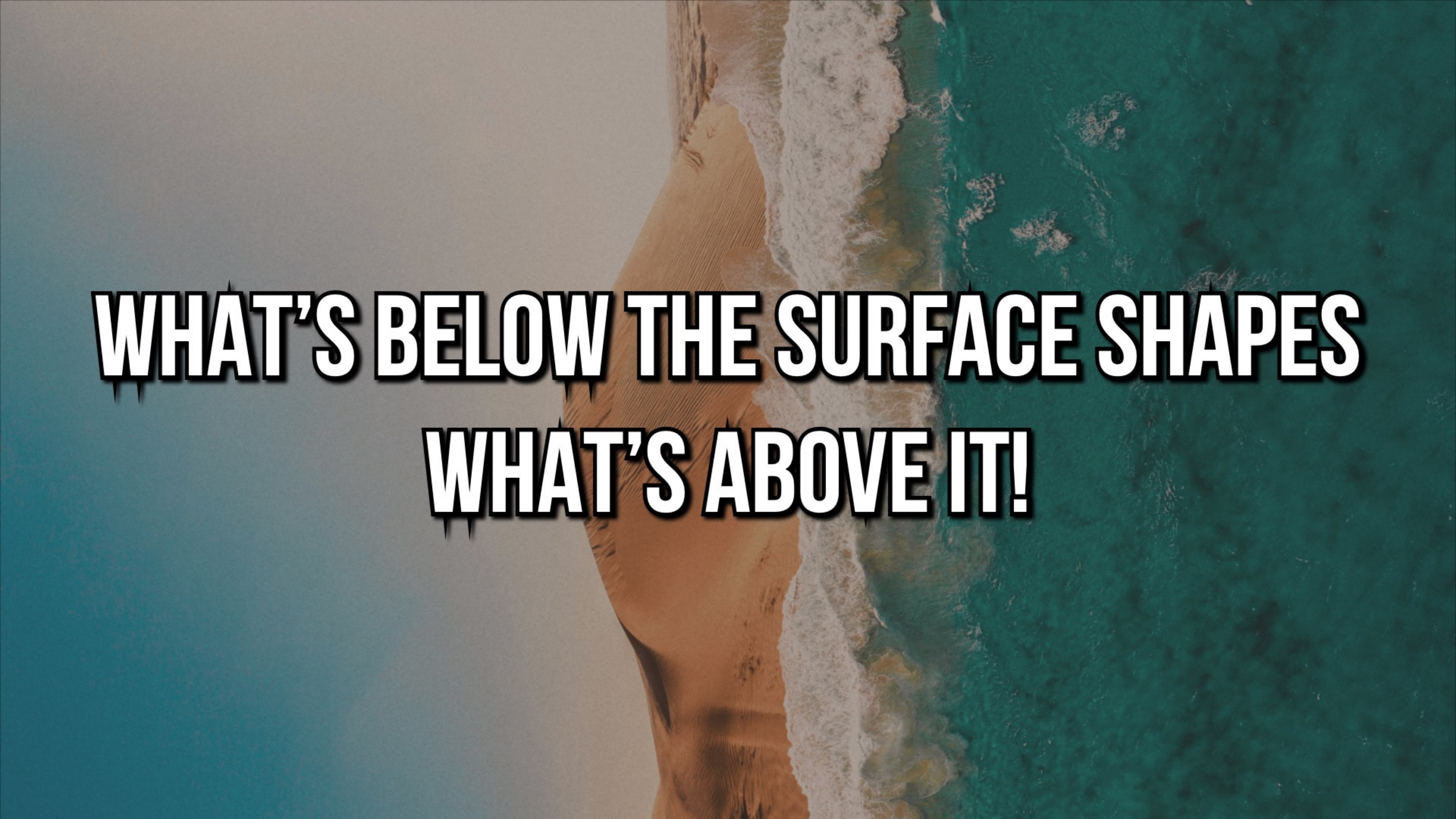


An aerial photograph of a coastline. On the left, a wide, light-colored sandy beach stretches towards the water. The ocean is a deep turquoise color, with white foam from breaking waves visible along the shoreline. The text is overlaid on the image, centered horizontally and spanning across the beach and water areas.

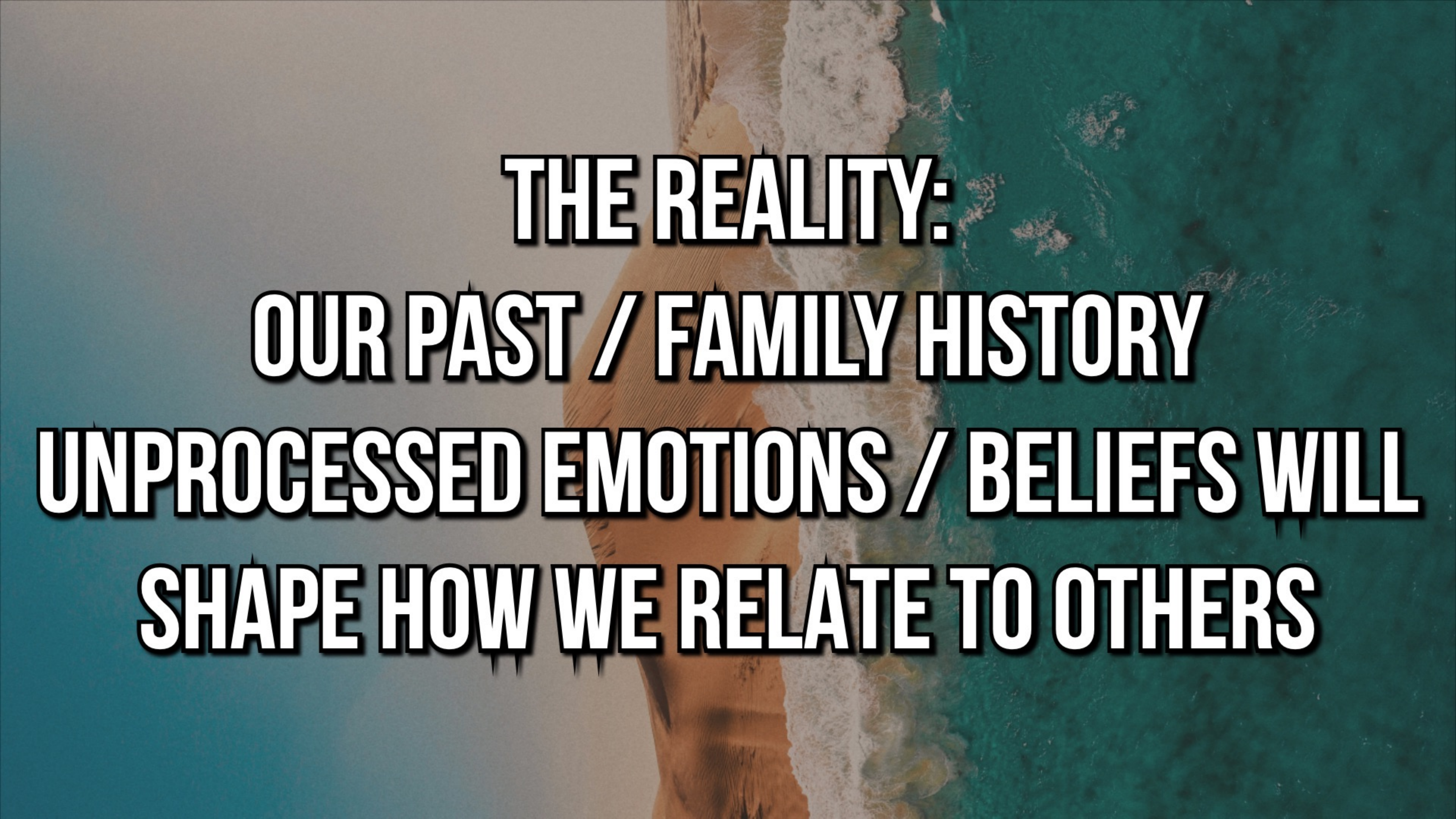
**THE SURFACE ISSUE OFTEN IS JUST A
SYMPTOM OF SOMETHING DEEPER.**

An aerial photograph of a coastline. A narrow, light-colored sandy beach runs vertically through the center of the image. To the left of the beach is a calm, light blue-grey area, possibly a lagoon or a very shallow part of the ocean. To the right is a deeper turquoise sea with some white foam from waves breaking near the shore. The overall scene is serene and natural.

**WHAT'S UNDER THE SURFACE OF OUR LIVES
HAS THE POWER TO DEEPLY AFFECT
EVERYTHING THAT'S ABOVE IT.**

An aerial photograph of a coastline. On the left, a wide, light-colored sandy beach stretches towards the horizon. To the right of the beach, the ocean water is a vibrant turquoise color, with white foam from breaking waves visible along the shoreline. The overall scene is bright and clear, suggesting a sunny day.

**WHAT'S BELOW THE SURFACE SHAPES
WHAT'S ABOVE IT!**

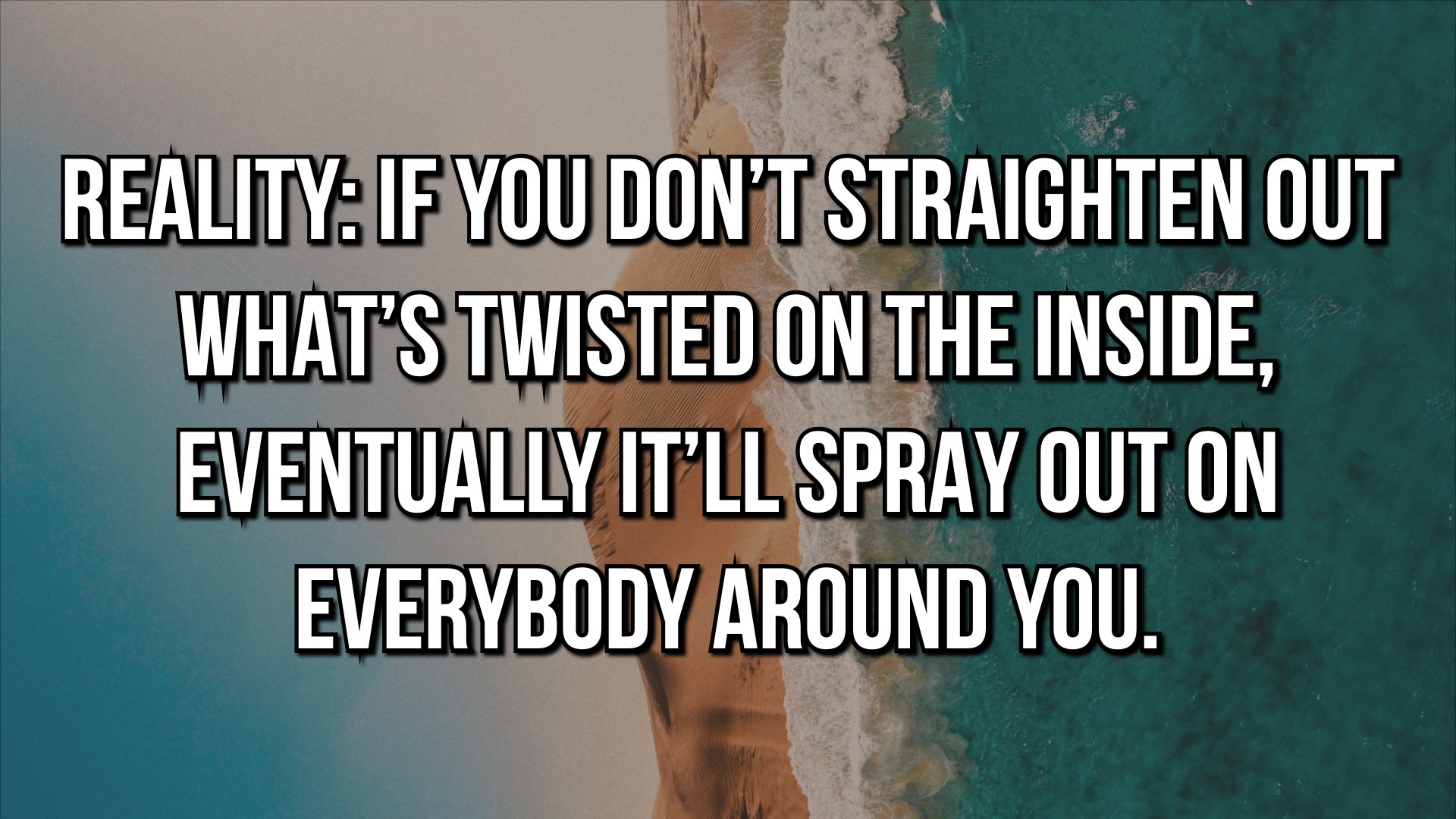


THE REALITY:
OUR PAST / FAMILY HISTORY
UNPROCESSED EMOTIONS / BELIEFS WILL
SHAPE HOW WE RELATE TO OTHERS

PROVERBS 4:23 NIV

**“ABOVE ALL ELSE, GUARD YOUR HEART, FOR EVERYTHING YOU
DO FLOWS FROM IT.”**





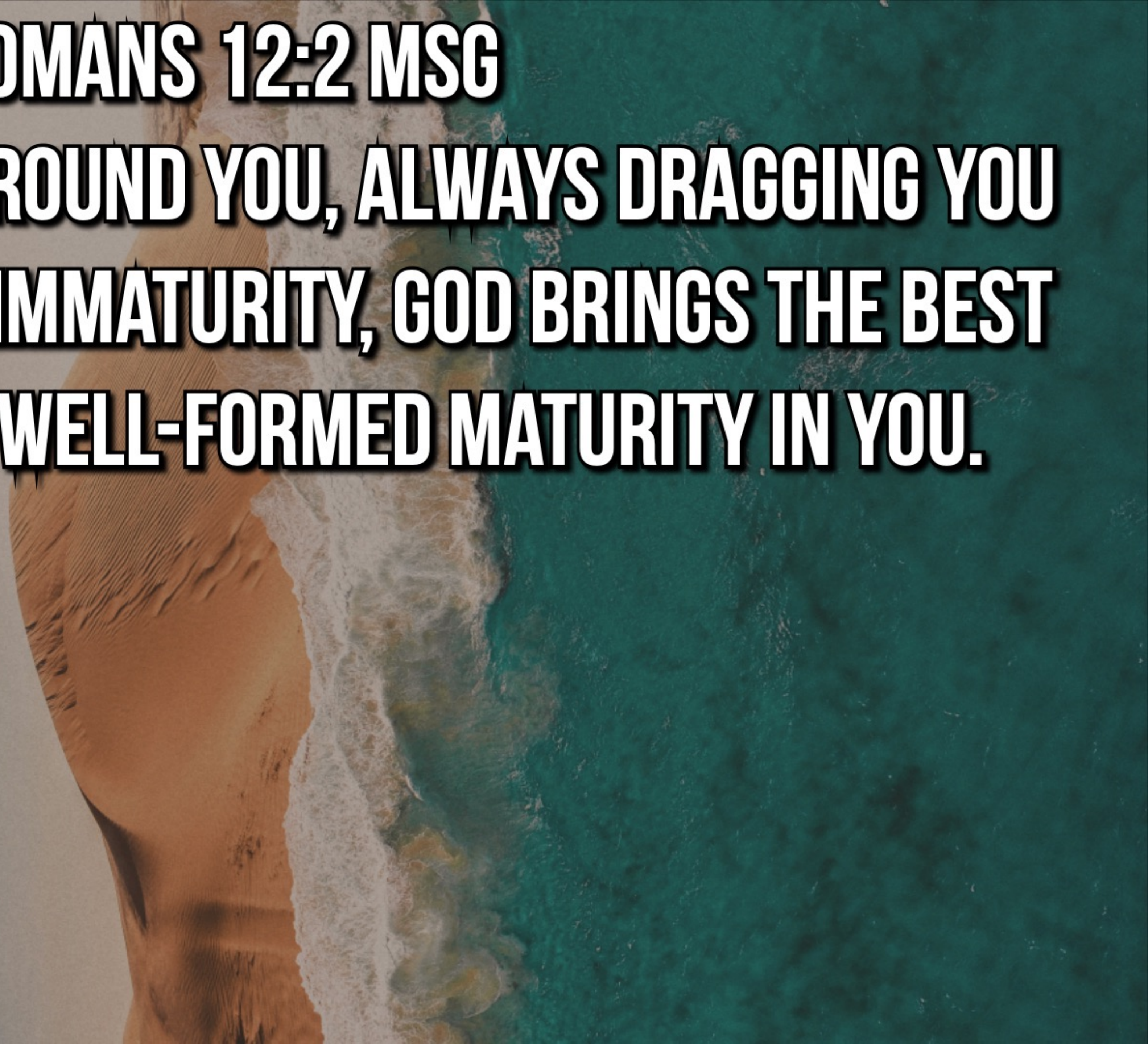
**REALITY: IF YOU DON'T STRAIGHTEN OUT
WHAT'S TWISTED ON THE INSIDE,
EVENTUALLY IT'LL SPRAY OUT ON
EVERYBODY AROUND YOU.**

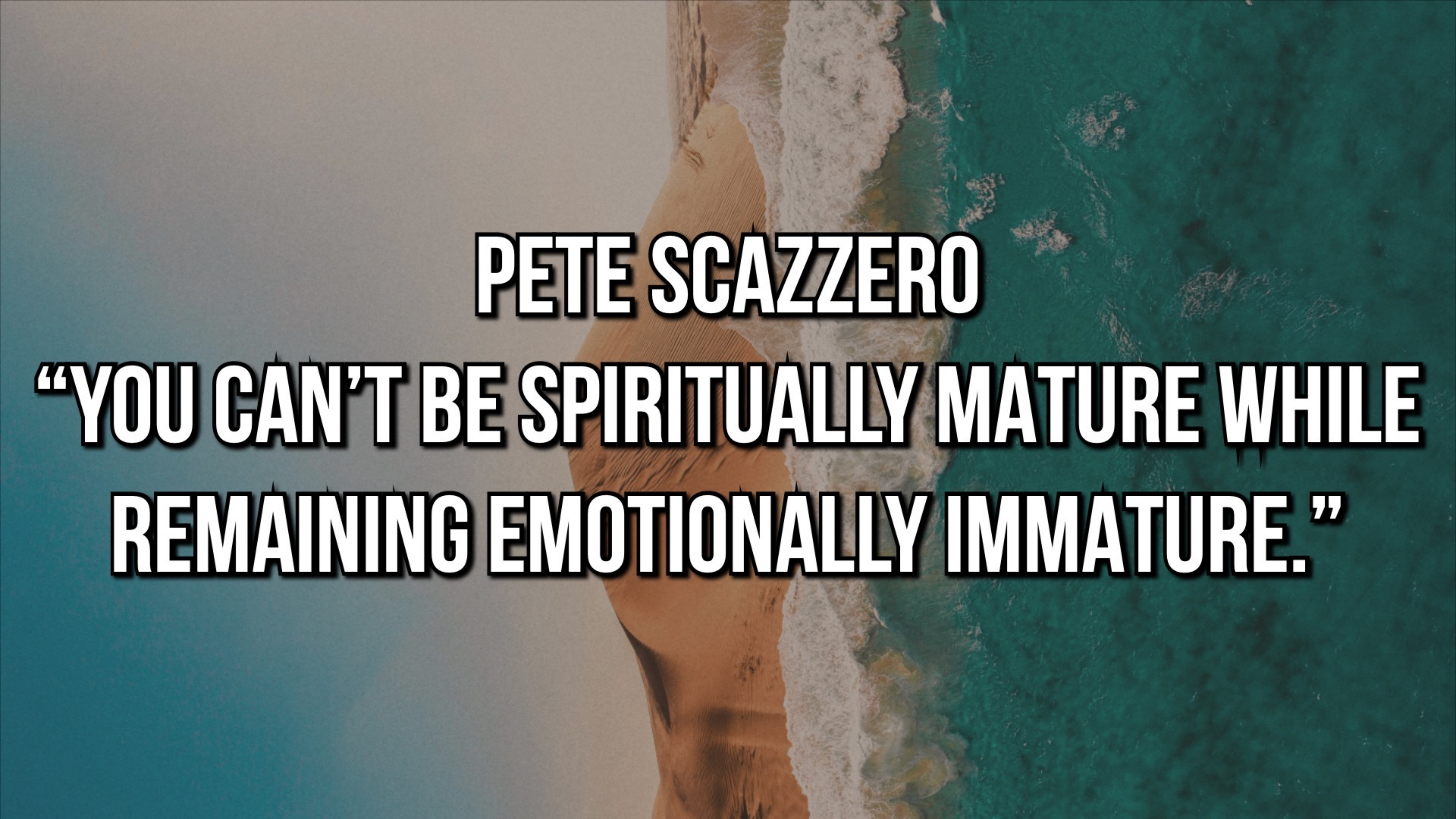
ROMANS 12:2 MSG

DON'T BECOME SO WELL-ADJUSTED TO YOUR CULTURE THAT YOU FIT INTO IT WITHOUT EVEN THINKING. INSTEAD, FIX YOUR ATTENTION ON GOD. YOU'LL BE CHANGED FROM THE INSIDE OUT. READILY RECOGNIZE WHAT HE WANTS FROM YOU AND QUICKLY RESPOND TO IT.

ROMANS 12:2 MSG

**UNLIKE THE CULTURE AROUND YOU, ALWAYS DRAGGING YOU
DOWN TO ITS LEVEL OF IMMATURITY, GOD BRINGS THE BEST
OUT OF YOU, DEVELOPS WELL-FORMED MATURITY IN YOU.**



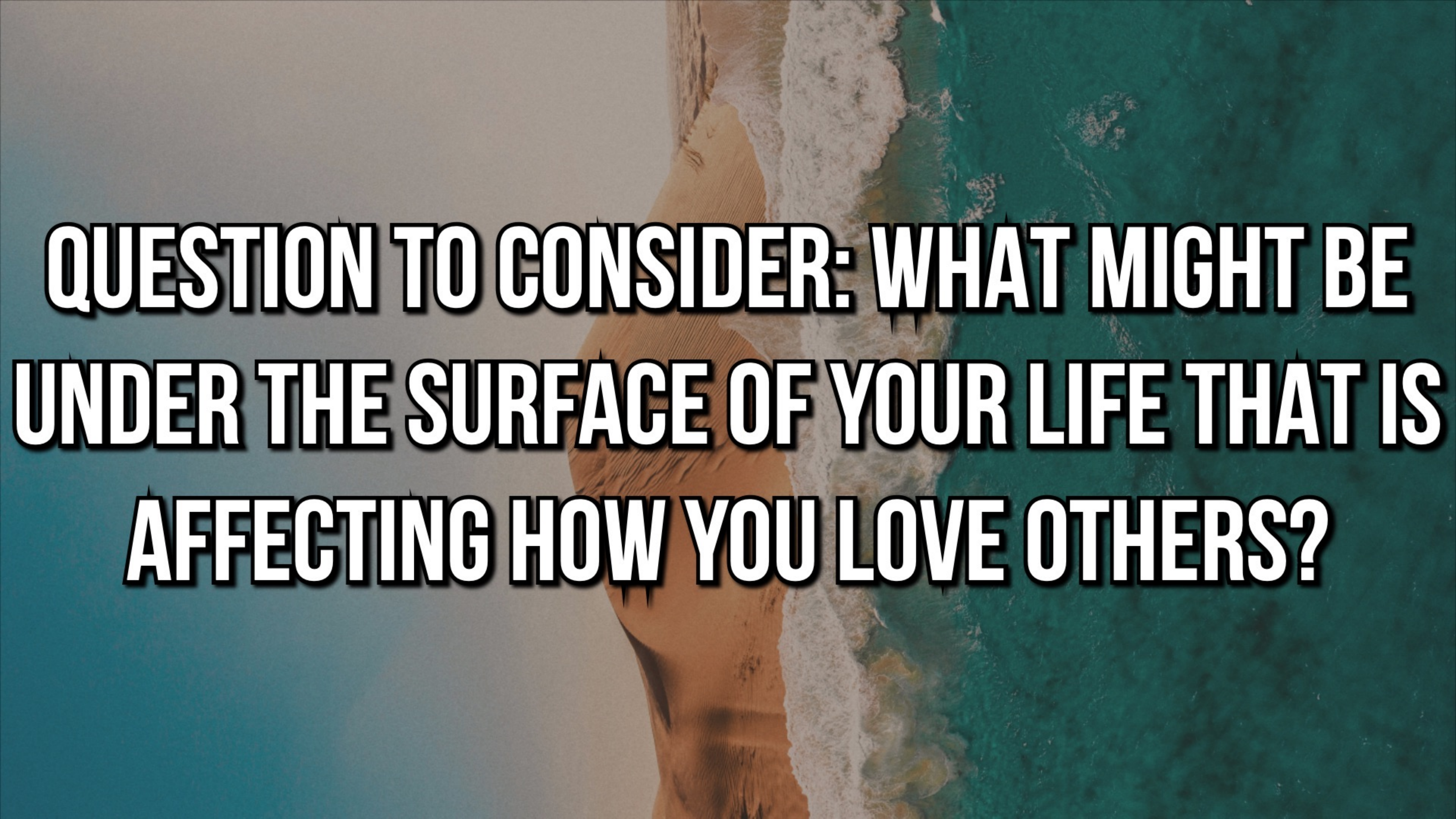
An aerial photograph of a coastline. A narrow, light-colored sandy beach runs vertically through the center of the image. To the left of the beach is a calm, light blue-grey area, possibly a lagoon or a very shallow part of the ocean. To the right is a deeper turquoise sea with some white foam from waves breaking near the shore. The overall tone is serene and natural.

PETE SCAZZERO

**“YOU CAN’T BE SPIRITUALLY MATURE WHILE
REMAINING EMOTIONALLY IMMATURE.”**

HARVARD STUDY OF ADULT DEVELOPMENT, 2020:

**90% OF OUR EMOTIONAL REACTIONS
ARE SHAPED BY PAST EXPERIENCES
RATHER THAN THE CURRENT SITUATION.**

An aerial photograph of a coastline. A narrow, light-colored sandy beach runs vertically through the center of the frame. To the left of the beach is a calm, light blue-grey area, possibly a lagoon or a very shallow part of the ocean. To the right is a deeper turquoise sea with some white foam from waves breaking near the shore. The overall scene is serene and natural.

**QUESTION TO CONSIDER: WHAT MIGHT BE
UNDER THE SURFACE OF YOUR LIFE THAT IS
AFFECTING HOW YOU LOVE OTHERS?**

An aerial photograph of a beach. The top half of the image shows the ocean with white-capped waves breaking onto a sandy shore. The bottom half of the image is a solid, dark teal color. The text is overlaid on the teal background.

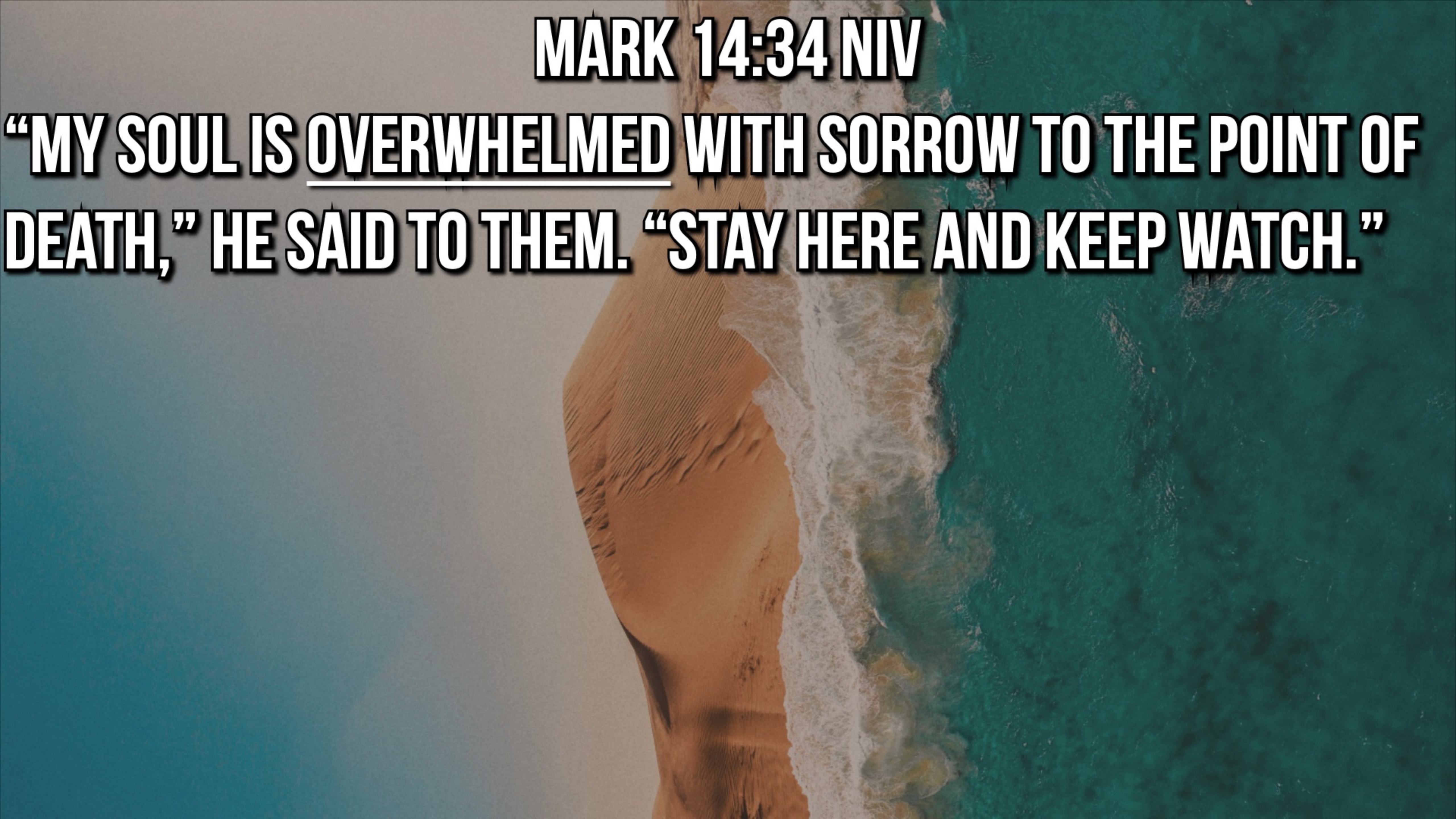
TRUTH: JESUS MODELS FOR US WHAT
EMOTIONALLY HEALTHY LOOKS LIKE

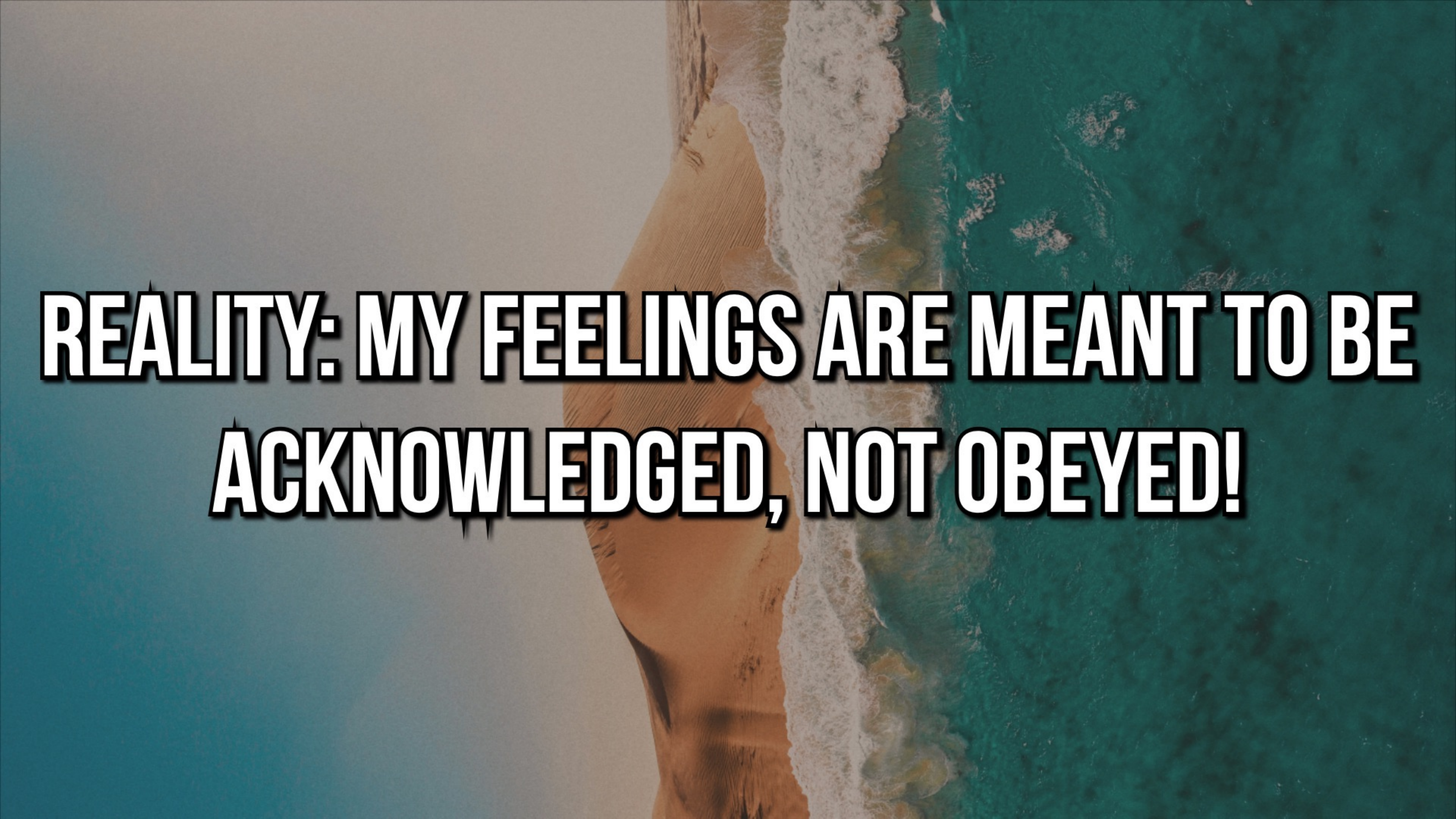
JOHN 11:33—35 NLT

“WHEN JESUS SAW HER WEEPING AND SAW THE OTHER PEOPLE WAILING WITH HER, A DEEP ANGER WELLED UP WITHIN HIM, AND HE WAS DEEPLY TROUBLED. “WHERE HAVE YOU PUT HIM?” HE ASKED THEM. THEY TOLD HIM, “LORD, COME AND SEE.” THEN JESUS WEPT.

MARK 14:34 NIV

“MY SOUL IS OVERWHELMED WITH SORROW TO THE POINT OF DEATH,” HE SAID TO THEM. “STAY HERE AND KEEP WATCH.”



An aerial photograph of a coastline. A narrow, light-colored sandy beach runs diagonally from the top center towards the bottom left. To the right of the beach is the ocean, which has a vibrant turquoise color near the shore, transitioning to a deeper teal further out. The water's surface shows some texture and small waves. The sky is a pale, hazy blue, visible in the top left corner.

**REALITY: MY FEELINGS ARE MEANT TO BE
ACKNOWLEDGED, NOT OBEYED!**

HOW DO I “EXPLORE YOUR ICEBERG”?

1. WHAT AM I SAD ABOUT?

PSALM 42:5—6A NLT

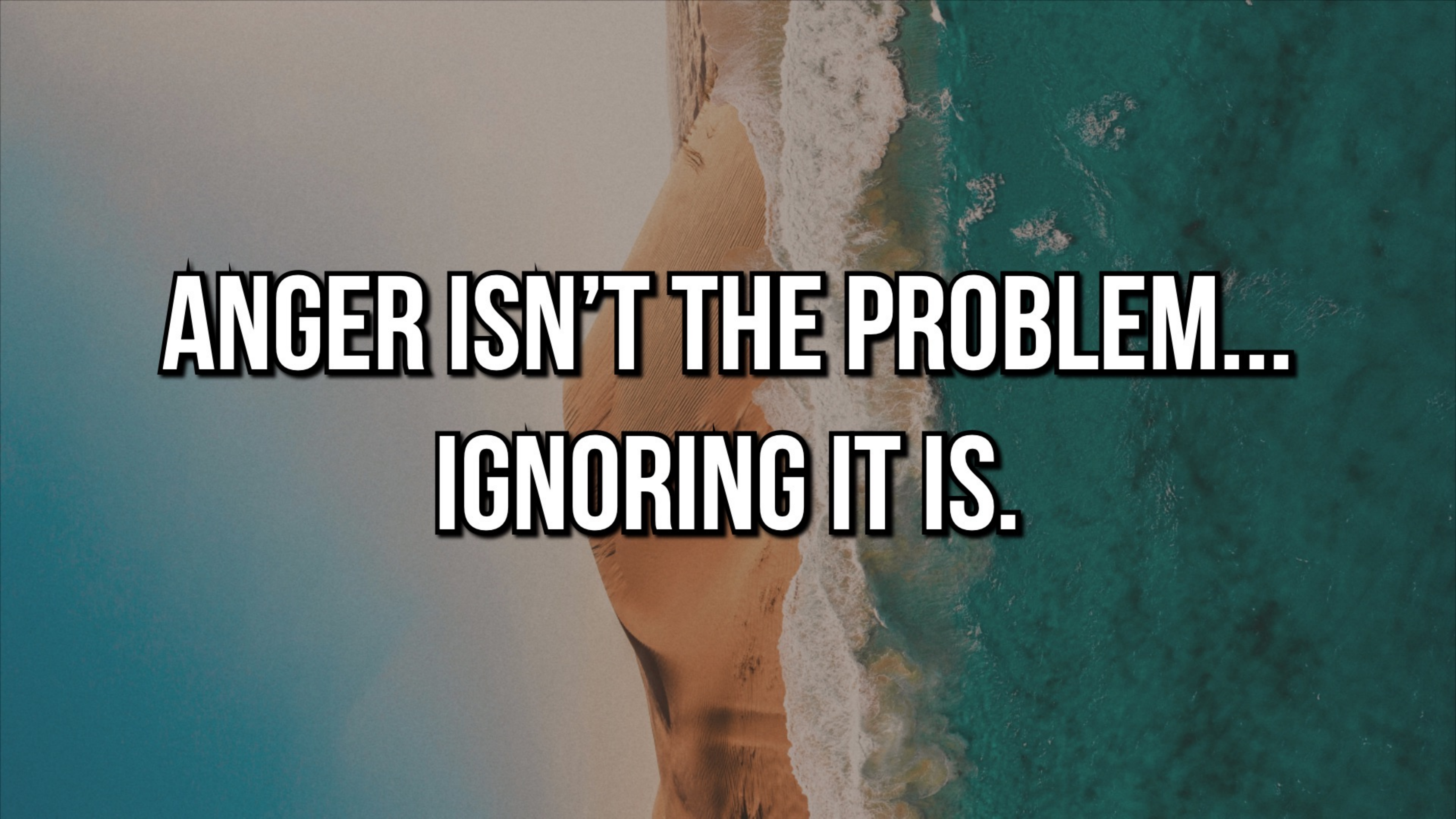
WHY AM I DISCOURAGED? WHY IS MY HEART SO SAD? I WILL
PUT MY HOPE IN GOD! I WILL PRAISE HIM AGAIN—MY SAVIOR
AND MY GOD! ⁶ NOW I AM DEEPLY DISCOURAGED, BUT I WILL
REMEMBER YOU.

HOW DO I “EXPLORE YOUR ICEBERG”?

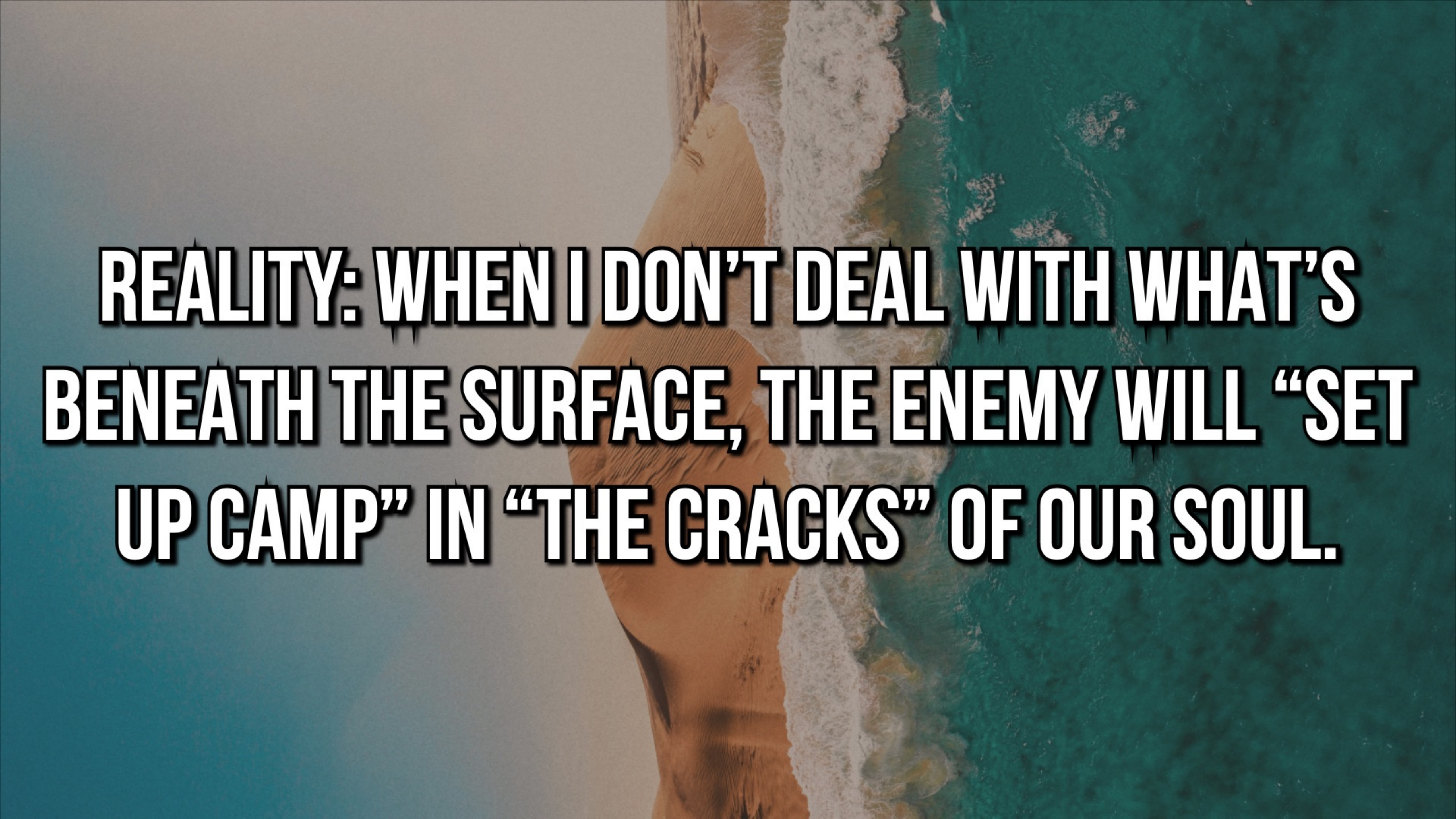
2. WHAT AM I ANGRY ABOUT?

EPHESIANS 4:26 NLT

AND DON'T SIN BY LETTING ANGER CONTROL YOU.” DON'T LET THE SUN GO DOWN WHILE YOU ARE STILL ANGRY,²⁷ FOR ANGER GIVES A FOOTHOLD TO THE DEVIL.

An aerial photograph of a coastline. On the left, a wide, sandy beach stretches towards the horizon. To the right of the beach, the ocean waves are breaking, creating white foam. Further out, the water is a deep, dark teal color. The sky is a pale, hazy blue. Overlaid on the center of the image is a quote in large, bold, white capital letters with a black outline.

ANGER ISN'T THE PROBLEM...
IGNORING IT IS.

An aerial photograph of a coastline. A narrow, light-colored sandy beach runs vertically through the center of the frame. To the left of the beach is a calm, light blue-grey area, possibly a lagoon or a very shallow part of the ocean. To the right is a deeper turquoise sea with some white foam from breaking waves visible near the shore. The overall scene is serene and natural.

**REALITY: WHEN I DON'T DEAL WITH WHAT'S
BENEATH THE SURFACE, THE ENEMY WILL "SET
UP CAMP" IN "THE CRACKS" OF OUR SOUL.**

HOW DO I “EXPLORE YOUR ICEBERG”?

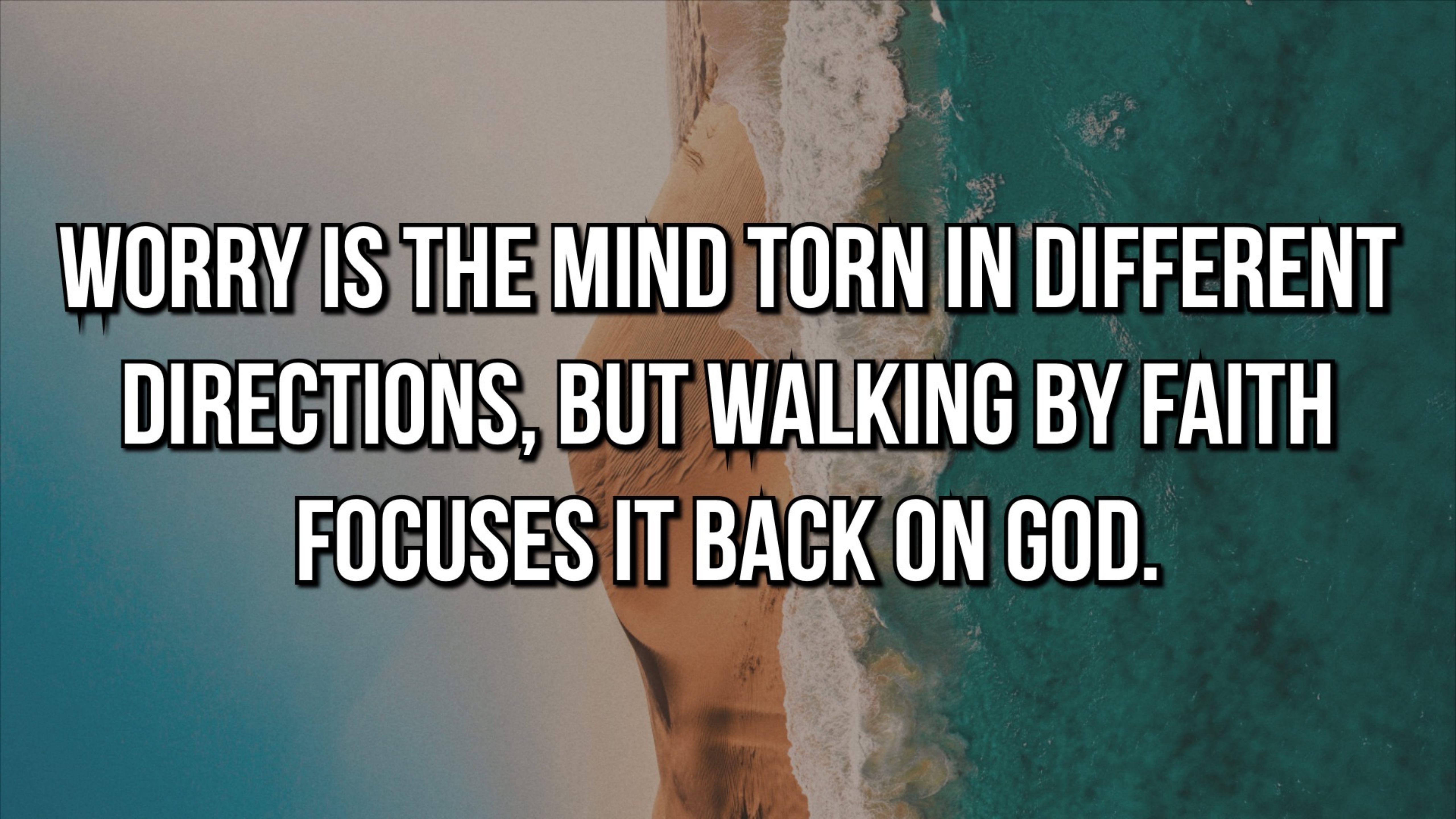
3. WHAT AM I ANXIOUS OR FEARFUL ABOUT?

PHILIPPIANS 4:6-7 NIV

DO NOT BE ANXIOUS ABOUT ANYTHING, BUT IN EVERY SITUATION, BY PRAYER AND PETITION, WITH THANKSGIVING, PRESENT YOUR REQUESTS TO GOD. ⁷ AND THE PEACE OF GOD, WHICH TRANSCENDS ALL UNDERSTANDING, WILL GUARD YOUR HEARTS AND YOUR MINDS IN CHRIST JESUS.

ANXIOUS μεριμνάω (MERIMNÁŏ)

TO BE PULLED APART, DIVIDED,
DISTRACTED BY WORRY OR CARE.

An aerial photograph of a coastline, showing a sandy beach and turquoise water. A vertical strip of the image is torn away, revealing a light beige background behind the text.

**WORRY IS THE MIND TORN IN DIFFERENT
DIRECTIONS, BUT WALKING BY FAITH
FOCUSES IT BACK ON GOD.**

HOW DO I “EXPLORE YOUR ICEBERG”?

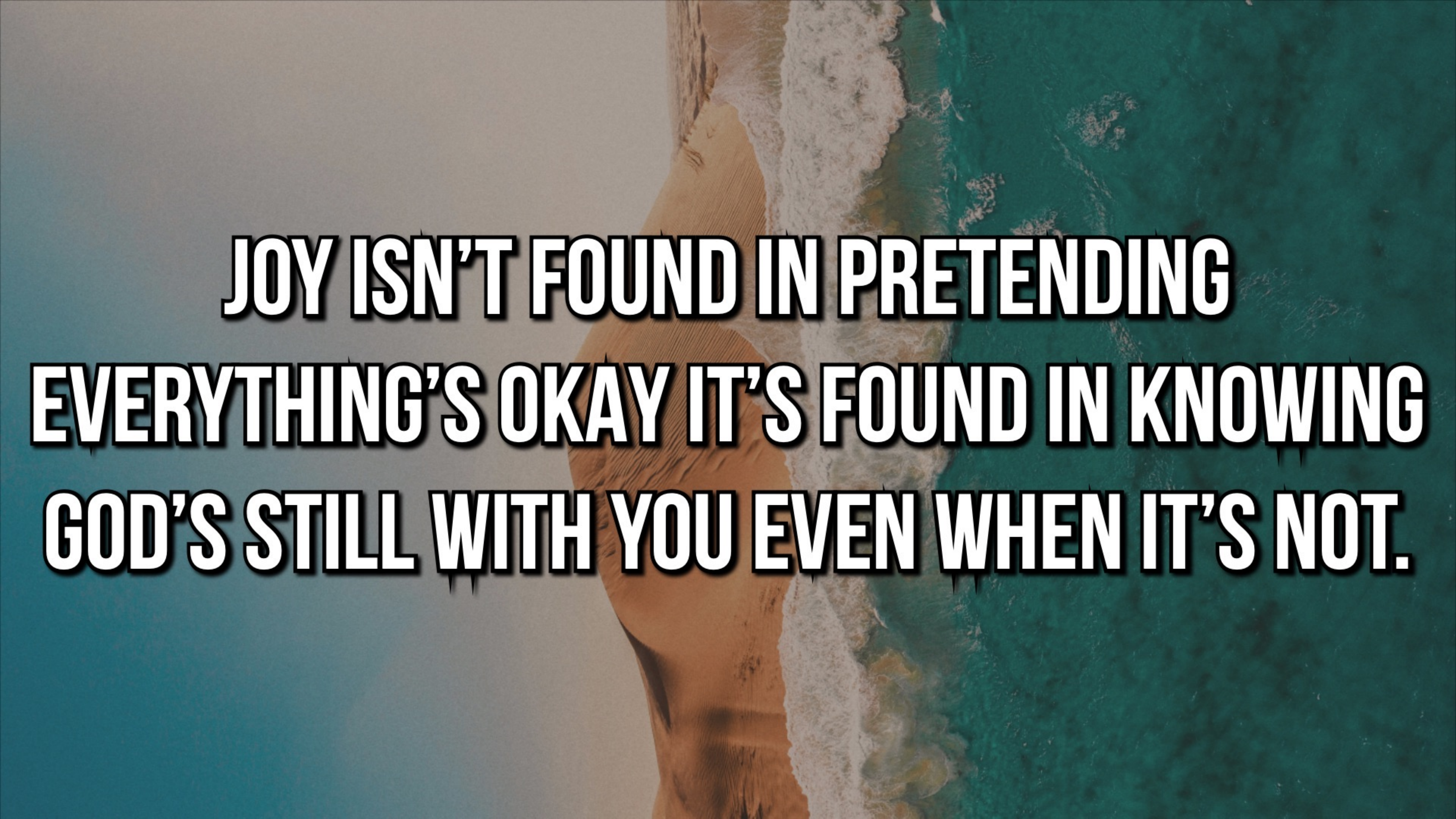
4. WHAT AM I GLAD ABOUT?

PSALM 126:3 NLT

““YES, THE LORD HAS DONE AMAZING THINGS FOR US! WHAT JOY!”

NEHEMIAH 8:10B NLT

“DON'T BE DEJECTED AND SAD, FOR THE JOY OF THE LORD IS YOUR STRENGTH!

An aerial photograph of a coastline. A wide, light-colored sandy beach runs diagonally from the top left towards the bottom center. To the right of the beach is the ocean, with shallow turquoise water transitioning into deeper, darker blue-green water. The text is overlaid on the image, centered horizontally and spanning across the beach and water areas.

**JOY ISN'T FOUND IN PRETENDING
EVERYTHING'S OKAY IT'S FOUND IN KNOWING
GOD'S STILL WITH YOU EVEN WHEN IT'S NOT.**

An aerial photograph of a coastline. A wooden pier or breakwater extends from a sandy beach into the ocean. The water is a deep teal color, and the beach is a light tan color. The sky is a pale, hazy blue.

**REALITY: YOUR STRENGTH DOESN'T COME
FROM HOW GOOD YOU FEEL IT COMES FROM
HOW GOOD GOD IS.**

An aerial photograph of a coastline. On the left, a wide, light-colored sandy beach stretches towards the horizon. To the right of the beach, the ocean is visible, with white foam from breaking waves creating a jagged line between the land and the water. The water has a deep teal or turquoise hue. The overall scene is bright and serene.

GOD IS GOOD ALL THE TIME!
AND ALL THE TIME GOOD!

ABOVE THE SURFACE

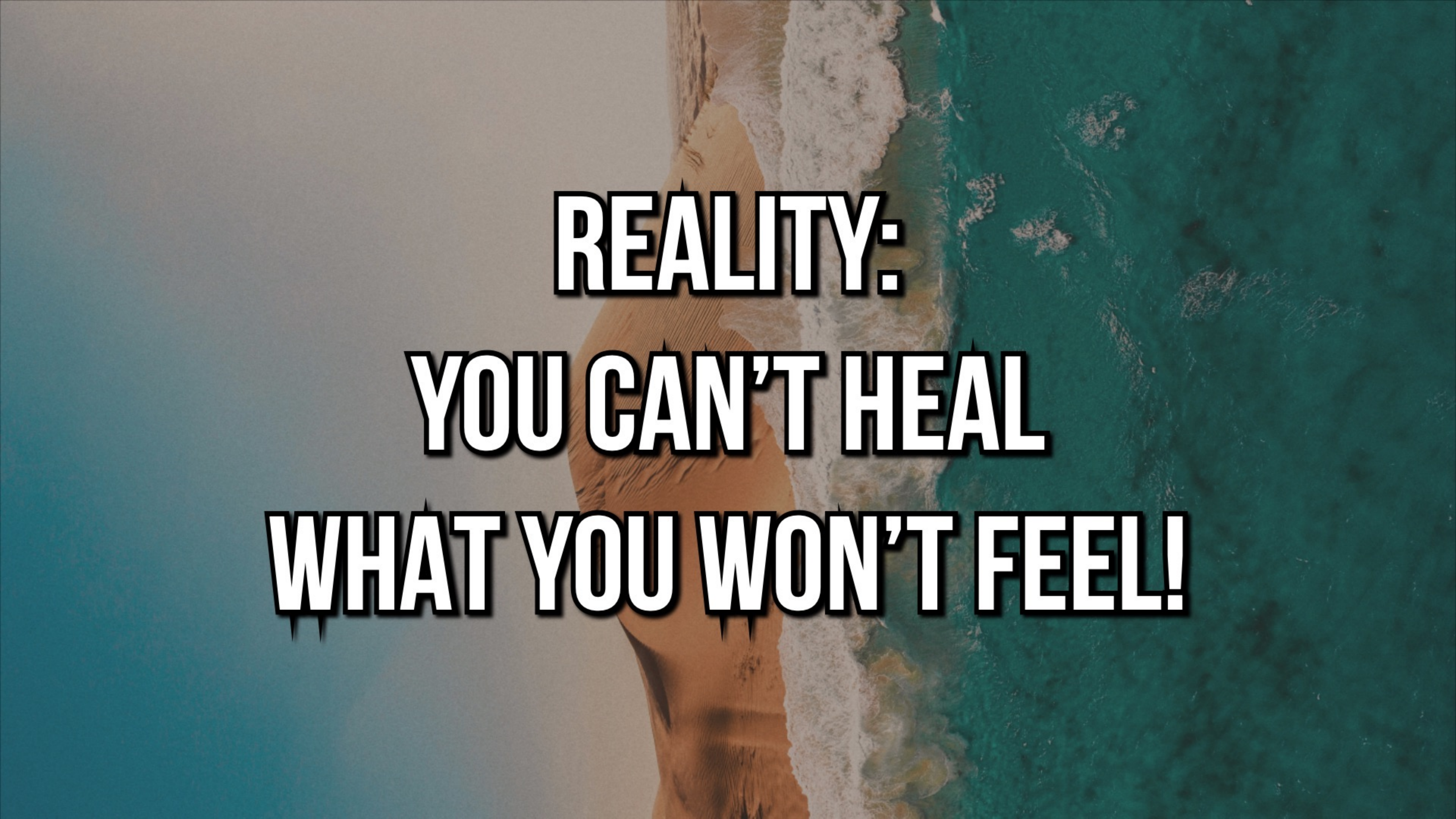
[WHAT EVERYBODY SEES]

ANGER / SARCASM / WITHDRAWAL / BUSYNESS / CONTROL / PERFECTIONISM
PEOPLE-PLEASING / DEFENSIVENESS / OVERCONFIDENCE / NUMBNESS

BELOW THE SURFACE

[WHAT'S UNSEEN IS MOST IMPORTANT]

- 😞 SADNESS - DISAPPOINTED / LONELY / GRIEVING / HOPELESS / LEFT OUT / HURT / EMPTY / REGRETFUL / ISOLATED / FORGOTTEN
- 😡 ANGER - IRRITATED / BITTER / RESENTFUL / JEALOUS / ANNOYED / INDIGNANT / HOSTILE / ENVIOUS / RAGE / CONTROLLING
- 😰 FEAR - WORRIED / INSECURE / AFRAID / OVERWHELMED / NERVOUS / HESITANT / DISTRUSTFUL / TERRIFIED / PANICKED / UNEASY
- 😓 SHAME - EMBARRASSED / EXPOSED / UNWORTHY / CONDEMNED / REGRETFUL / DISGRACED / INADEQUATE / DEFEATED / INFERIOR
- 😞 HURT - BETRAYED / REJECTED / ABANDONED / NEGLECTED / UNSEEN / UNAPPRECIATED / MISUNDERSTOOD / OFFENDED / UNLOVED
- 😞 CONFUSION - UNCERTAIN / CONFLICTED / LOST / NUMB / INDECISIVE / DISTRACTED / OVERTHINKING
- 😞 DISAPPOINTMENT - LET DOWN / HOPELESS / WEARY / UNMOTIVATED / DRAINED / FORGOTTEN / CYNICAL
- 😊 JOY / GRATITUDE (HEALTHY EMOTIONS) THANKFUL / PEACEFUL / CONTENT / HOPEFUL / SECURE / LOVED / CONNECTED / FORGIVEN
RESTED / FULFILLED

An aerial photograph of a coastline. A narrow, light-colored sandy beach runs vertically through the center of the image. To the left of the beach is a calm, light blue-grey area, possibly a lagoon or a very shallow part of the ocean. To the right is a deeper turquoise ocean with visible white foam from breaking waves. The text is overlaid on the image, centered horizontally and spanning across the beach and the ocean areas.

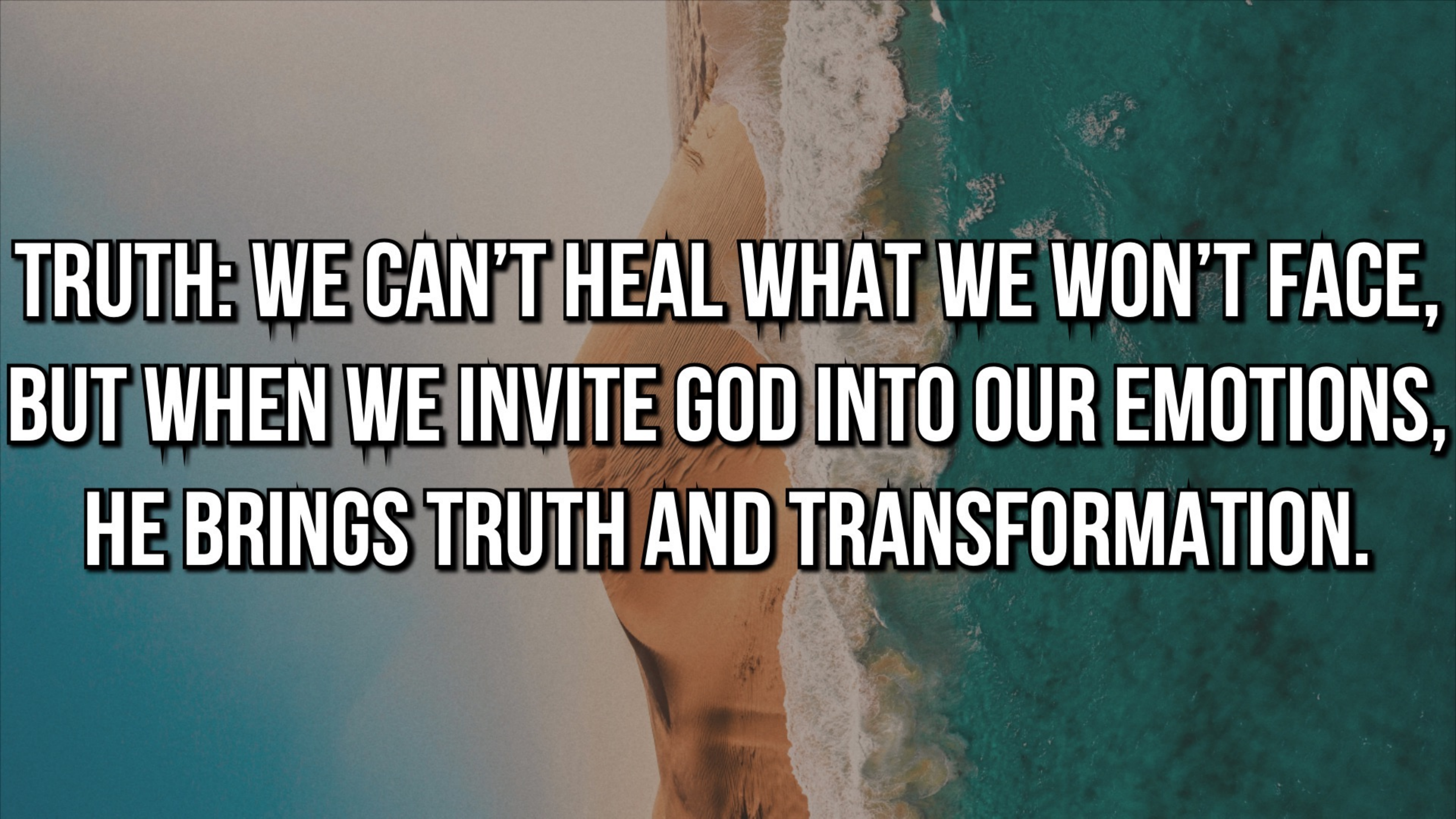
REALITY:
YOU CAN'T HEAL
WHAT YOU WON'T FEEL!

An aerial photograph of a coastline. A narrow, light-colored sandy beach runs diagonally from the top center towards the bottom left. To the right of the beach is the ocean, which has a vibrant turquoise color near the shore, transitioning to a deeper blue further out. The waves are breaking gently against the shore, creating white foam. The overall scene is bright and serene.

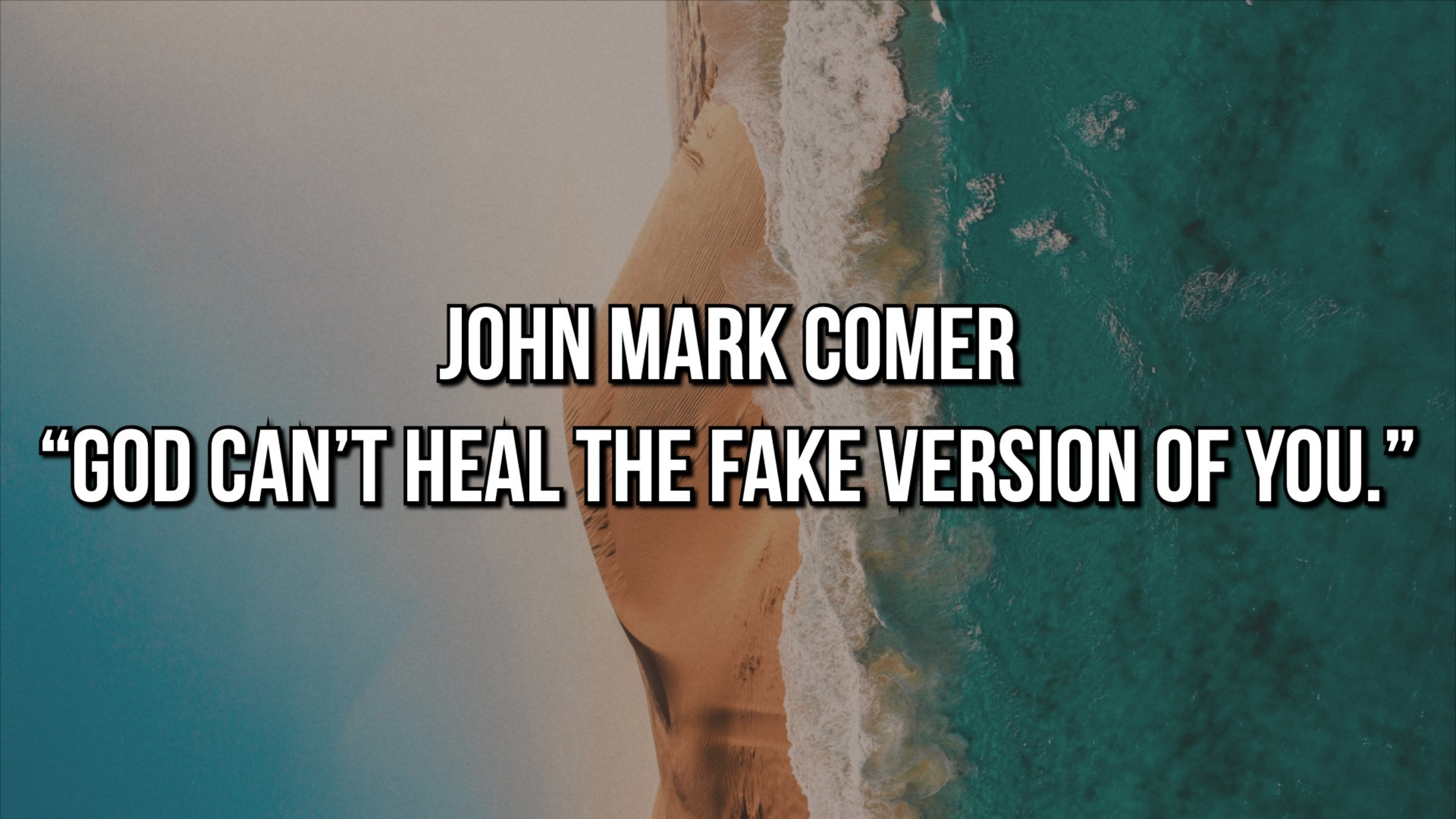
**INVITE GOD TO GO WITH YOU INTO
THOSE DEEP PLACES!**

PSALM 139:23-24 NLT

**SEARCH ME, O GOD, AND KNOW MY HEART; TEST ME AND
KNOW MY ANXIOUS THOUGHTS. ²⁴ POINT OUT ANYTHING IN ME
THAT OFFENDS YOU AND LEAD ME ALONG THE PATH OF
EVERLASTING LIFE.**

An aerial photograph of a coastline. A long, straight wooden pier extends from a sandy beach into the ocean. The water is a deep teal color, and the beach is a light tan. The sky is a pale, hazy blue. The text is overlaid on the image in a bold, white, sans-serif font with a black outline.

**TRUTH: WE CAN'T HEAL WHAT WE WON'T FACE,
BUT WHEN WE INVITE GOD INTO OUR EMOTIONS,
HE BRINGS TRUTH AND TRANSFORMATION.**

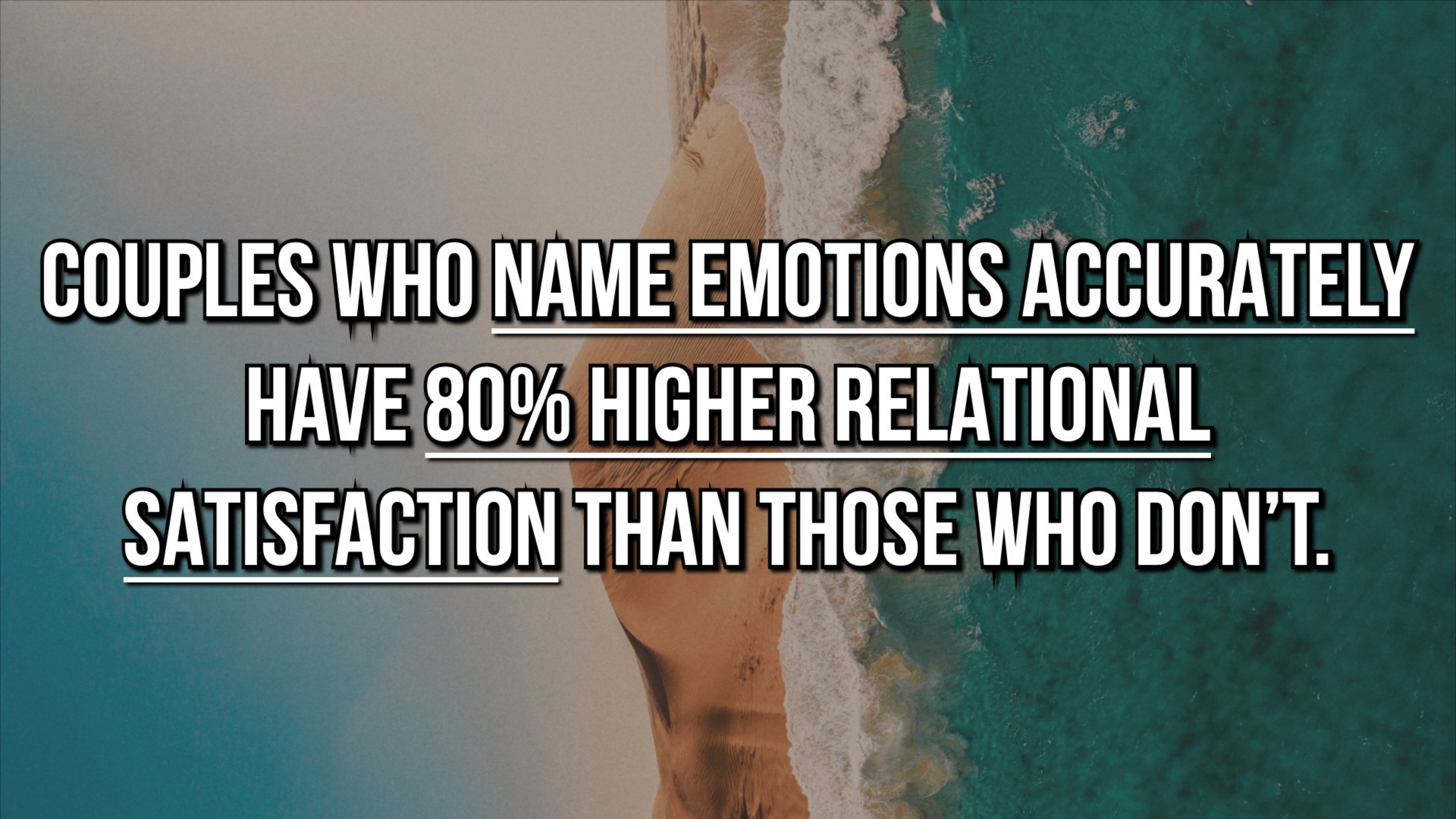
An aerial photograph of a coastline. On the left, a wide, light-colored sandy beach curves along the shore. To the right of the beach, the ocean water is a vibrant turquoise color, with white foam from breaking waves visible near the shore. The background beyond the beach is a pale, hazy sky.

JOHN MARK COMER

“GOD CAN’T HEAL THE FAKE VERSION OF YOU.”

An aerial photograph of a coastline. On the left, a vast, flat expanse of light blue-grey sky meets a wide, golden-brown sandy beach. The beach has some subtle textures and shadows. To the right of the beach, the ocean is a vibrant turquoise color, with white foam from breaking waves visible along the shoreline. The text 'KEEP IT REAL!!!' is superimposed over the center of the image, spanning across the beach and the water.

KEEP IT REAL!!!



COUPLES WHO NAME EMOTIONS ACCURATELY
HAVE 80% HIGHER RELATIONAL
SATISFACTION THAN THOSE WHO DON'T.

ACTION STEPS

- 1. SLOW DOWN TO NOTICE WHAT I FEEL.**
- 2. NAME MY FEELINGS HONESTLY BEFORE GOD.**
- 3. BE VULNERABLE WITH SOMEONE YOU TRUST.**
- 4. LET GOD BEGIN TO TRANSFORM WHAT HE REVEALS.**

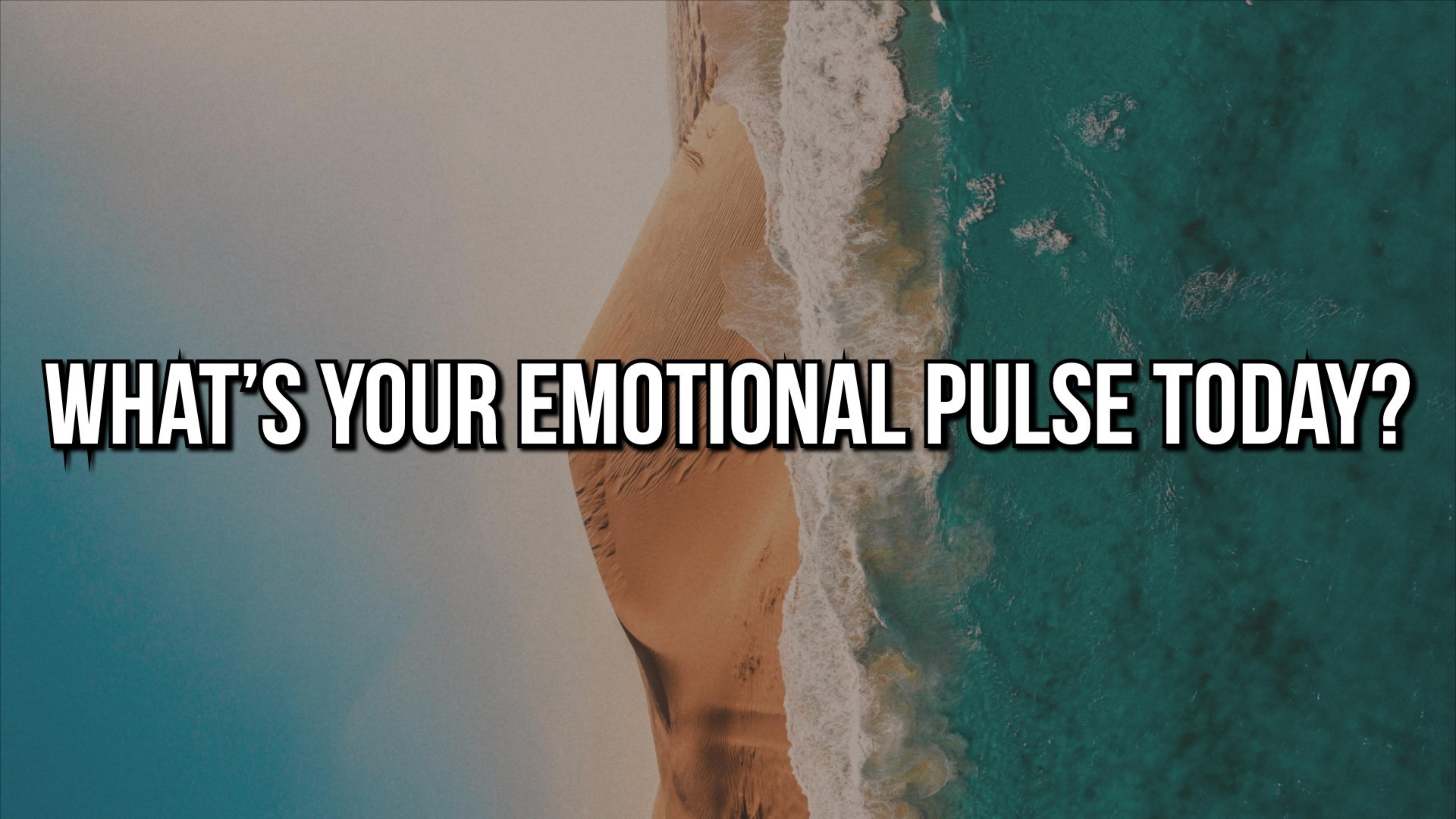
An aerial photograph of a coastline. A wide, light-colored sandy beach runs diagonally from the top left towards the bottom right. To the right of the beach, the ocean is a deep turquoise color with some white foam from waves breaking near the shore. The sky is a pale, hazy blue.

PASTOR JEN DYER

“TRANSFORMATION TAKES PARTICIPATION”

JAMES 1:2-4 NLT

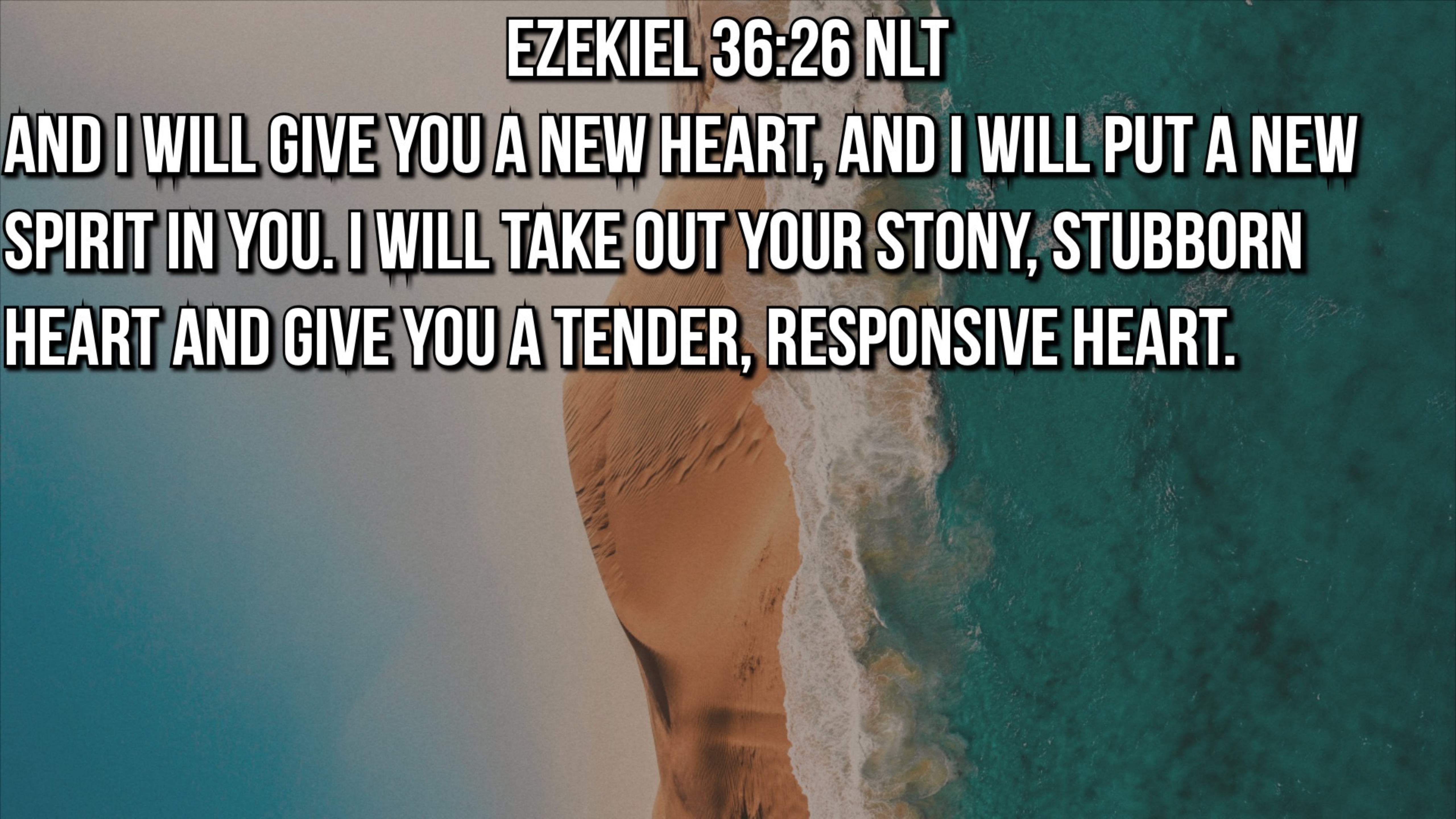
DEAR BROTHERS AND SISTERS, WHEN TROUBLES OF ANY KIND COME YOUR WAY, CONSIDER IT AN OPPORTUNITY FOR GREAT JOY. ³ FOR YOU KNOW THAT WHEN YOUR FAITH IS TESTED, YOUR ENDURANCE HAS A CHANCE TO GROW. ⁴ SO LET IT GROW, FOR WHEN YOUR ENDURANCE IS FULLY DEVELOPED, YOU WILL BE PERFECT AND COMPLETE, NEEDING NOTHING.

An aerial photograph of a coastline. On the right, there is a vibrant turquoise ocean with visible ripples and some white foam from waves breaking near the shore. A narrow strip of white sand beach separates the water from a larger area of golden-brown sand on the left. The sand has some subtle textures and shadows. The overall scene is bright and serene.

WHAT'S YOUR EMOTIONAL PULSE TODAY?

EZEKIEL 36:26 NLT

AND I WILL GIVE YOU A NEW HEART, AND I WILL PUT A NEW SPIRIT IN YOU. I WILL TAKE OUT YOUR STONY, STUBBORN HEART AND GIVE YOU A TENDER, RESPONSIVE HEART.



An aerial photograph of a coastline. On the left, a large, smooth sand dune slopes down towards the ocean. The ocean is a vibrant turquoise color with white foam from breaking waves visible along the shoreline. The sky is a clear, pale blue. The text 'BEYOND THE SURFACE' is overlaid on the image. 'BEYOND' is in a light blue, italicized, sans-serif font. 'THE' is in a dark brown, bold, sans-serif font and is partially enclosed by a semi-transparent orange circle. 'SURFACE' is in a dark teal, italicized, sans-serif font.

BEYOND

THE

SURFACE