

## Me, Myself and I

**James 4:1** What is **the source** of wars and fights among you? Don't they come from your passions that wage war within you? 2 You desire and do not have. You murder and covet and cannot obtain. You fight and wage war. You do not have because you do not ask. 3 You ask and don't receive because you ask with wrong motives, so that you may spend it on your pleasures.

Big Idea: If you're shaken by the behavior or words of someone else, what comes out of you is what was already inside of you.

### 3 Truths about emotions.

1. Unprocessed emotions don't die, they get buried alive
2. If you don't heal from what hurt you, you'll bleed on people who didn't cut you.
3. Healthy relationships require people to know themselves.

The antidote to unprocessed emotions is found in Psalm 62:8. "Trust in him at all times, you people; **pour out your hearts before him**. God is our refuge."

In scripture, we see a command to pour out our hearts to God, yet, many Christians find it extremely difficult to access our internal emotional world to pour out our hearts.

### Why is this so difficult?

#### 1. We don't see the permission to do it.

Although scripture is full of examples of godly people lamenting, grieving, experiencing anger, disappointment and sadness at people, **and at God**, at times we don't feel like we're permitted to do this in our lives. It's worth noting that two thirds of the Psalms are laments, the book of Job is full of him expressing deep grief, frustration and sadness. God has given us a full range of emotions to feel and express.

#### 2. We don't see the spirituality of it.

There is no more spiritually perfect person than Jesus and Jesus expressed the full range of emotions.

"Jesus wept." John 11:35

"He said to them, ***"I am deeply grieved to the point of death. Remain here and stay awake with me."*** Matthew 26:38

#### 3. We don't see the utility of it.

In many ways, we dismiss our internal world because we don't feel that they are helpful. "So what if I feel sad? What is me thinking about it going to do"? A lot! Because our unprocessed emotions will not die, they simply will be buried alive.

#### **4. We don't know how to do it. Jesus in our hearts, Grandpa in your bones ~ Pete Scazzero.**

In our family of origin, most of us didn't have a model for how to process difficult emotions. Beyond praise for achievement and anger, there was nothing in between. As a result, we think emotions are shameful and don't have a model for how to "pour out our hearts before God".

#### **Emptying the Emotional Jug Exercise: (Mad, Sad, Anxious, Glad)- Spend 15 minutes prayerfully pouring out your heart to God.**

What are you angry about (from the past or present)? (Ask yourself this question 3 times. If there is **anything** else you could be mad about, what would it be?)

What are you sad about (e.g., a small or big loss, disappointment, or choice)? (Ask yourself this question 3 times. If there is **anything** else you could be sad about, what would it be?)

What are you anxious/fearful about (e.g., your money, future, family, health, job)? (Ask yourself this question 3 times. If there is **anything** else you could be anxious/fearful about, what would it be?)

What are you glad about (e.g., a relationship, an opportunity, your church)? (Ask yourself this question 3 times. If there is **anything** else you could be glad about, what would it be?)