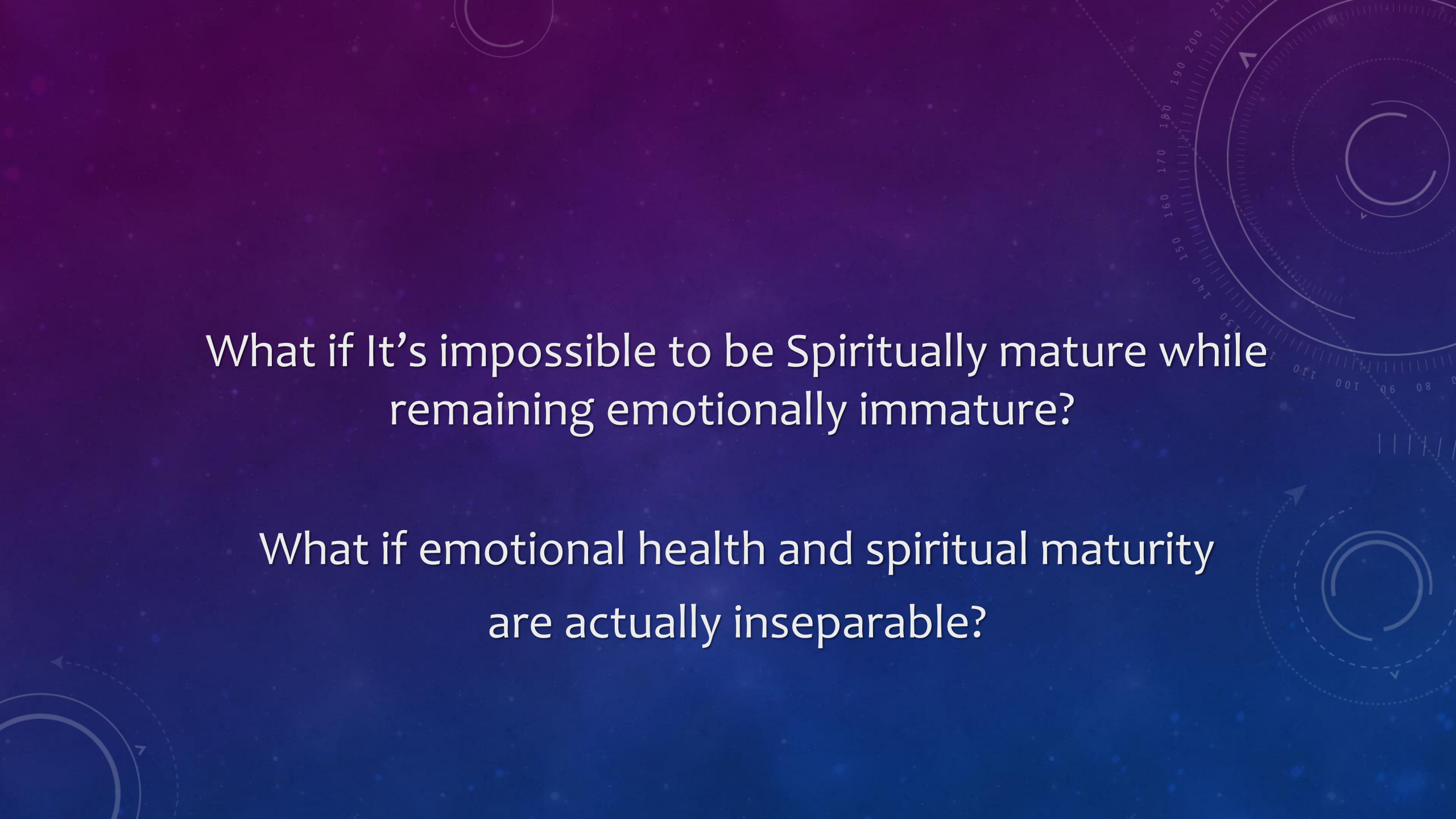


The background features a dark blue gradient with faint, light blue circular patterns and a scale. The scale is a semi-circular arc with tick marks and numbers ranging from 140 to 260. The circular patterns consist of concentric circles, some solid and some dashed, with arrows indicating a clockwise direction. The overall aesthetic is technical and modern.

# THE ICEBERG AND THE LADDER OF INTEGRITY

DECEMBER 31, 2023

WONDERFUL MERCY CHURCH



What if It's impossible to be Spiritually mature while remaining emotionally immature?

What if emotional health and spiritual maturity are actually inseparable?

The background is a dark blue gradient with a starry space pattern. On the right side, there are several technical diagrams, including a circular gauge with numerical markings from 80 to 210 and arrows, and other circular patterns with dashed lines and arrows. On the left side, there are also some faint circular patterns.

Know yourself that you may know God

“Find the door of your heart, you will discover it is the door of the kingdom of God.”

John Chrysostom



## Take every thought captive

“Casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ”

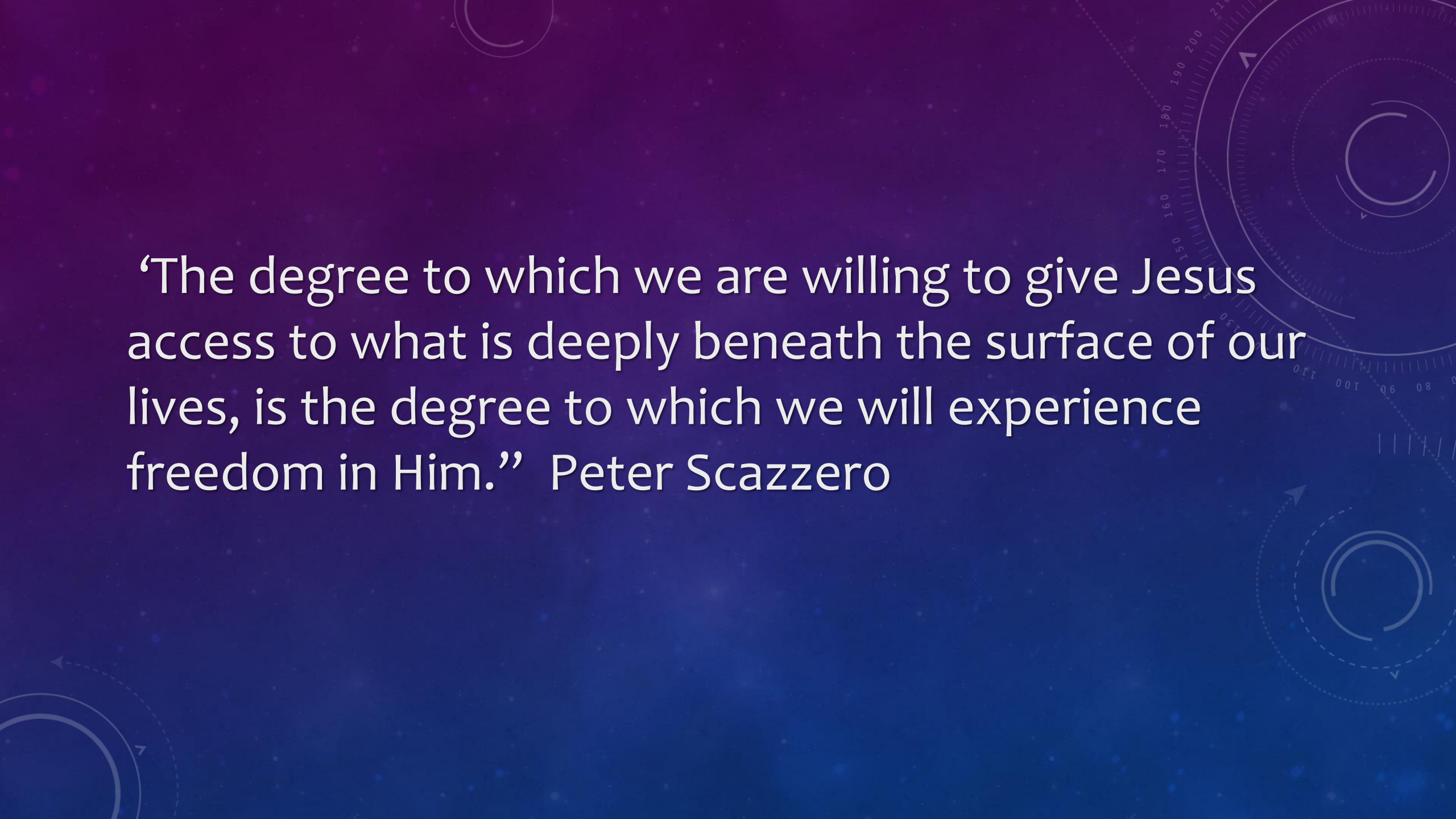
2 Corinthians 10:5

**Renew your mind** - Romans 12:2 And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

**Think of better things:** Philippians 4:8 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.

“Andrew Murray, a nineteenth-century South African writer, said that “the power of prayer depends almost entirely upon our apprehension of who it is with whom we speak.” When we are scared and hurting, when life feels chaotic and out of control, it is more important than ever to anchor ourselves in the absolute and eternal truth that we are dearly loved and deeply held by the most powerful being in the universe. Let this be the great non-negotiable in our lives, the platform for all our other thoughts, and the plumbline for our prayers.”

— Pete Greig, *God on Mute: Engaging the Silence of Unanswered Prayer*

The background is a deep blue gradient with faint, light blue circular patterns and a scale-like graphic on the right side. The scale has numbers from 80 to 210 and arrows pointing in different directions. The text is centered and reads: 

‘The degree to which we are willing to give Jesus access to what is deeply beneath the surface of our lives, is the degree to which we will experience freedom in Him.’ Peter Scazzero



”Our maturing and growing in Christ is hindered whenever we put more emphasis on our tasks and things that need to be done in our outer World rather than what’s going on in our inner world. We have an overdeveloped outer World and an underdeveloped inner world.”

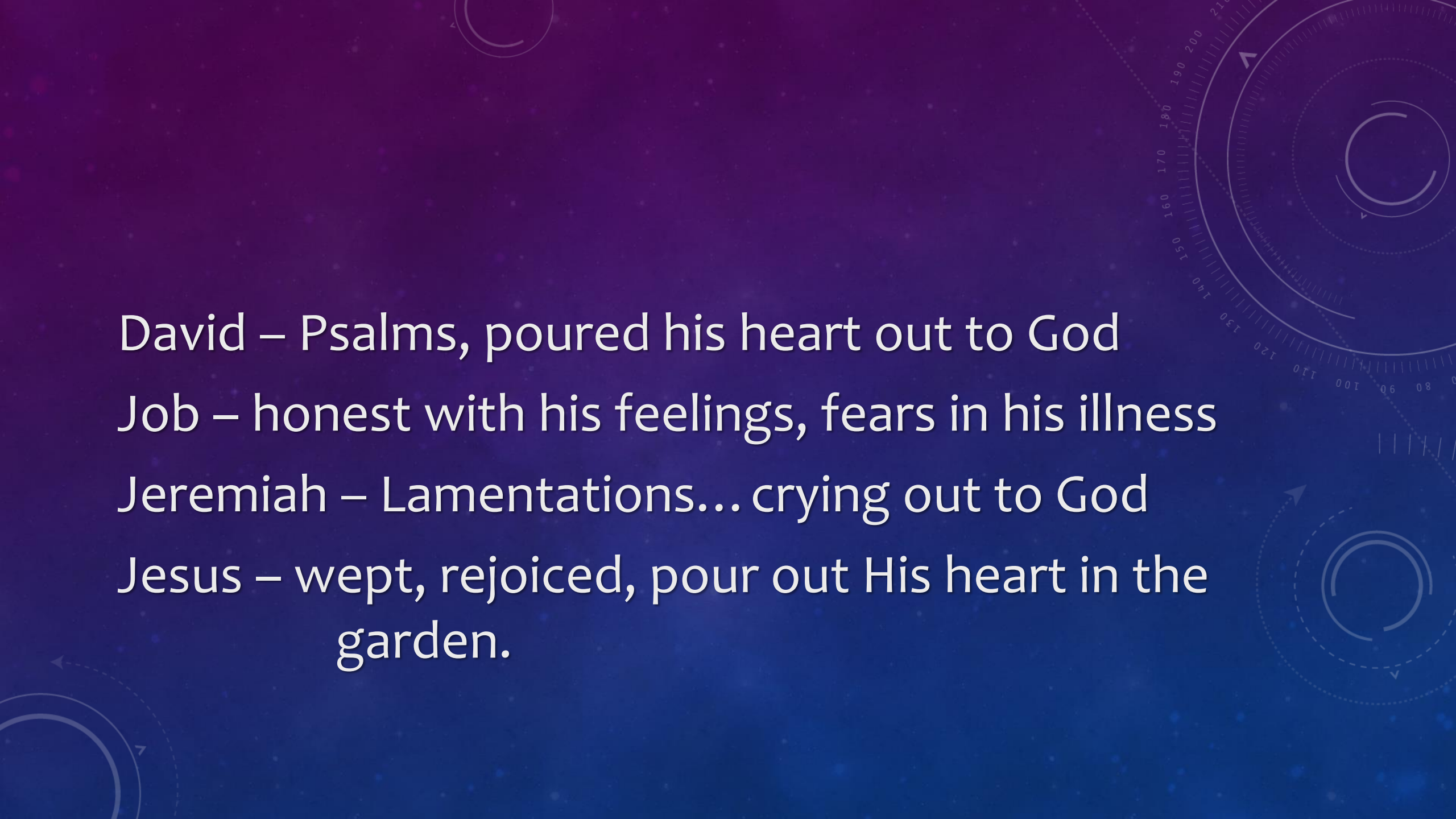
Friend of the Scazerro’s

“The goal, of focusing on feelings is not to wallow in them. Nor is it just to clarify thinking. The goal is to notice and embrace the presence of God in this experience. When this happens, the peace that comes “transcends all understanding” (Philippians 4:7).

In other words, we cannot think our way into God’s peace; it’s beyond understanding. The Bible also says that the love of God “surpasses knowledge,” (Ephesians 3:19) no matter how much we know; God’s love is deeper, so sometimes the route to this peace beyond knowing is through our feelings”

Author Alice Freiling



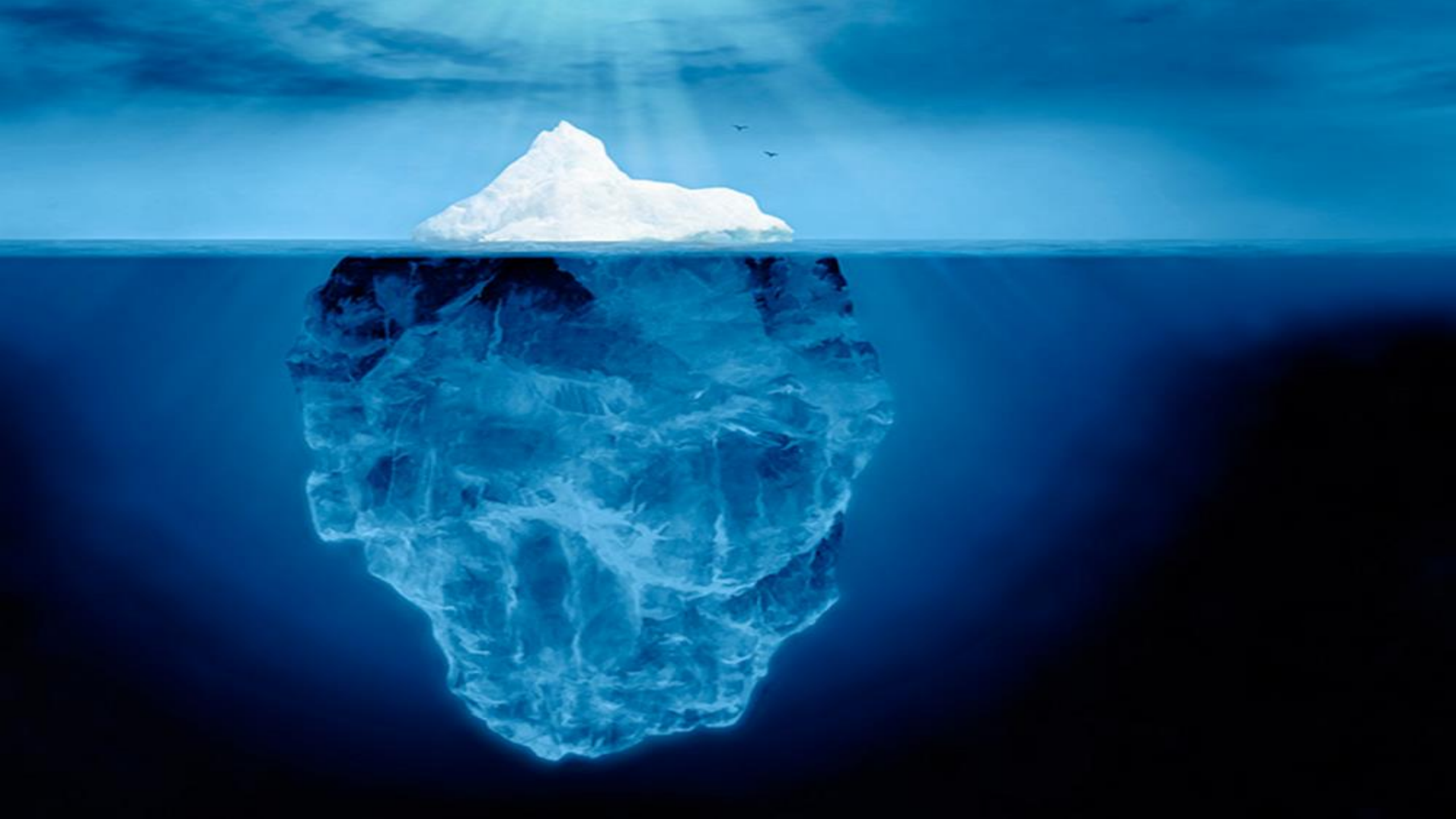


David – Psalms, poured his heart out to God  
Job – honest with his feelings, fears in his illness  
Jeremiah – Lamentations... crying out to God  
Jesus – wept, rejoiced, pour out His heart in the  
garden.

“I tried to numb the pain, and cut off from my  
heart

I tried to hide the hurting, and cover up the scars  
But oh, Your love, was chasing after me”

Rich and Lydia Dorcas





# Bottled Emotions Cause:

- **1. You Feel Worried and Anxious All the Time**
- **2. You Resort to Unhealthy Coping Mechanisms**
- **3. There Are Changes in Your Eating Patterns**
- **4. You Experience Frequent Headaches**
- **5. You Find It Hard to Express Your Emotions**
- **6. You Overreact to Everything**
- **7. You Avoid Confrontation**
- Studies show that people suppressing their emotional pain are at risk of developing a chronic illness like cancer or suffering from heart disease.
- { Ie. College experience }
- **KentuckyCounselingCenter.com**

Unprocessed emotions don't die.

They get buried alive.

Why?

God created them to be paid attention to.



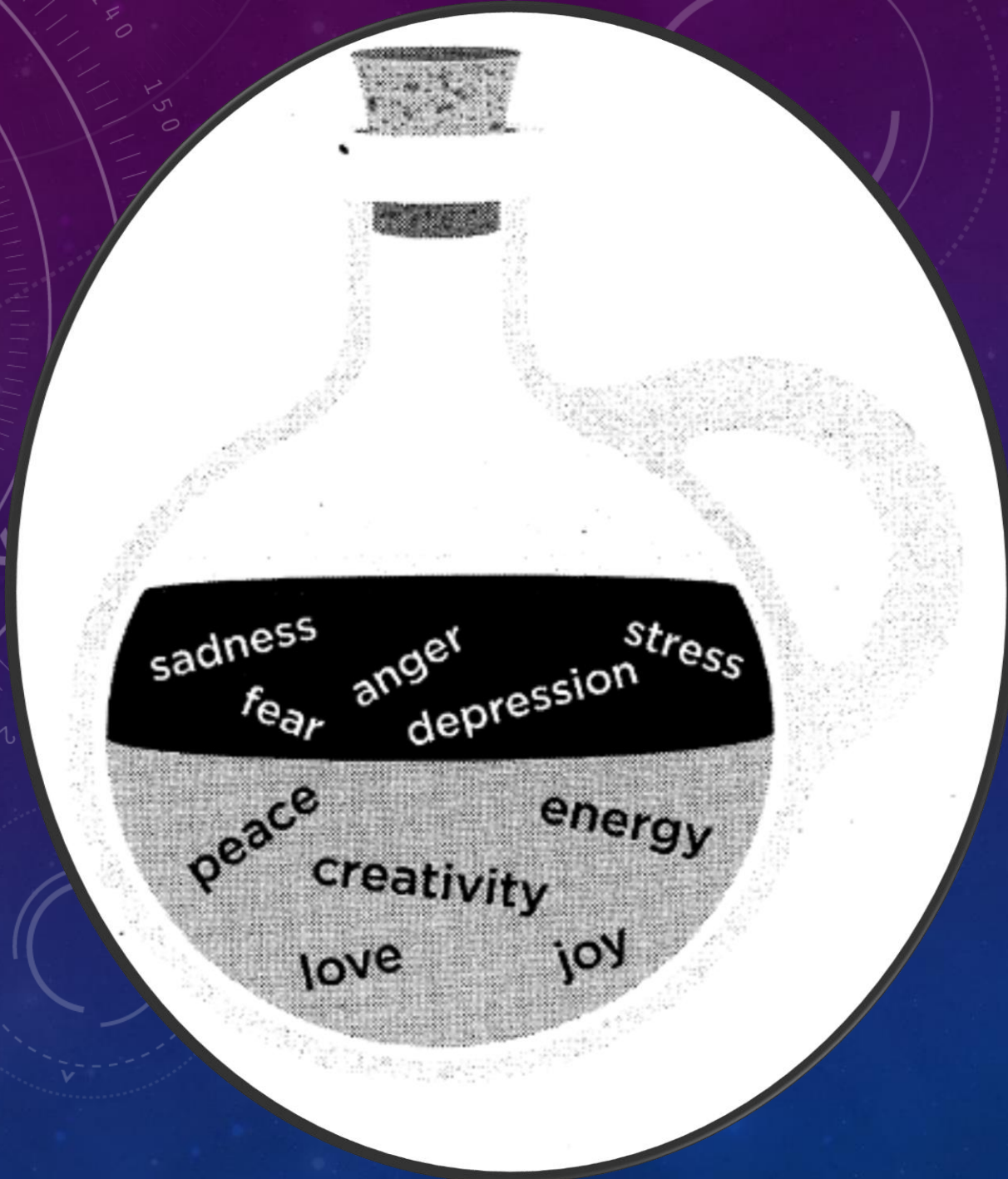
What are you anxious about?

What are you glad about?

What are you sad about?

What are you mad about?





sadness

fear

anger

depression

stress

peace

creativity

energy

love

joy

The background features a blue gradient with scattered white dots. On the right side, there are several overlapping circular patterns, some resembling gauges or dials with numerical markings (e.g., 80, 90, 100, 110, 120, 130, 140, 150, 170, 180, 190, 200, 210) and arrows. On the left side, there are also circular patterns, including a dashed line with an arrow pointing left.

1. Difficult emotions that go unprocessed cover over pleasurable feelings.

2. If we don't process our emotions, we end up leaking them and often don't take responsibility for them.

3. Anger is often a surface emotion. Look at what is behind the anger and ask yourself two questions:

- What am I afraid of?
- What am I hurt or sad about?



Author Thomas Green: "it is essential to spiritual discernment that we be in touch with our feelings. How many of us, however, are really so in touch? How many can "name, claim, tame and aim" the feelings within us, which are the raw material of discernment? Many say that it is very, difficult to know God since we do not see him, hear him, or touch him, as we do another human being. That is true, of course, but I have become convinced that the greatest obstacle to real discernment, (and to genuine growth in prayer) is not the intangible nature of God, but our own lack of self-knowledge – even our unwillingness to know ourselves, as we truly are. Almost all of us wear masks, not only when facing others, but even when looking in the mirror."

You receive the love of God through the gift of emotions as they guide and protect you.

You give the love of God by sharing your feelings and owning them so they are not projected onto others in unhealthy ways.

# Ladder of Integrity

The purpose: To clarify your values by processing your thoughts and feelings (and if appropriate, to assert yourself in a loving respectful way).

Brainstorm reasons you might need to process your thoughts



# Ladder of Integrity

What is going on inside of me:



# Ladder of Integrity

What is going on inside of me:

- 1. Right now the issue on my mind is...
- 2. I'm anxious talking about this because...

# Ladder of Integrity

What is going on inside of me:

- 3. My part in this is...
- 4. My need in this issue is...



# Ladder of Integrity

What is going on inside of me:

- 5. My feelings about this are...
- 6. What my reaction tells me about this is...

# Ladder of Integrity

What I Value:



# Ladder of Integrity

What I Value:



- 7. The issue is important to me because I value...and I violate that value when...
- 8. I am willing/not willing to...



# Ladder of Integrity

What I Value:

- 9. One thing I could do to improve the situation is...
- 10. The most important thing I want you to know is...

# Ladder of Integrity

What I Hope:



# Ladder of Integrity

What I Hope:

- 11. I think my honest sharing will benefit our relationship by...
- 12. I hope and look forward to...



# Ladder of Integrity

You receive the love of God by being true to your God-given life and integrity

You give the love of God by being honest and not blaming or projecting.

You receive the love of God through the gift of emotions as they guide and protect you.

You give the love of God by sharing your feelings and owning them so they are not projected onto others in unhealthy ways.

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