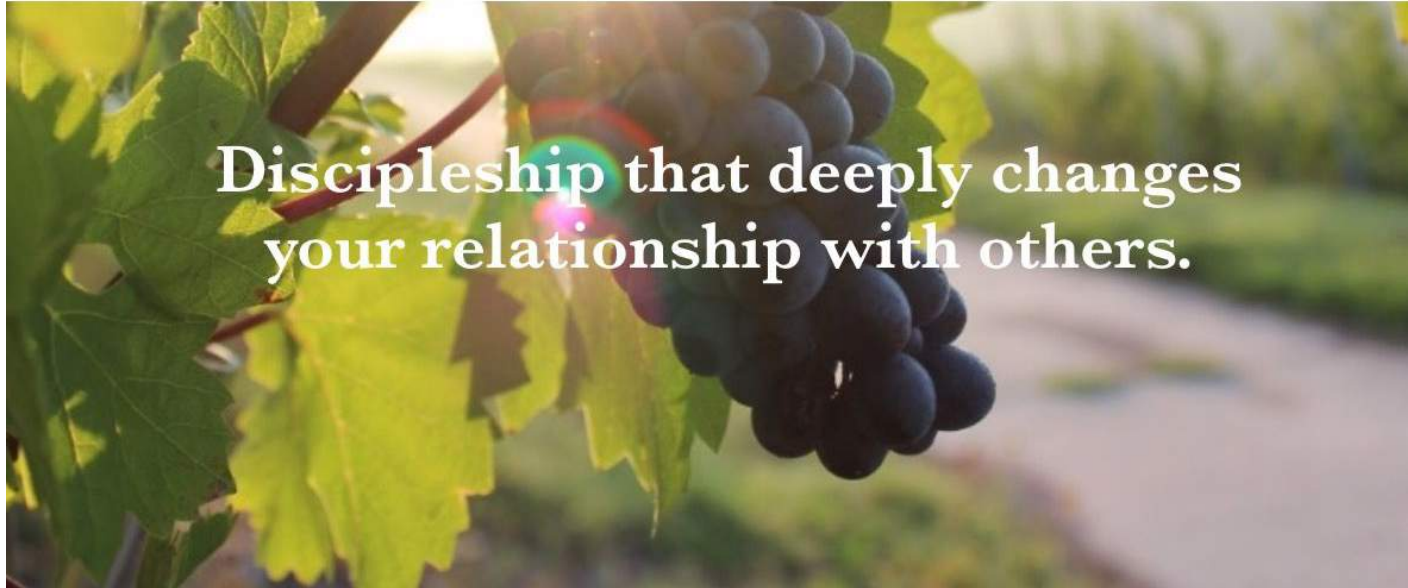




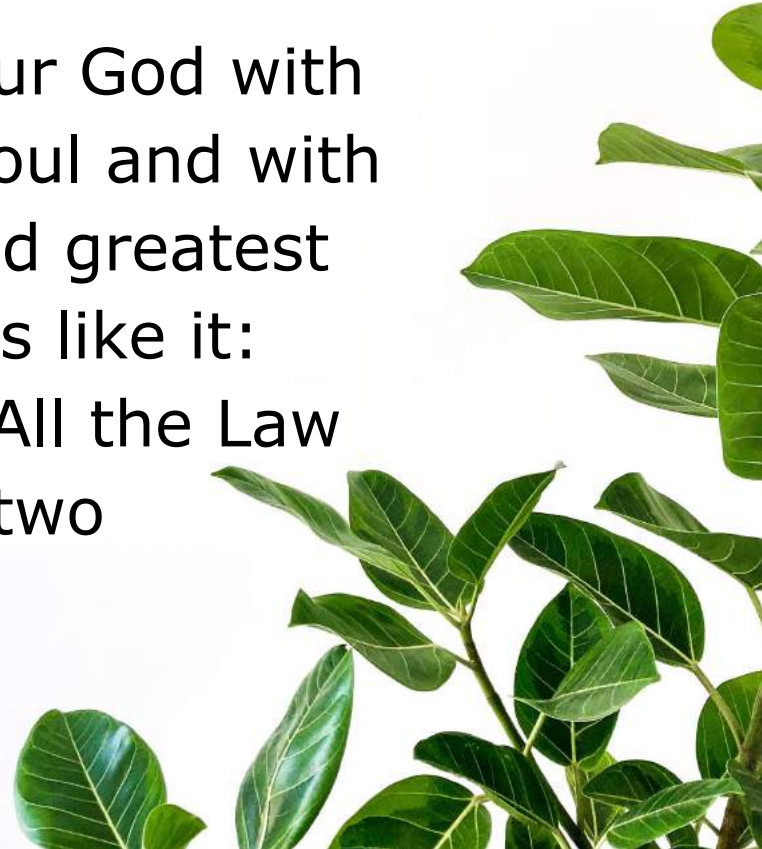
emotionally healthy
RELATIONSHIPS



Discipleship that deeply changes
your relationship with others.

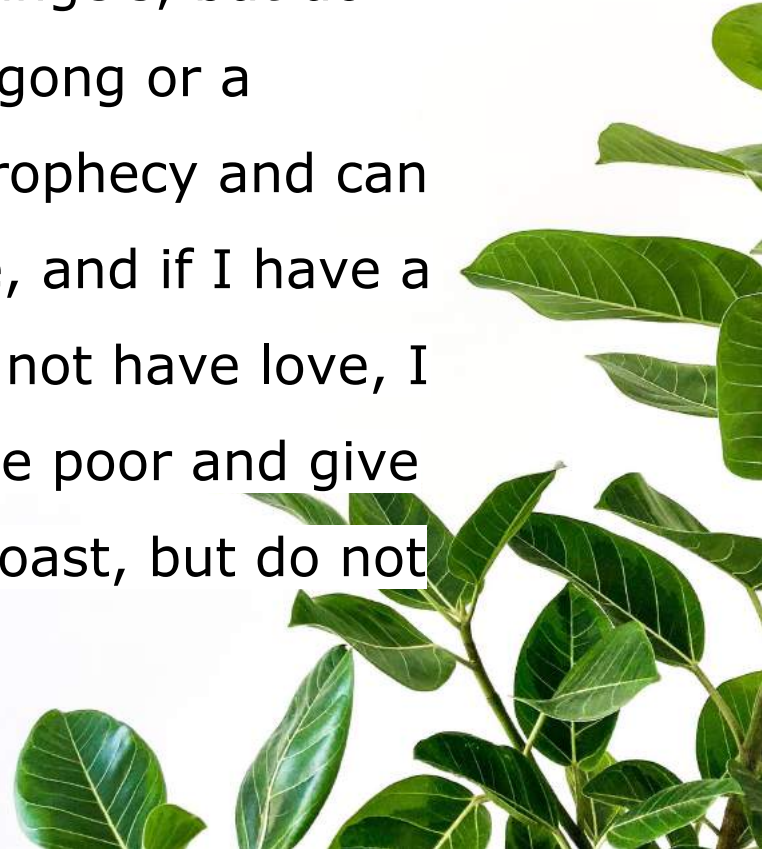
Matthew 22:37-40

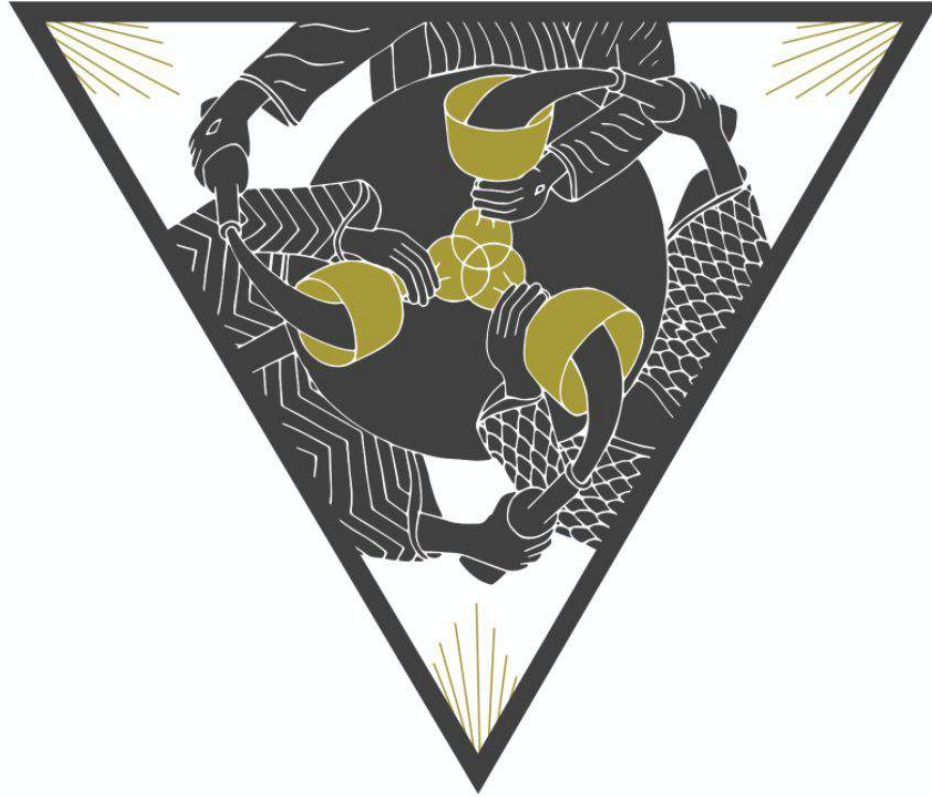
Jesus replied: “Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself.’ All the Law and the Prophets hang on these two commandments.”



1 Corinthians 13:1-3

If I speak in the tongues of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal. If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing. If I give all I possess to the poor and give over my body to hardship that I may boast, but do not have love, I gain nothing.





Scott Erickson Art

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Emotionally Healthy Relationships Day by Day

A 40-DAY JOURNEY *to* DEEPLY
CHANGE YOUR RELATIONSHIPS



Peter Scazzero

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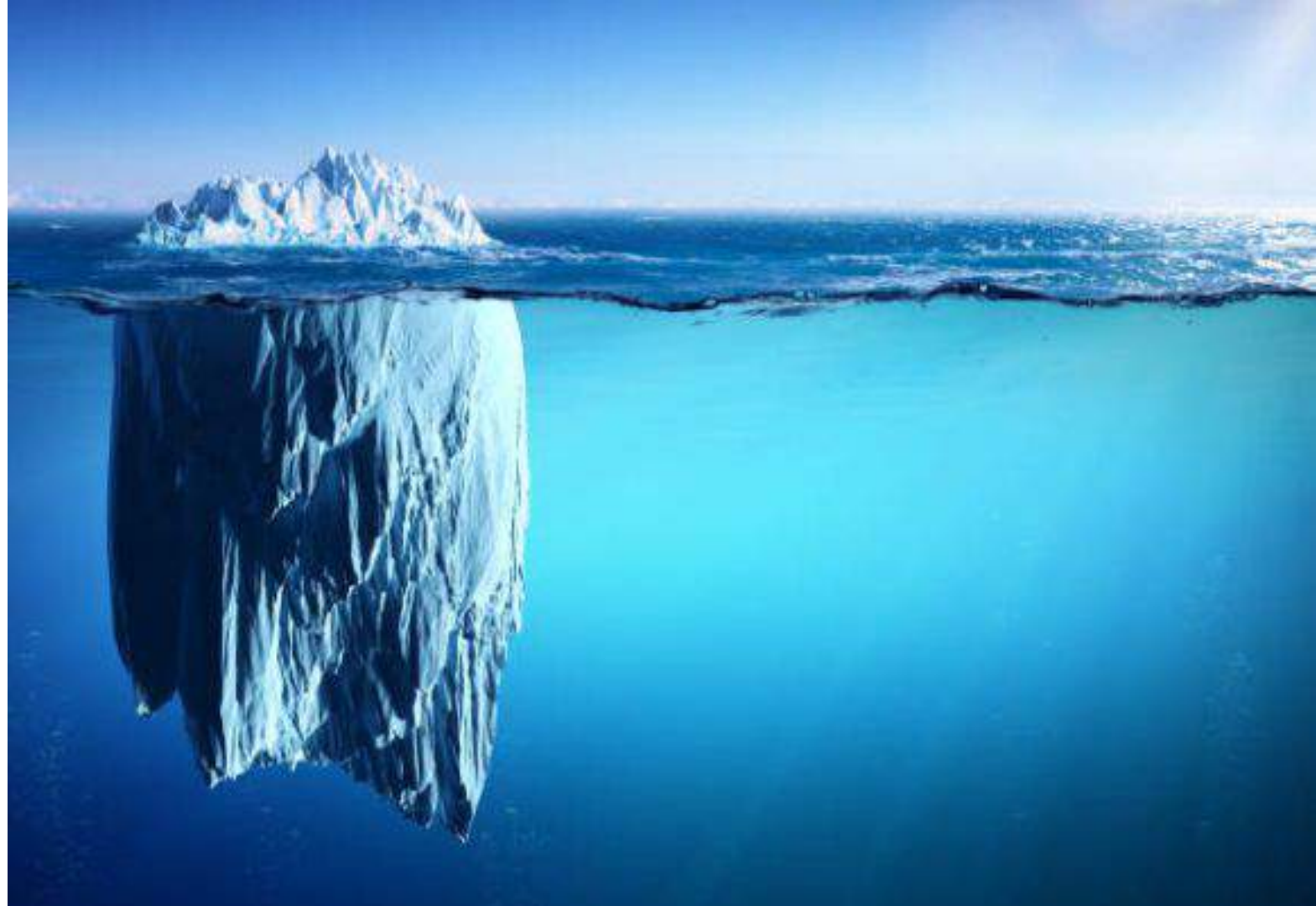
emotionally healthy
RELATIONSHIPS



Discipleship that deeply changes
your relationship with others.

Explore the Iceberg



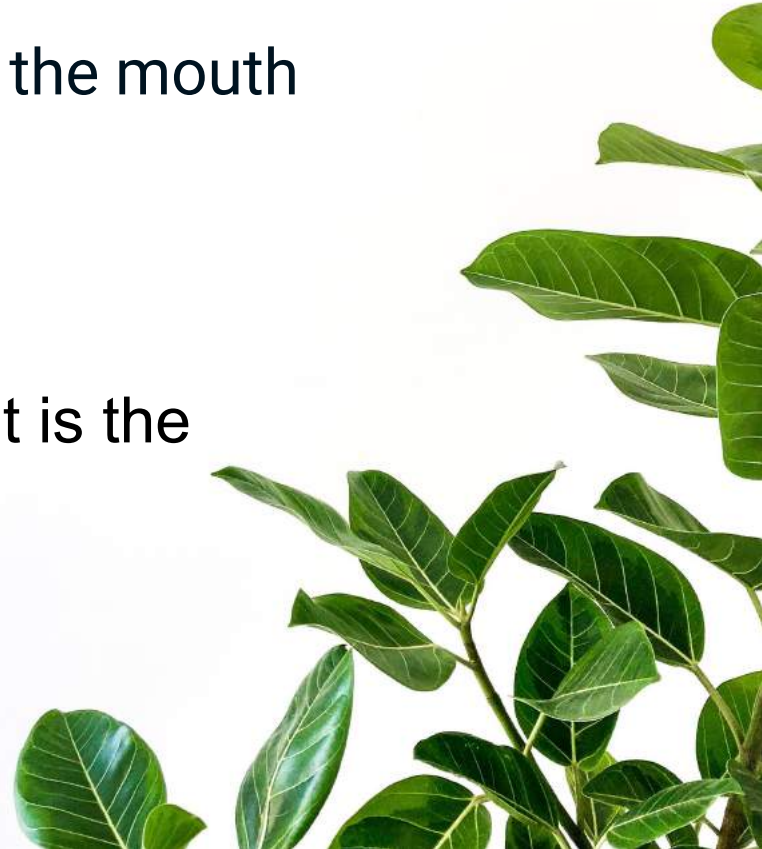


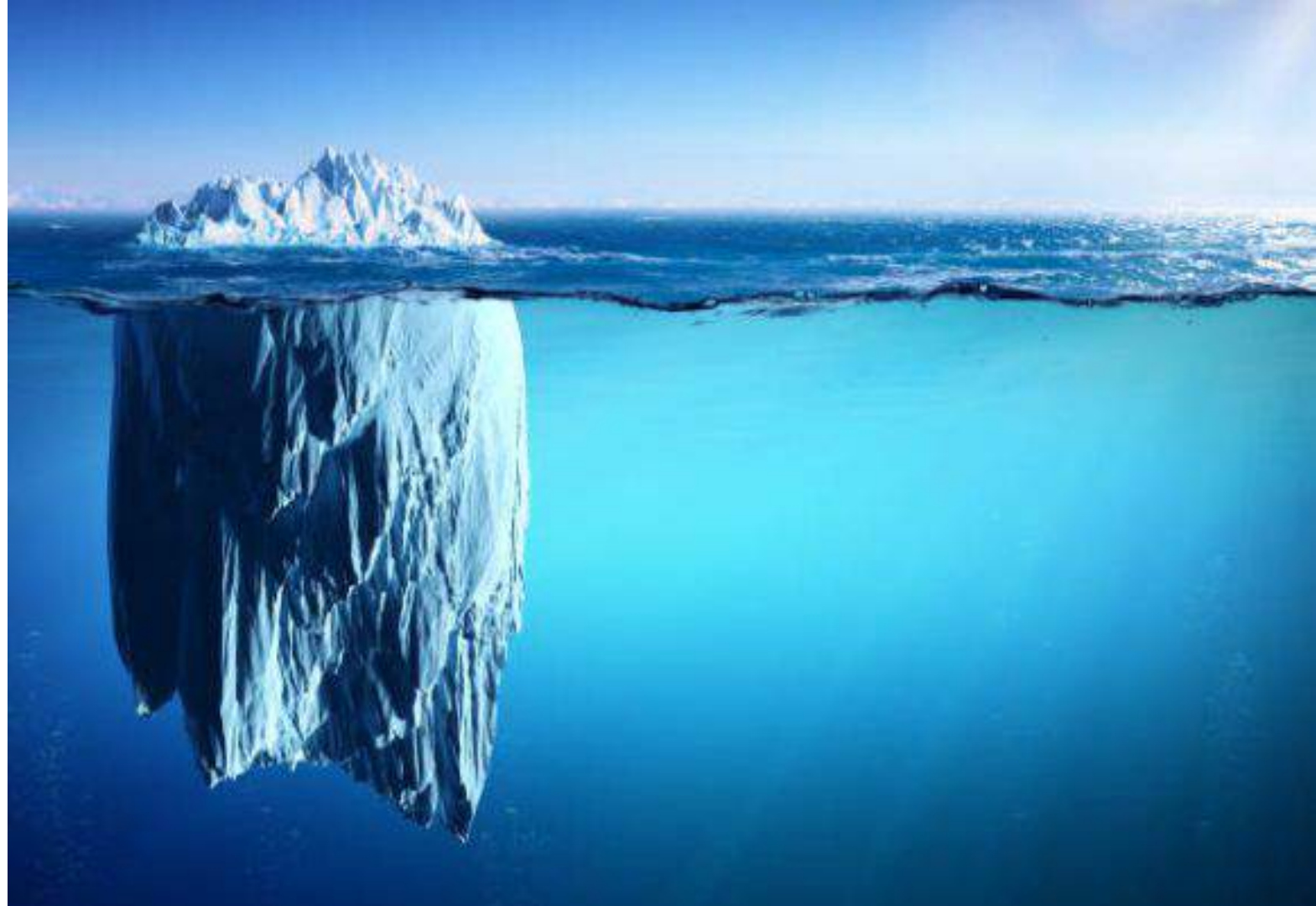
Luke 6:45

“...for out of the overflow of the heart, the mouth speaks.”

Proverbs 4:23

“Above all else, guard your heart, for it is the wellspring of life”







Unprocessed emotions:

- don't die
- leak
- limit our capacity for positive emotions



You can't numb those hard feelings
without numbing the other affects,
our emotions.

You cannot selectively numb.

So when we numb those,

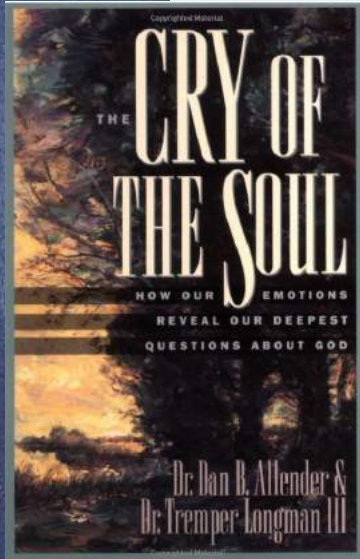
we numb *joy,*
we numb *gratitude,*
we numb *happiness.*

BRENE BROWN

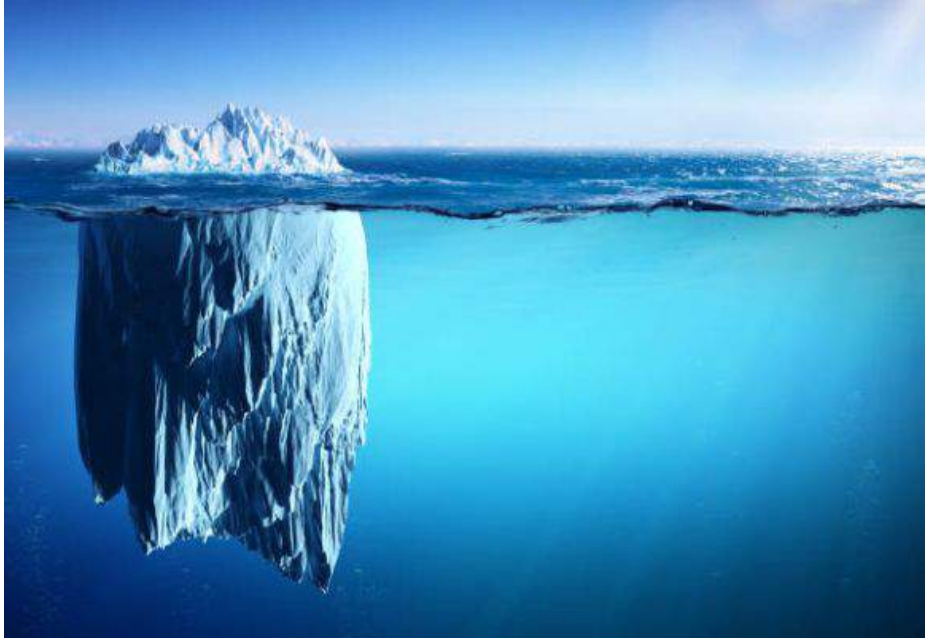


Unprocessed emotions:

- don't die
- leak
- limit our capacity for positive emotions
- limit our capacity for deep authentic relationships



“Ignoring our emotions is turning our back on reality. Listening to our emotions ushers us into reality. And reality is where we meet God... Emotions are the language of the soul. They are the cry that gives the heart a voice... However, we often turn a deaf ear-through emotional denial, distortion, or disengagement. We strain out anything disturbing in order to gain tenuous control of our inner world. We are frightened and ashamed of what leaks into our consciousness. In neglecting our intense emotions, we are false to ourselves and lose a wonderful opportunity to know God. We forget that change comes through brutal honesty and vulnerability before God.”

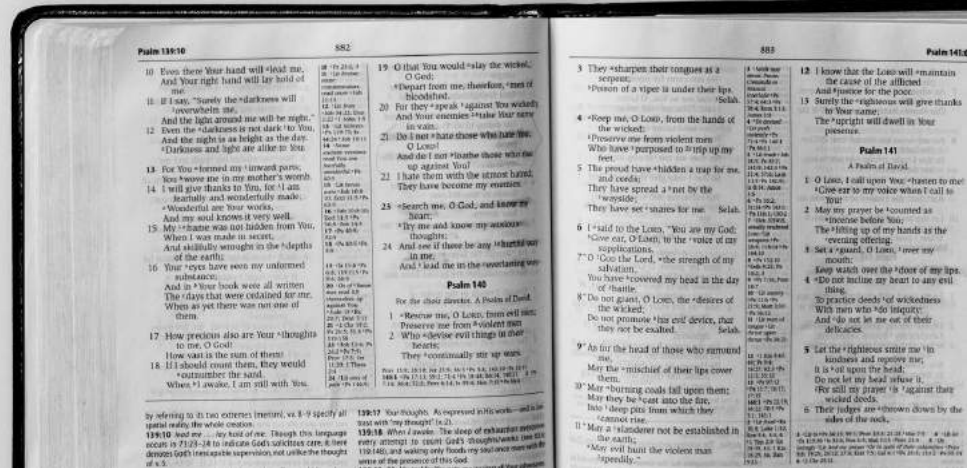


Barriers:

- **Family example**
- **Appearances**
- **Too busy**
- **Shame**
- **Fear**
- **Trauma**
- **Christian Beliefs**

Biblical Examples

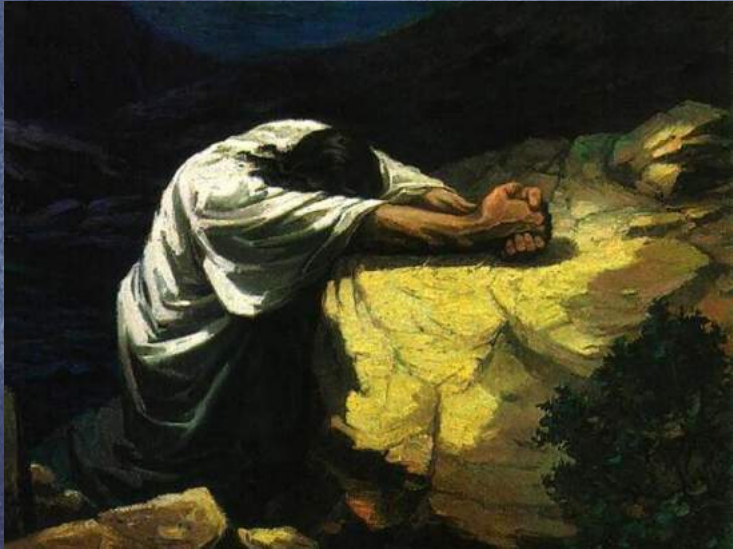
- King David - a man after God's heart
 - Psalm 22
- Job - a blameless man
 - Job 3



“One bold message in the book of Job is that you can say anything to God. Throw at him your grief, your anger, your doubt, your bitterness, your disappointment - he can absorb them all.”

Phillip Yancey

Jesus showed emotion



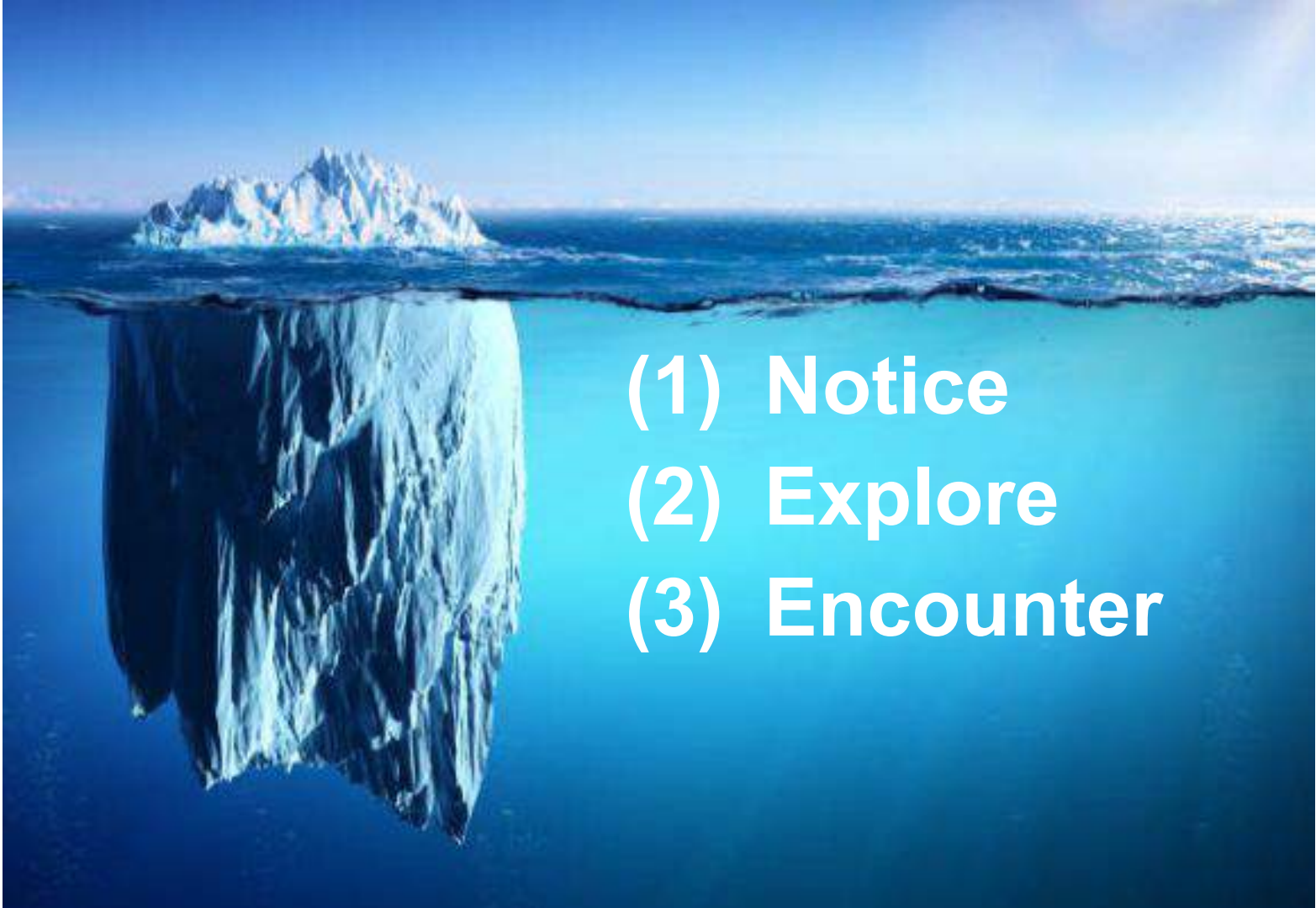
- He was greatly disturbed in spirit and deeply moved (John 11:33)
- He shed tears at the gravesite of Lazarus and over Jerusalem (John 11:33, Luke 19:41)
- He was filled with joy (Luke 10:21)
- He felt overwhelmed with grief (Mark 14:34)
- He was angry and distressed (Mark 3:5)
- He was furious of the commercialism of the temple (John 2:13-17)
- He was sorrowful and troubled (Matt 26:37)
- He was astonished (Matt 8:10)
- His heart was moved with compassion for widows, lepers, blind men (Matt. 20:34, Mark 1:41, Luke 7:13)
- He expressed amazement (Mark 6:6, Luke 7:9)
- He longed to be with the disciples (Luke 22:15)



Samaritan Woman

(John 4)

Painting by Louis Glanzman



- (1) Notice**
- (2) Explore**
- (3) Encounter**



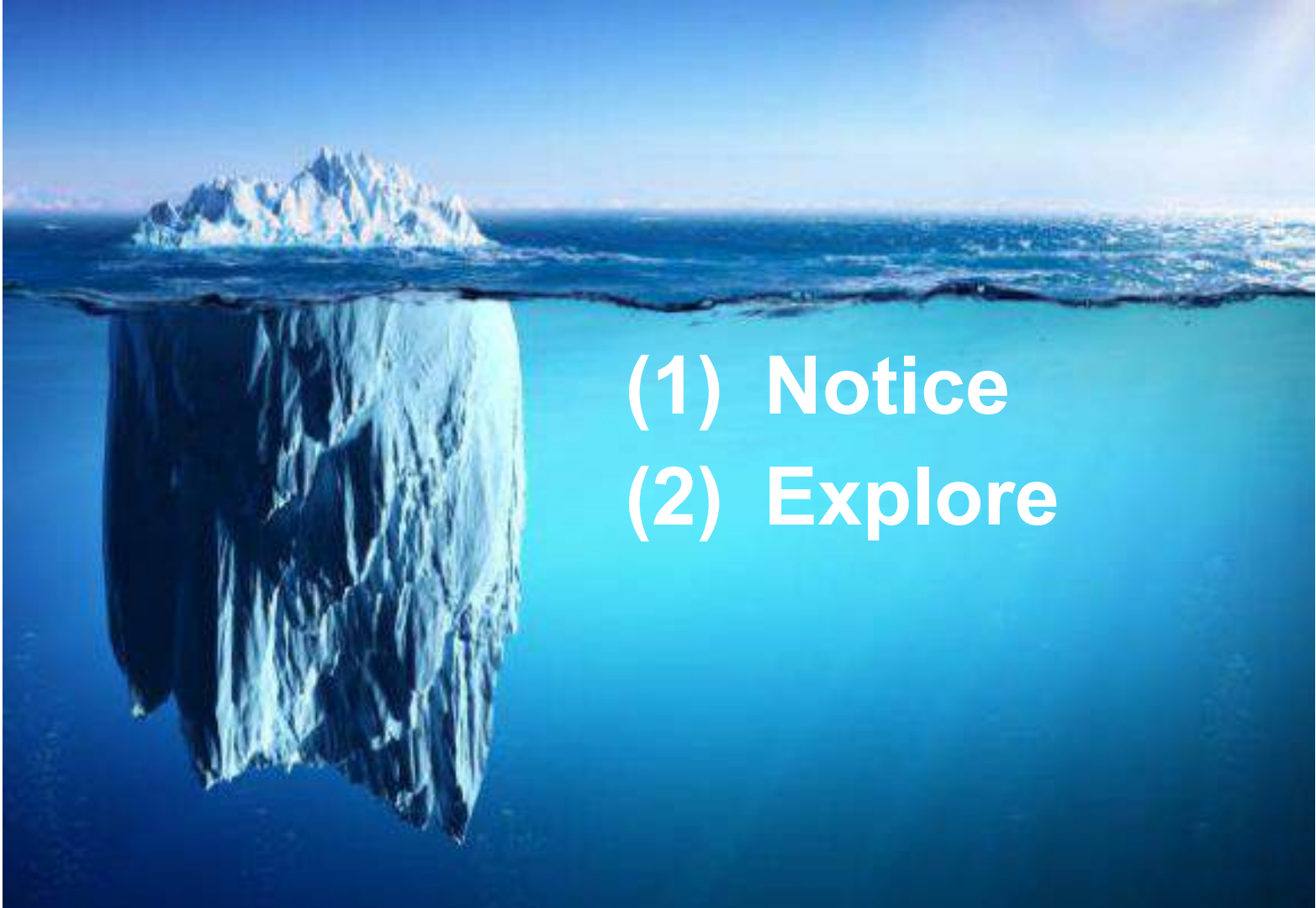
(1) Notice

- silence**
- mindfulness**
- the examen**
- journalling**
- art making**
- spiritual direction**

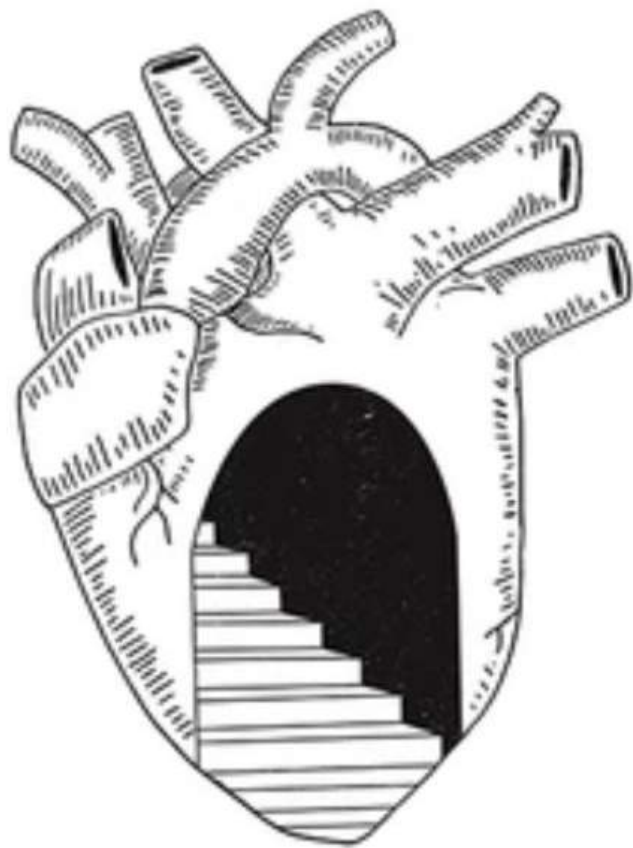


(1) Notice

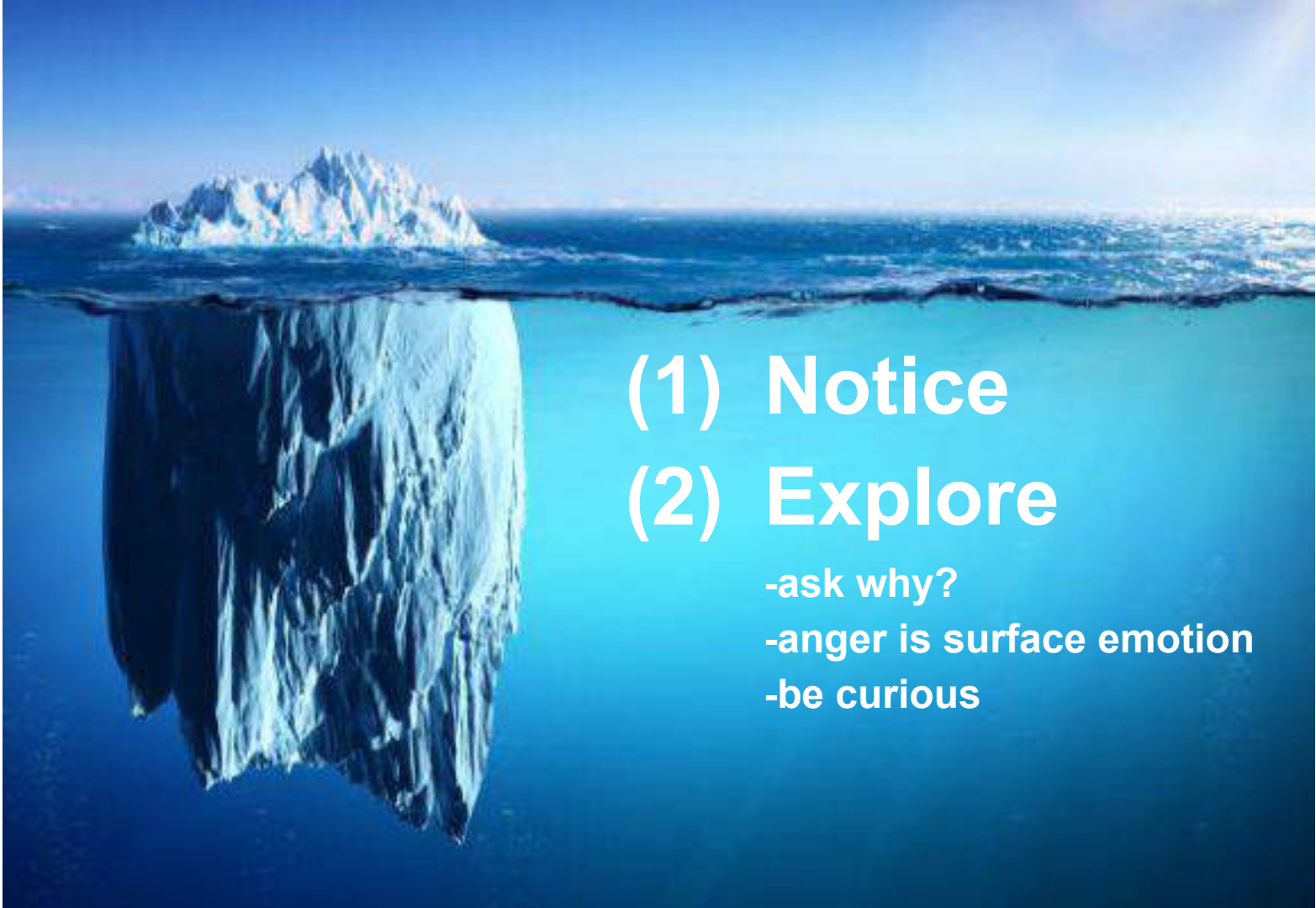
-practice regularly



(1) Notice
(2) Explore



Scott Erickson Art



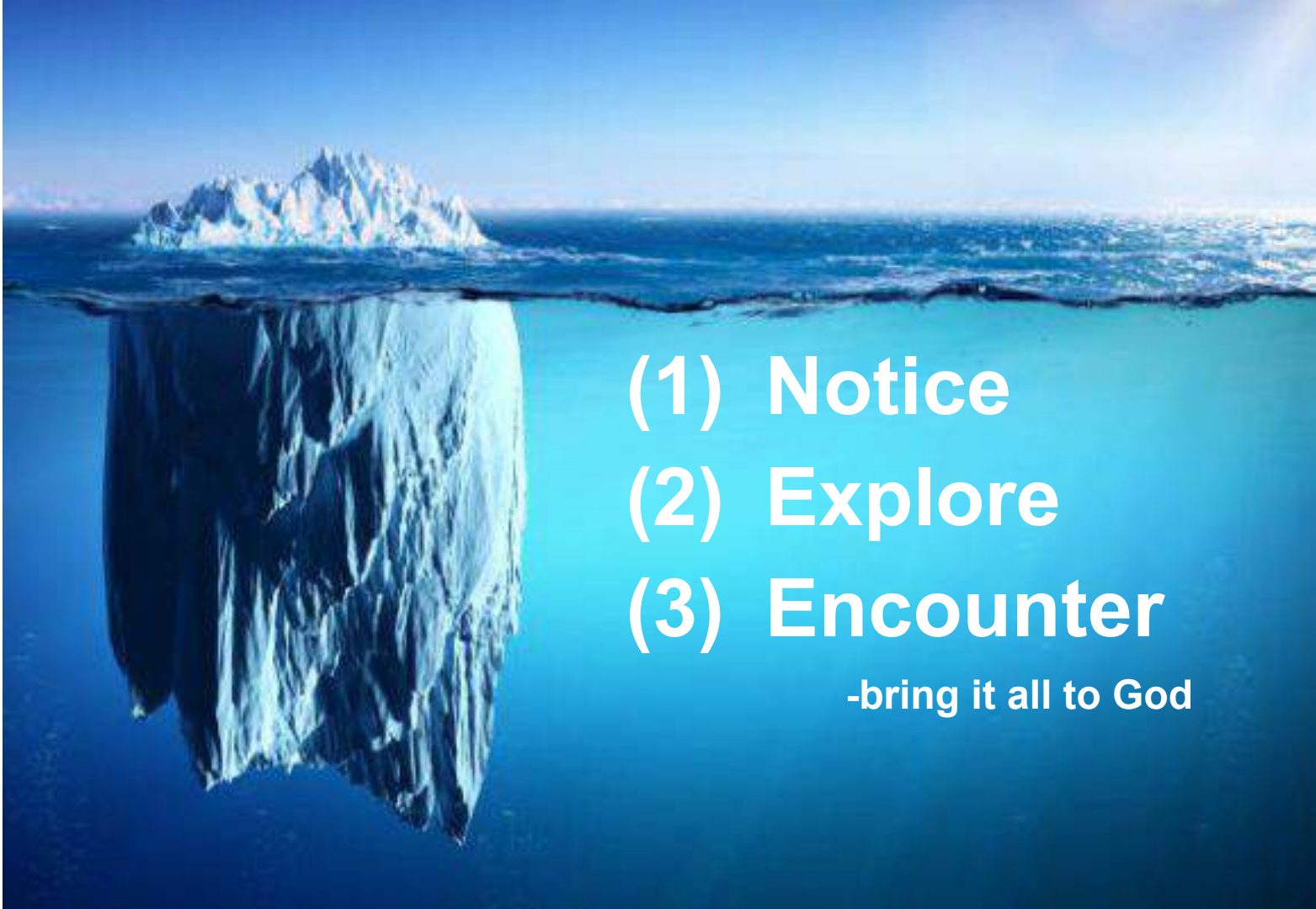
(1) Notice

(2) Explore

-ask why?

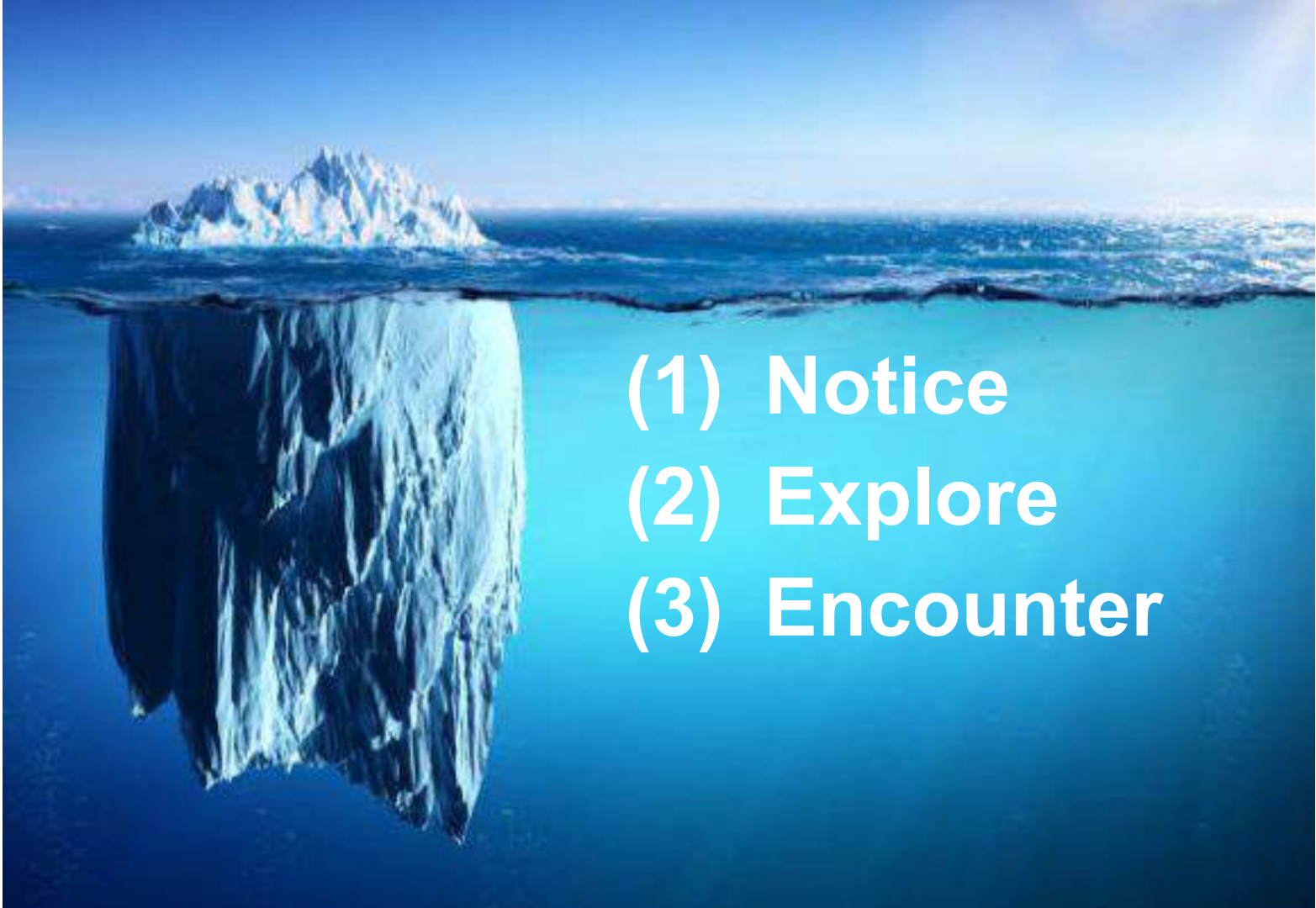
-anger is surface emotion

-be curious



- (1) Notice**
- (2) Explore**
- (3) Encounter**

-bring it all to God



- (1) Notice**
- (2) Explore**
- (3) Encounter**