

EMOTIONALLY
HEALTHY



RELATIONSHIPS

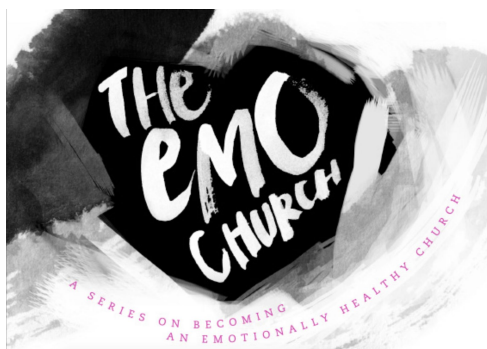
THE AUTHENTIC — YEAR — COMMUNITY OF

All the Feels: A Sermon About Emotions

Mark 14:32-36

05.05.2019

Dave Lomas



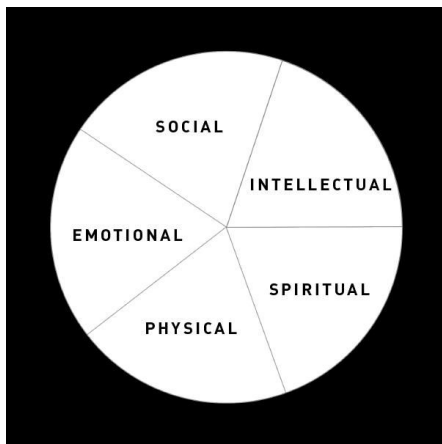
“Emotional health and spiritual maturity are inseparable. It is not possible for a Christian to be spiritually mature while remaining emotionally immature.”

- Peter Scazzero, *Emotionally Healthy Spirituality*

Emotionally Healthy Relationships Skills:

- Stop mind reading & clarify expectation
- Understand your family of origin
- Explore beneath the surface of your life
- Listen incarnationally
- Climb the ladder of Integrity
- Fight cleanly

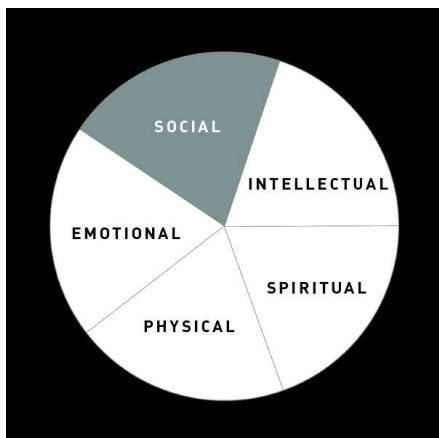
God has made us whole people:



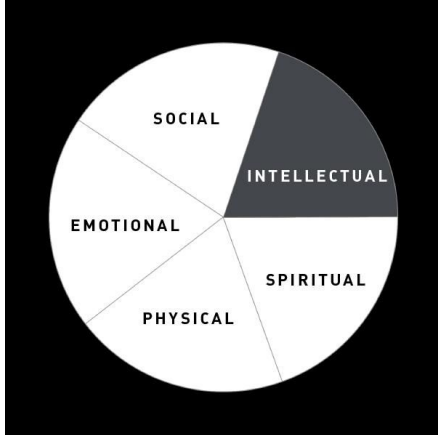
Fellowship

Accountability

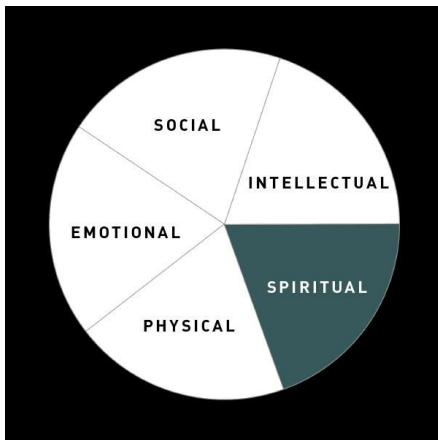
“One Another’s”



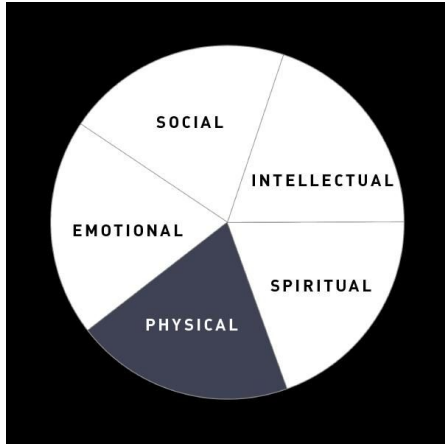
Theology
Doctrine
Apologetics



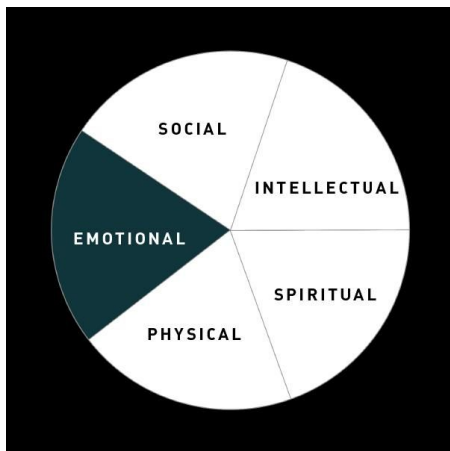
Prayer
Lectio Divina
Devotionals



Holiness
Modesty
Care



Fact over Feeling
Jeremiah 7:9



When followers of Jesus are not disciplined emotionally...

- Emotions are bad
- Emotions are everything

“How can you draw close to God when you are far from your own self?” then he prayed: “Grant, Lord, that I may know myself that I may know thee.”

- Augustine

“No one can know God who does not first know himself.”

- Meister Eckhard

“Almost all problems in the spiritual life stem from a lack of self-knowledge.”

- St. Teresa of Avila, *The Way of Perfection*

“Our wisdom...consists almost entirely of two parts: the knowledge of God and of ourselves. But as these are connected together by many ties, it is not easy to determine which of the two precedes and gives birth to the other.”

- John Calvin, *Institutes of the Christian Religion*

Mark 14:32-36

They went to a place called Gethsemane, and Jesus said to his disciples, “Sit here while I pray.” He took Peter, James and John along with him, and he began to be deeply distressed and troubled. “My soul is overwhelmed with sorrow to the point of death,” he said to them. “Stay here and keep watch.” Going a little farther, he fell to the ground and prayed that if possible the hour might pass from him. “Abba, Father,” he said, “everything

is possible for you. Take this cup from me. Yet not what I will, but what you will.”

“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.”

- Dan Allender & Tremper Longman, *The Cry of the Soul*

Give your feelings

Give your desires

Give your trust