


I've Got a Feeling



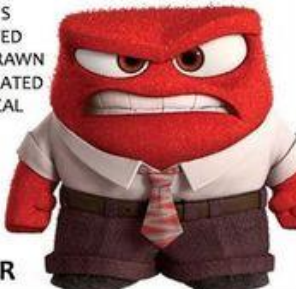

What God Intends for Our Emotional Life

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Emotional Vocabulary

- The majority of adults can list no more than 6 emotions (i.e., bad, upset, mad, happy, sad)
- We need at least 30 emotion words for a healthy emotional vocabulary
- Emotional vocabulary  Emotional Intelligence

 <p>JOY</p> <p>JOYFUL INTERESTED PLAYFUL CONFIDENT LOVING SENSITIVE COURAGEOUS HOPEFUL</p>	<p>SADNESS</p>  <p>SAD BORED SLEEPY UNHAPPY IGNORED GUILTY LONELY ALONE</p>
<p>SURPRISED</p>  <p>STARTLED CONFUSED AMAZED EXCITED SHOCKED ASTONISHED EAGER DISMAYED</p>	<p>ANGER</p>  <p>MAD JEALOUS EMBARRASSED FURIOUS IRRITATED WITHDRAWN FRUSTRATED SKEPTICAL</p>
 <p>DISGUST</p> <p>AWFUL DISAPPOINTED HESITANT REVOLTED LOATHING JUDGEMENTAL</p>	<p>FEAR</p>  <p>HUMILIATED REJECTED WORTHLESS INSECURE ANXIOUS SCARED</p>

HOW ARE YOU FEELING TODAY?

Gnostic Split: Mind Over Matter

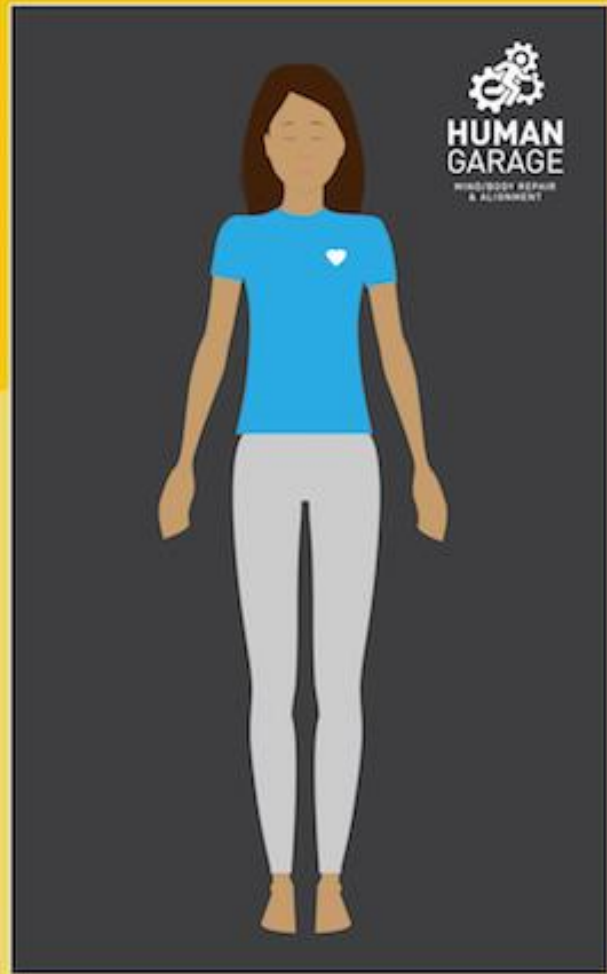
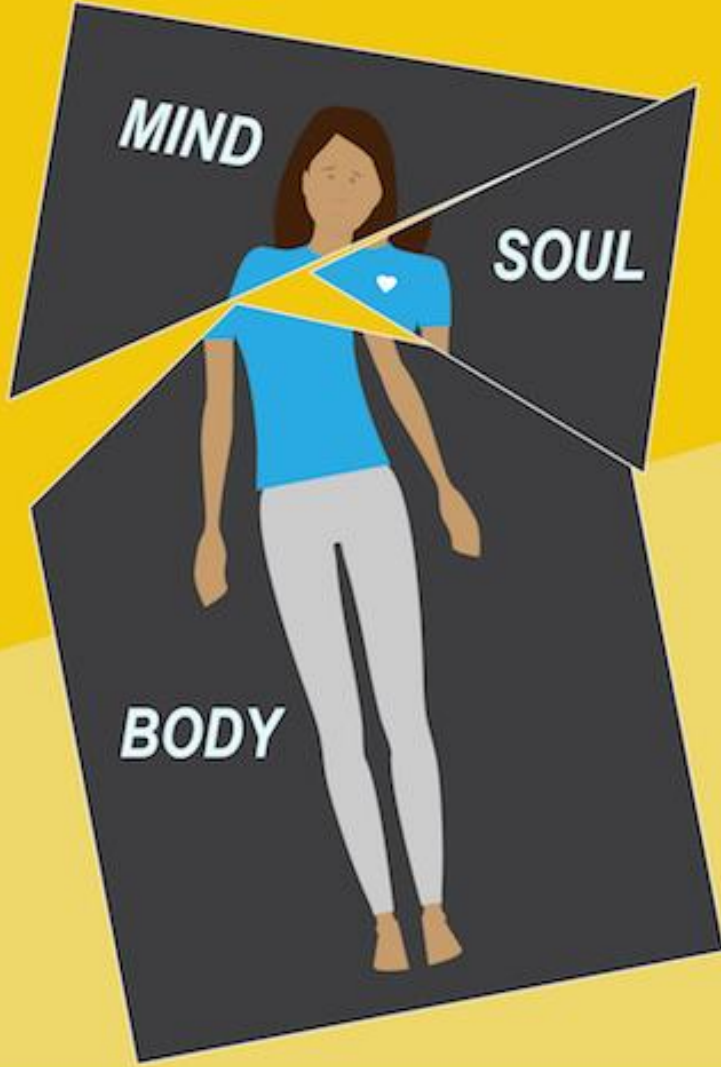
- Early Gnostics were influenced by the Greeks, who upheld the idea that the body was primitive and base, while the mind was holy and undefiled.

Disembodied soul



Love
Anger
Joy
Jealousy
Wrath
Compassion
Grief
Laughter





What is the purpose of emotions?

- Cues
- Connections
- Protection
- Full experience



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What's in a name?

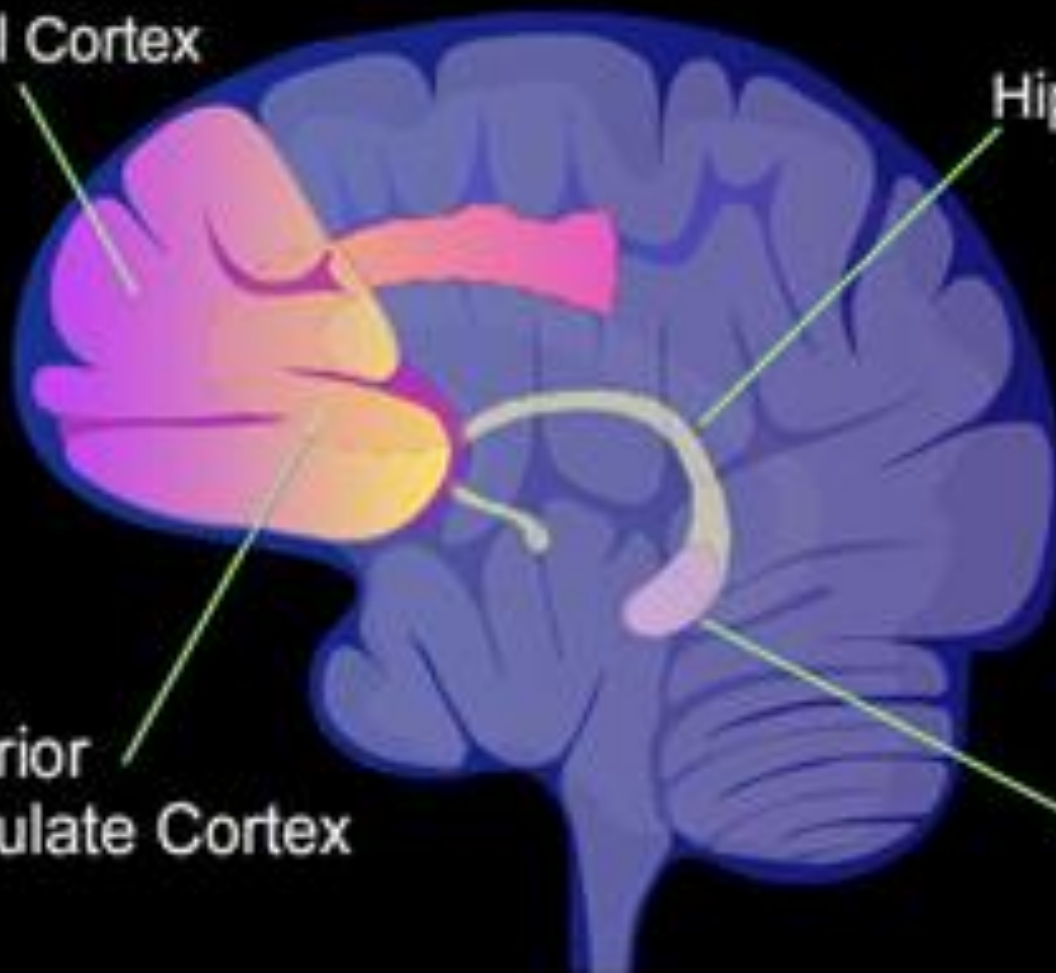
- Uncertainty breeds fear and anxiety
- Mysterious nature
- Naming gives us more understanding and control over our responses
- Specificity

Prefrontal Cortex

Hippocampus

Anterior
Cingulate Cortex

Amygdala



When Emotions are Unidentified

They still are present and continue to direct our behavior without our awareness, often leading to unhealthy reactions that fracture relationships.

“I’m not sure why I did that!”

“I don’t even understand why I reacted that way.”



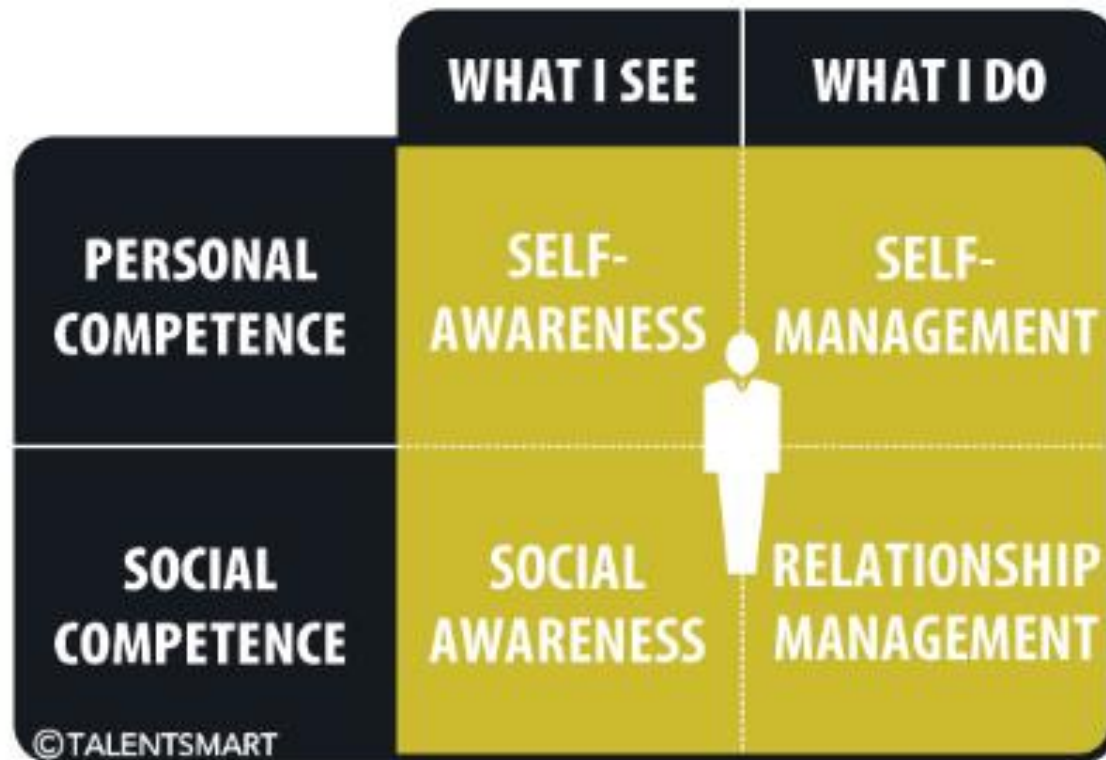
Emotional Intelligence

The ability to identify and manage your own emotions and the emotions of others. It is generally said to include three skills:

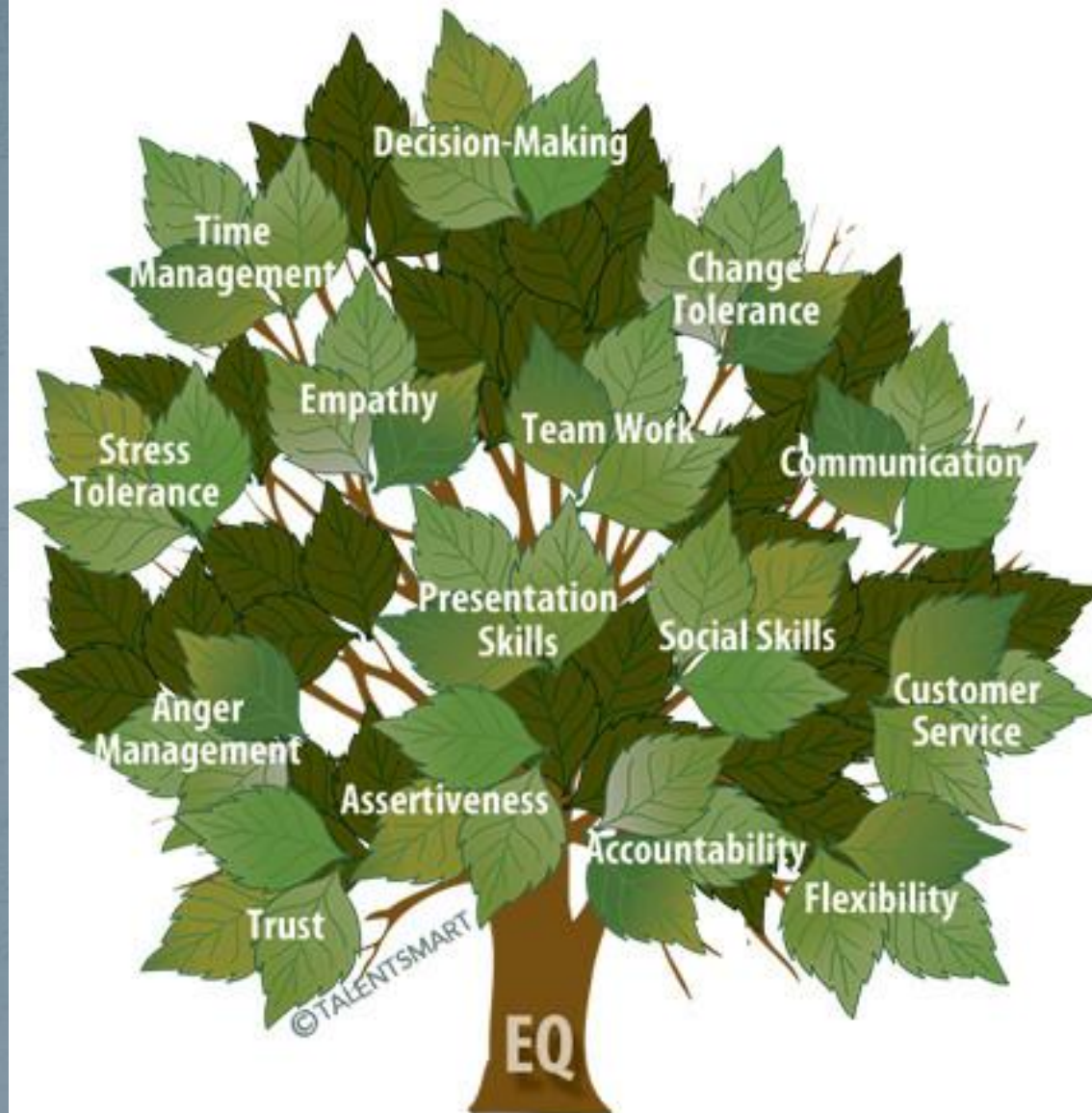
emotional awareness;

the ability to harness emotions and apply them to tasks like thinking and problem solving; and

the ability to manage emotions, which includes regulating your own emotions and cheering up or calming down other people.



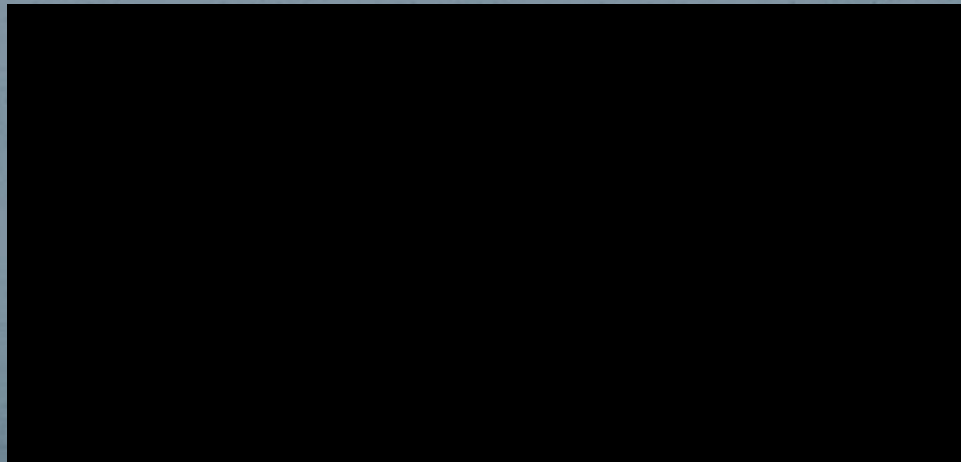
Emotional intelligence is made up of four core skills.



Emotional intelligence is the foundation for critical skills.

Empathy

- Putting yourself in someone else's shoes to see their situation or perspective
- Nonjudgmental
- Understand another's feelings
- Communicate your understanding without dismissing or making your ideas/experience more



God's Intent for Our Emotional Life

- Relationship with God
 - Friend's example of leaning into the discomfort with a particular scripture
- Relationship with Family
 - Increased conflict resolution
 - Addressing issues so that they do not fester
 - Increased intimacy with increased empathy
- Relationship with Church Family
 - Conflict resolution can lead to decreased splits and misunderstandings
 - Empathy leads to better listening

John 10:10

Jesus said, “The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and have it more abundantly.”

