

YOUR THOUGHTS & EMOTIONS AND THEIR IMPACT ON YOUR RELATIONSHIPS SESSION 10

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ROADMAP IN CONFLICT

- 1. “This is what it was like for me.”
- 2. “What was it like for you?”
- 3. “So this is what it was like for you [summary]? Am I hearing you right?”
- 4. “How can we do this differently?” (And possibly) “This must change.”

• Groves, J. Alasdair, *Untangling Emotions*. Crossway, Kindle Edition.

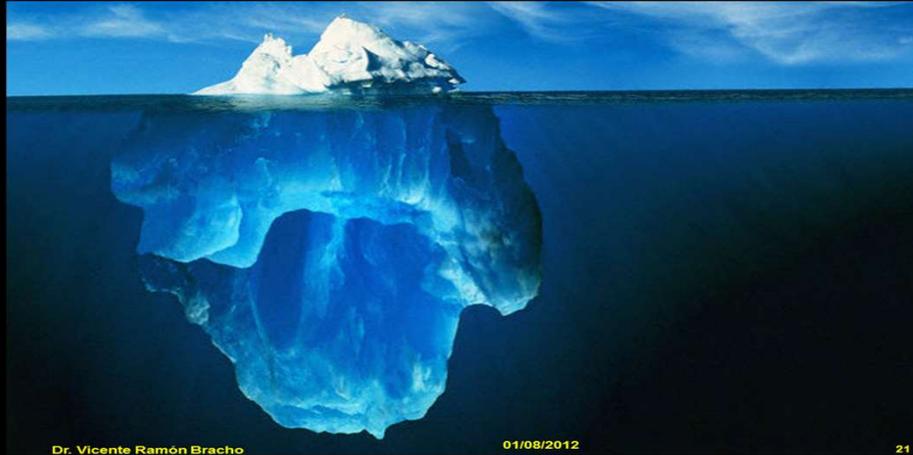
“HOW CAN WE DO THIS DIFFERENTLY?”
(AND POSSIBLY) “THIS MUST CHANGE.”

- This takes courage to do the work of change rather than emotionally withdrawing or walking away
- Love requires looking ahead. How can they make it less likely to happen again?
- Being very conscious of anger and not letting that rule the day

COURAGE – THE WORK OF CHANGE

- **Courage** is needed to do the work of change rather than emotionally withdrawing or walking away – (cowardice)
- Courage is always other-centered and risky (COURAGE vs courage)
- **Definition** – Integrated, decisive choice to move towards and withstand danger, fear, difficulty – Latin – cor – HEART; Latin – rage - excess
- Moving into relational conflict takes other-centered risk & courage
- Scripture – Matt 18, Prov. 15:1, 27:6,

A PICTURE OF OUR HEART

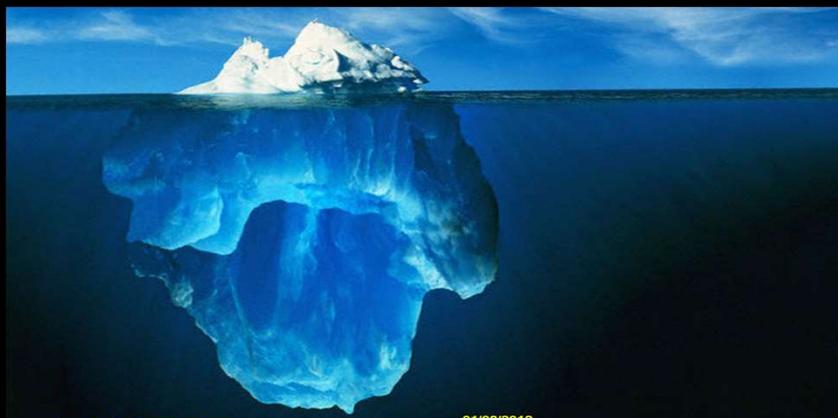


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HEART DEFINED – THE CAUSAL CORE OF OUR BEING.
OUR WHOLE INTEGRATED PERSON (MIND)



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WHAT SCRIPTURE SAYS ABOUT THE HEART

- Proverbs 4:23 – Above all else, **guard your heart**, for it is the wellspring of life. How do we do this?
- Jeremiah 17:9 – The **heart is deceitful** above all things and desperately sick. Who can understand it?
- Matt 12:34 – For out of the abundance of the heart the **mouth speaks**
- Proverbs 18:4 – The words of a man's mouth are **deep waters**
- Proverbs 14:12 – there is a **way that seems right** to a man, but its end leads to death
- Proverbs 15:14 – the heart of him who has **understanding** seeks knowledge
- Proverbs 15:28 – heart of the righteous **ponders** how to answer

MOTIVES ARE FOUNDATIONAL

- Anger comes from our deepest motives. Underlying desires and beliefs are at work – always
- MOTIVES are the organizing center of who you **believe** you are, how you relate and what you live for: the goals around which you organize your life
- Motives are your core values and commitments, what you base your **identity** and **self-worth** on.
- They shape and energize your emotions, thoughts and actions. Determine how you treat people, how you react to pain & loss, or threat, how and why you get angry and whether your anger is healthy or gone bad
- MOTIVES = HEART