MESSAGE NOTES

***Emotionally Healthy Relationships* – Part 4**

**“Explore the Iceberg”**

**Various Scriptures**

If a follower of Jesus is going to be spiritually and emotionally mature, then we need to get below the surface of our feelings and actions so we can understand the “WHY”. We will need to grow into a greater awareness of what is going on inside of us so we can disconnect from and live in freedom from unhealthy ways of responding and relating to people which would hurt our relationship with them. As a follower of Jesus, we are called by God to love him and love others well. An honest examination of our emotions and feelings is central to becoming the person who God wants us to become and relate to others in the way that Jesus related to others.

See Psalm 139:23-24; John 13:34-35; John 17:20-23...

What Lies Beneath The Surface



10% is what we can see, and it all looks good.

90% is underneath and what we can’t see. This is what Jesus is out to transform.

Saul was an example of one who was emotionally and spiritually unhealthy because of his unawareness of what was going on inside of him.

David, unlike Saul, is a picture of Emotionally Healthy Spirituality and has an Emotionally Healthy Relationship with God and people.

In Gethsemane we see a fully human Jesus who was anguished, sorrowful, and spiritually overwhelmed. --- He is pushed to the extreme of his human limits, and how does he respond? See Matthew 26:36-46…

What Jesus shows us about dealing with what is going on inside us in a way that helps us grow emotionally and spiritually:

1. Pay attention to what is going on in you.

2. Give it to God and let go.