



Emotionally Engaged

Surrendered Emotions Series

Pastor Elliott Anderson

Solid Rock Church



Feeling Off?

NOT yourself
close to your loved ones
present - foggy
enjoying life
close to God
emotionally engaged

Response to Being “Off”

What do we do - when we are feeling “off?”

Passive Response (Adam)

Isolate

Separate

Silence

Retreat

Self-condemnation

Aggressive Response (Peter)

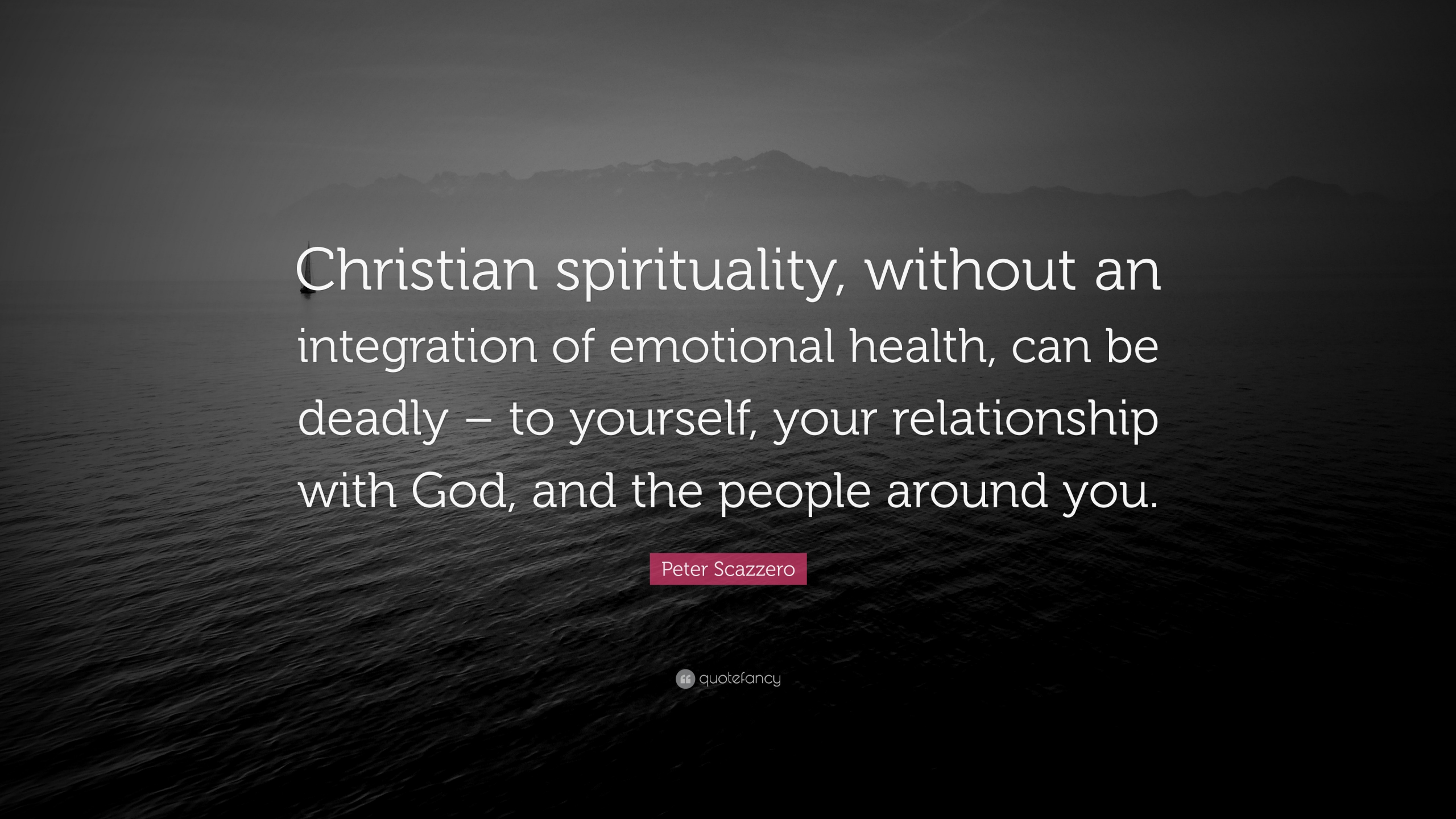
Agitate

Provoke

Scream

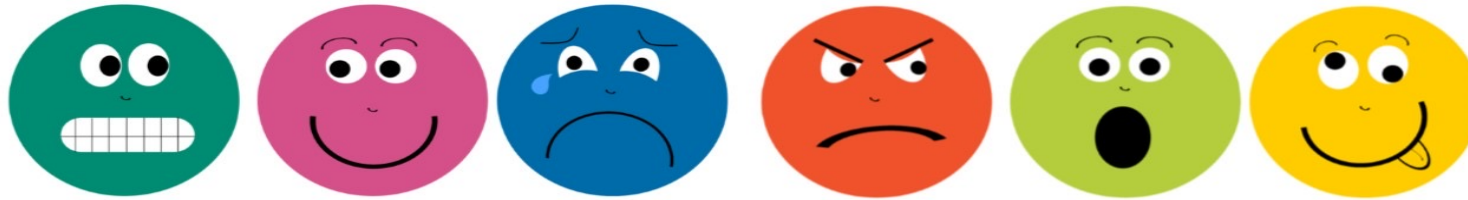
Attack

Blame others



Christian spirituality, without an integration of emotional health, can be deadly – to yourself, your relationship with God, and the people around you.

Peter Scazzero



What are emotions?

Emotions are psychological states comprised of thoughts, feelings, physiological changes, expressive behaviors, and inclinations to act.



The 6 Primary Emotions:

Happy



Sad



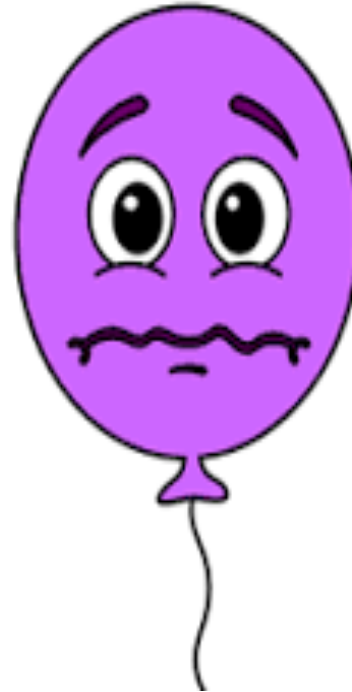
Angry



Surprised

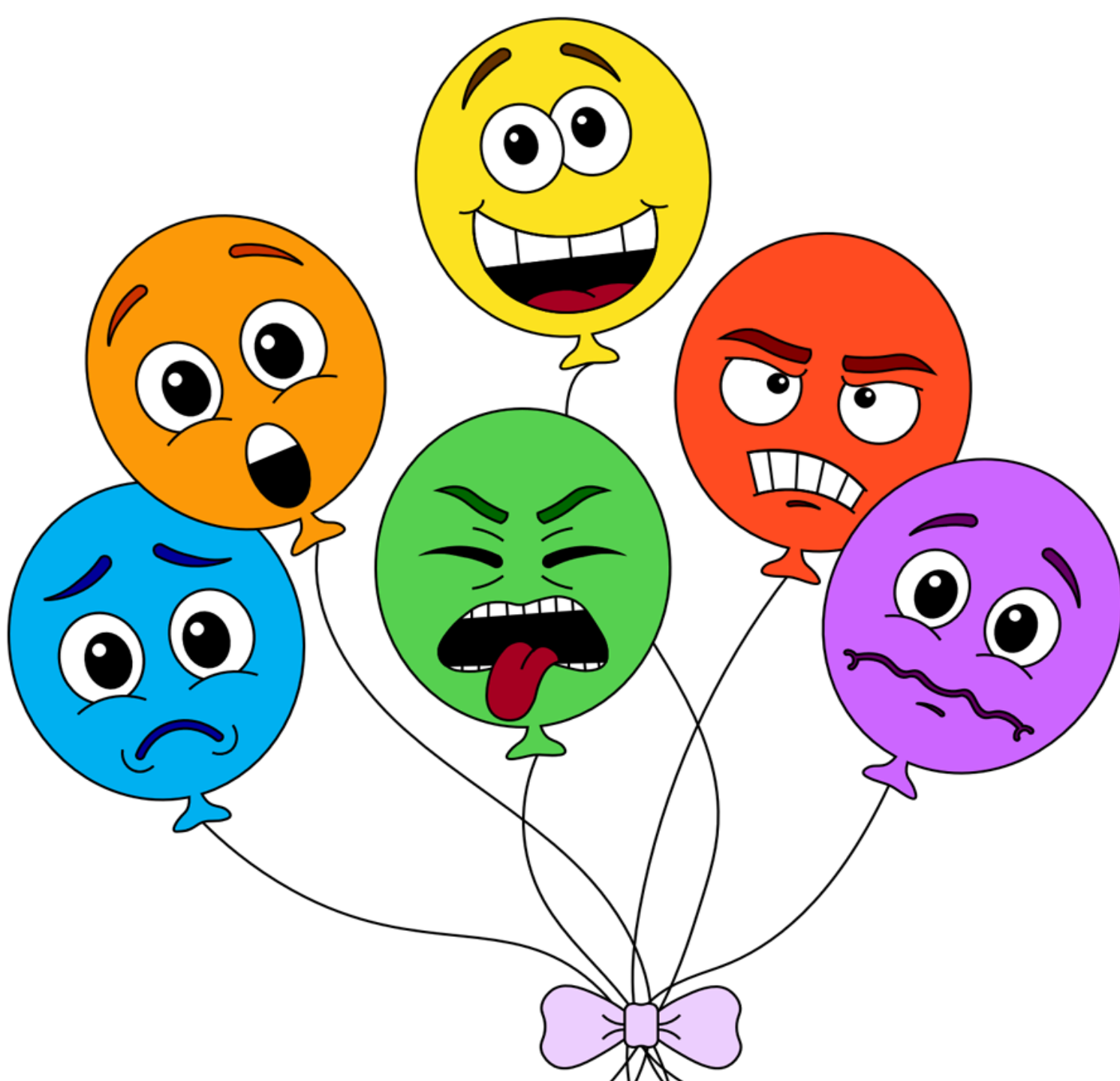


Scared



Disgusted





Do any of these emotions tie you up?

Cause dysfunction in your relationships?

Create passive or aggressive behaviors in communication?

Surrendered Emotions Series

July 26	<i>Emotionally Engaged</i>	Pastor Elliott
Aug 2	<i>Healthy Happiness</i>	Pastor Elliott
Aug 9	<i>Faithless Fear</i>	Rick Williams
Aug 16	<i>Simple Surprise</i>	Pastor Elliott
Aug 23	<i>Sorrowful Sadness</i>	Pastor Elliott
Sept 6	<i>Driven Disgust</i>	Pastor Elliott
Sept 13	<i>Aligned Anger</i>	Pastor Elliott

3 Parts of Our Psychological States of Emotions

Subjective Experience: personal interpretation and our perception of the moment / situation

Physiological Response: Automatic internal bodily changes from our sympathetic nervous system

Behavioral Response: Your external action based on your physiological reaction (nonverbal, verbal, physical)

3 Truths About Our Psychological States of Emotions

Subjective Experience: our perception and interpretations are often biased and wrong

Physiological Response: our automatic body changes are autonomic (instantaneous and immediate)

Behavioral Response: our words, nonverbal behavior, and attitudes, must be surrendered to the Holy Spirit

Surrendered Emotions Series Theme

We either surrender our emotions to the Lord...OR

Our emotions will surrender us to sin, fear, pain, anger, grief, pride, anxiety, depression, addiction, grudges...

Works of the Flesh vs the Fruit of the Spirit

Galatians 5: 19 - 23

WORKS OF THE FLESH

VS.

FRUITS OF THE SPIRIT

FOLLOWING THE FLESH

UNDER THE LAW

LIVING FOR SELF

CONTROLLED BY LUSTS

FILLED WITH STRIFE

WALKING IN DARKNESS

TEMPORAL & EARTHLY

SEPARATED FROM GOD

LEADS TO DESTRUCTION

LED BY THE SPIRIT

UNDER GRACE

LIVING FOR CHRIST

CONTROLLED BY FAITH

FILLED WITH LOVE

WALKING IN LIGHT

ETERNAL & HEAVENLY

UNITED WITH GOD

LEADS TO GLORY

Surrendered Emotions

Submitting your emotions to God means being completely honest about your feelings, surrendering them to His control, and aligning them with His Word.

It is a daily practice of emotional engagement: to be vulnerable and authentic with our feelings, thoughts, and attitudes; to seek God's peace and wisdom and power, and to share it with others.

Emotionally Engaged Truths

1. We're emotional beings created in God's image

Gen 1: 26, Let us make man after our *likeness*

Gen 1: 27, We are made in God's *image*

Image = *tselem*: physical, bodily representation

likeness = *demuth*: spiritual, emotional, and
moral representation

Examples of God's Emotions

The Lord <i>rejoiced</i> in His works	Psalms 104: 31
And the speech <i>pleased</i> the Lord	1 Kings 3:10
The people complained, it <i>displeased</i> God	Numbers 11:1
Then the <i>anger</i> of the Lord burned	Exodus 4:14
For the Lord is a <i>jealous</i> God	Exodus 34:14
Six things which the Lord <i>hates</i>	Proverbs 6:16
That I might <i>weep</i> day and night	Jeremiah 13:17

We're Created for Emotional Responses

Psalm 139:13, For you created my **inmost being**; you knit me together in my mother's womb.

inmost being: ***qereb*** in Hebrew

the center of human emotion and thoughts

the core of our inner life and desires

Emotionally Engaged Truths

2. Emotions are for relational connection and intimacy

First, with God

Psalm 37: 3 - 7, *Trust* in the Lord and do good...*Delight* yourself in the Lord, and he'll give you the *desires* of your heart... *Commit* your way to the Lord. *Be still* in the Lord and *wait patiently* for Him...

Emotionally Engaged Truths

2. Emotions are for relational connection and intimacy

First, with God, and second, with each other

Gen 2: 18, It is not good for man to be *alone*

Eve created for companionship, connection,
relational intimacy -- be fruitful and multiply

Emotionally Engaged Truths

3. We are to be present and authentic with our emotions

Truthful with ourselves about our psychological state

Truthful with God about our psychological state

Truthful with others about our psychological state

John 8: 31 – 32, If you abide in my Word, then you are truly my disciples, and you will know the truth, and the truth will set you free.

What Stops Us From Being Truthful and Present Emotionally – OT Examples

- Sin: Adam hid from God
- Fear: Abraham lied to King Abimelech
- Pain: David rejecting Absalom
- Anger: Jonah ran from God's call to Nineveh
- Grief: Elijah fled to Beersheba
- Pride: Saul went to see the medium

2 Keys of Surrendered Emotions

1. Surrendering TO our emotions

We must be cognizant of what we're feeling

(RAC) Recognize Accept Consider / Change

Beliefs – Thoughts – Feelings – Action - Experience

We Often *Repress* Our Emotions

Repressed Emotions: emotions we unconsciously avoid
They trigger experiential memories that are painful
They cause insecurity / instability in nervous system

Scandinavian Proverb

“Shared joy is a double joy; shared sorrow is half a sorrow”

We Often *Suppress* Our Emotions

Suppressed Emotions: Emotions we consciously avoid

We are afraid of our own responses / memories

We don't feel safe to share our emotions with others

Sigmund Freud Quote

“Suppressed emotions will never die. They are buried alive and will come forth later in uglier ways”

Repression vs. Suppression

Unwanted impulses or thoughts
being unconsciously pushed out of awareness



Deliberately trying to forget
or not think about painful or unwanted thoughts



2 Keys of Surrendered Emotions

2. Surrendering our emotions to God

Repressed and Suppressed emotions harm us

We're emotional, but we submit them to the Holy Spirit

2nd Timothy 1:7, For God gave us a spirit not of fear, but of power, love and self-control.

3 Stages of the Psychological States of Emotions

Subjective Experience: personal interpretation and our perception of the moment / situation

Physiological Response: Automatic internal bodily changes from a sympathetic nervous system reaction

Behavioral Response: Your external action based on your physiological reaction (nonverbal, verbal, physical)

Staying Engaged During the States

Subjective Experience: Acknowledge our interpretation and perception may be biased or wrong – see it through God’s lens and God’s Word immediately.

Genesis 50: 20, As for you, what you intended against me for evil, God intended for good, in order to accomplish a day like this – to preserve the lives of many people.

Staying Engaged During the States

Physiological Response: know what your body responses mean (headache = fear, stomachache = anger)

know what you need physically to alleviate the physiological response. (breathing, writing, walking)

Philippians 4: 6, Do not be anxious for about anything, but in every situation, by prayer and petition, present your requests to God.

Staying Engaged During the States

Behavioral Response: remember that 70% of our communication is nonverbal. Our body reveals our emotions.

Our words are the gifts -- or the curses of life!
To ourselves first -- and then to others.

Proverbs 12: 18, There is one whose rash words are like sword thrusts, but the tongue of the wise brings healing.

Surrendered Emotions Examples

To stay emotionally engaged we surrender to the Holy Spirit and consistently practice engagement in the 3 states.

This series will look at the examples of Jesus, the disciples, and other Bible heroes with each of the primary emotions.

Then, we will apply it to our own lives. We will RAC together

Recognize

Accept

Consider / Change