

# Emotionally Healthy Relationships

## Explore the Iceberg

Discipleship that changes your relationships with others

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By the end of this course, we hope you can:

1. Develop awareness of God's depth of love for you and increase ways to share that love with others
2. Assess and grow your own emotional maturity
3. Apply the skills you have learned to facilitate emotionally mature relationships





Myth: Good Christians  
are never angry, sad, or  
depressed.

# 8 Necessary Skills

1. Clean Fighting
2. Ladder of Integrity
3. Incarnational Listening
4. **Explore the Iceberg**
5. Genogram Your Family
- ~~6. Stop Mind Reading~~
- ~~7. Clarify Expectations~~
- ~~8. Community Temperature Reading~~

Each skill must be built upon.

# Notable Biblical People Who Struggled

1. David - take a look at many of the Psalms that speak to his inward emotional struggles.
2. Samson - pulled between the will of God and fleshly urges.
3. Job - 35 chapters of anguish
4. Jeremiah - wrote Lamentations
5. Jesus - “Jesus Wept”, look at the Garden of Gethsemane



Emotions are god given  
gifts - See Ecclesiastes  
Ch. 3

“To every thing there is a season...”

**10% seen**

**90% not seen**



# The Iceberg Illusion

Success is an iceberg

SUCCESS!

WHAT PEOPLE SEE



WHAT PEOPLE DON'T SEE



Persistence



Failure



Sacrifice



Disappointment



Dedication



Hard work



Good habits



@sylviaaduckworth





# Interior Conflict:

Assumptions

Bad self care

Allowing emotions to  
control



## Matthew 15:11

Not that which goeth into the mouth defileth a man;  
but **that which cometh out of the mouth, this  
defileth a man.**

# Unprocessed Emotions

Bad emotions don't die, they get buried alive.

# Emotion Extent

The extent to which I am able to deal with my emotions is the extent to how much I am able to show love.

# Emotional Discernment

Feelings help us discern the leading  
of God's voice.