

TEACHING ON EMOTIONS / RECAP



TIMING:

- Teaching: Friday PM, immediately after the Three Selves Talk
- Recap/Transition: Saturday AM, following Check-in

ENERGY: informational and compassionate

PURPOSE: Purpose: to bring awareness to what expressing emotions maturely can accomplish. The recap reminds them that today is a day to take a risk

THE TALK

A key aspect of the Broken Self is that it carries our history and our emotional responses to everything we have experienced. We can either ignore our emotions and live from them but without awareness of what they mean or how to navigate them.

Our emotions can be our teachers.

Our emotions play an important part in this dance of the Three Selves. They are truth tellers for us—if we learn how to listen to them and use them wisely.

When we are triggered, or something happens to us, we experience an emotional response:

- We may experience anger when a want or need is denied, or taken away from us.
- If we feel threatened in some way, we often experience fear.
- A loss can trigger sadness.
- Internal or external messages of unworthiness may cause us to feel shame.
- We often feel happy or glad when our wants or needs are fulfilled, or met.

These are legitimate emotional responses to these kinds of events.

However, when we find ourselves overreacting, or under-reacting with the emotion, it can fuel our False Selves. Or, these emotions can be used as healthy, appropriate motivators.

If we face our emotions and pay attention to what is driving them we can actually grow and mature.

[Write the following keywords on the white board as you go over them with an arrow leading to the .]

- We can learn to use our **anger** to take appropriate **action** when needed.
- We can allow our **fears** to lead us to greater understanding or **wisdom**.
- Feeling our **sadness** can lead us to feeling greater **compassion** and empathy toward ourselves or others.
- Pressing into the source of our **shame** can lead us to embrace our true **identity** in Christ.
- As we find our **identity/security** in Him, we can experience true **joy**.



We are going to be exploring more about the role emotions have played in our lives as we continue throughout the weekend.

[Fear Talk Follows]

At this time, _____ [fear speaker] is going to come and explore more around the emotion of fear.

EMOTIONS TRANSITION – SATURDAY MORNING

Today, we are going to be looking at what blocks us from living out of our True Self...that part of us created in the Image of God. We know that we are only able to grow in, and live out of that part through the transforming love and connection to God, made possible because of the Cross.

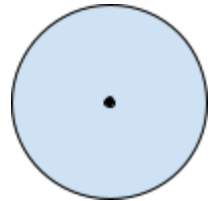
Last night we talked about the important role that emotions play in the dance between our True Self, our Broken Self, and our False Self. We talked about allowing the Spirit of God to reveal to us what is beneath the surface, in the depths of our being.

This morning, you will have an opportunity to look a bit closer at some of those emotions.

We realize that some of what we are doing may feel uncomfortable for you. We honor that. We want to encourage you to remain open, take a risk, and trust the process.

[Draw circle on white board with a dot in the center to illustrate the following...]

This circle represents our life. In the center is what we call the status quo. This is where we normally do life, "business as usual". This is our familiar, nice, comfortable place.

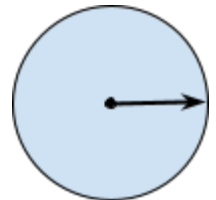


The reality is that transformation doesn't happen in the status quo. Nothing changes if we stay here, doing the same thing we've always done.

This weekend is about stretching you...to the edge.

[Draw a line from the center to the edge of the circle.]

This is where transformation takes place. When we step out and take a risk, we open ourselves up to God meeting us there. Throughout the rest of the weekend, we are going to give you opportunities to go to the edge.



So, again, we encourage you to trust the process, trust this circle of women, and trust that God is waiting to meet you here this weekend.

[Anger Process follows]