

## SERIES - EMOTIONALY HEALTHY RELATIONSHIPS

Week 2 - Become Self-Aware

**ICEBREAKER AND OPENING THOUGHT**

We grow in self-awareness by honestly examining our emotions and motivations.

**SCRIPTURE**

Matthew 22:37-39, 23:13, Luke 10:41, 22:41, 43-44, Ephesians 4:15

**BIBLE STUDY**

Matthew 22:37-39. These commands are not about mere feelings but of unwavering commitment; a love which endures in times of difficulty, even when feelings may falter.

Matthew 23:13, Luke 10:21, 10:41, 22:41, 43-44. Jesus experienced deep emotions in life. He struggled and felt joy. In the bible, Jesus demonstrates the full range of human emotions and expresses them in perfect love.

Ephesians 4:15. As mature Christians, we learn not to speak truth with a mean spirit, but instead to speak truth in love, letting God's spirit work in and through us to help others come to faith.

**LIFE APPLICATION**

Provide examples where you may have avoided awareness of what you were truly experiencing. What are some things you've done to distract from self-awareness? Distractions could include Playing games on your phone obsessively, drinking too much, too much time in front of the television, or even changing your environment (i.e., friends, churches, jobs, cities, etc.).

**QUOTES TO CONSIDER**

"If we admire and bond with Jesus the Feeler then it will help us put more value on the emotions that we and other people have" -Bill Gaultiere

"Until you make the unconscious conscious, it will direct your life and you will call it fate" -Carl Jung

"Scripture portrays Jesus as one who had intense, raw, emotional experiences and was able to express his emotions in unashamed, unembarrassed freedom to others. He did not repress or project his feelings onto others. Instead, we read of Jesus responsibly experiencing the full range of human emotion throughout his earthly ministry. In today's language, he would be considered emotionally intelligent..." -Pete and Geri Scazzero

Keep in mind that people in your group will be on a spectrum of readiness to talk about self-awareness. Here are three points on that spectrum. Challenge your group to move toward "Resolved."

**RESISTANT** - This is the person who will not go there. He or she defiantly thinks, "I'm not going to do all this touchy-feely stuff, and you can't make me!" Most often, this reaction is because we are afraid of what we might discover. There are things we don't understand below the surface that can be difficult if not downright scary. It's much easier to keep things superficial. Yet, if we don't face what lies below, we will pay the price – that price is often missing out on intimacy with the people we love. If you are resistant to this conversation, please give it a chance and lean in.

**RESIGNED** -This is the person who is just giving up. He or she will say something like: "It's just how I am. It's how I will always be." In this choice, we may be aware of our emotions, but are not interested in exploring why we feel what we feel, and consequently are not open to the changes that could transform our relationships.

**RESOLVED** -This person is one who is ready to do the hard work of self-awareness. He or she will say, "I want emotionally healthy relationships. My friends are worth it. My family is worth it. My marriage is worth it."