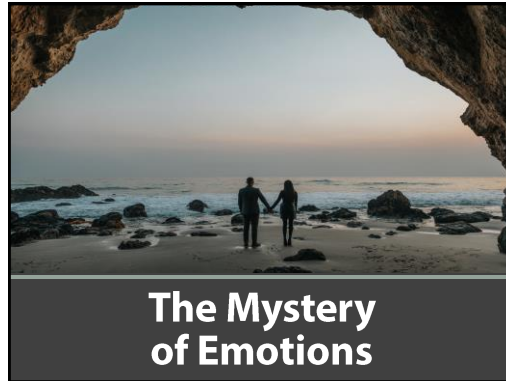


# Cultivating Connections

MARRIAGE CONFERENCE 2019

Apostolic Christian Counseling & Family Services  
877-370-9988 [www.accounseling.org](http://www.accounseling.org) [info@accounseling.org](mailto:info@accounseling.org)



## God and Emotion

*Isaiah 62:5b "as the bridegroom rejoiceth over the bride, so shall thy God rejoice over thee."*

## Outline

Why Emotions

Awareness of Emotions

Emotional Stance

## Why Emotions?

- Culture of fear?
- Fear, fear itself?
- Detachment?

"Twas grace that taught my heart to fear.  
And grace my fears relieved.

How precious did that grace appear.  
The hour I first believed."

## Why Emotions?

Motivate

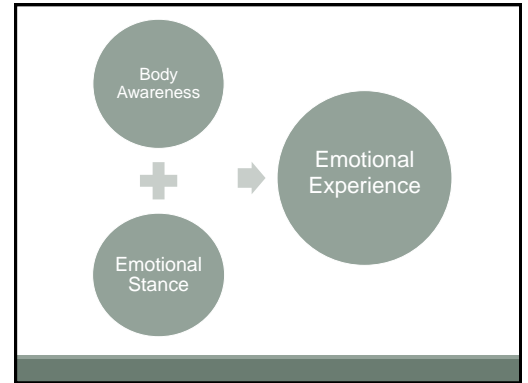
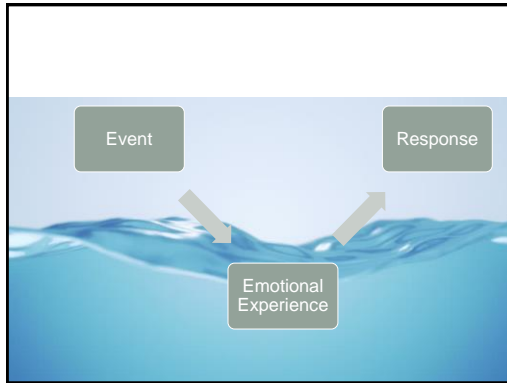
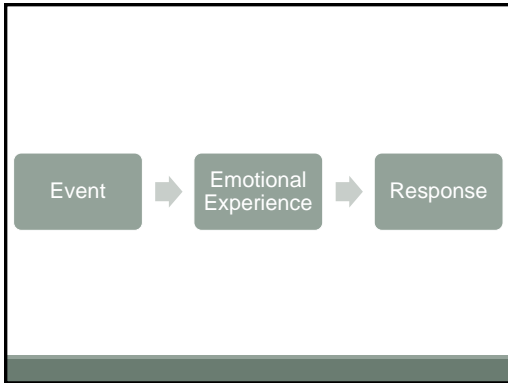
Connect to Others

Connect to Self

Reflection of God

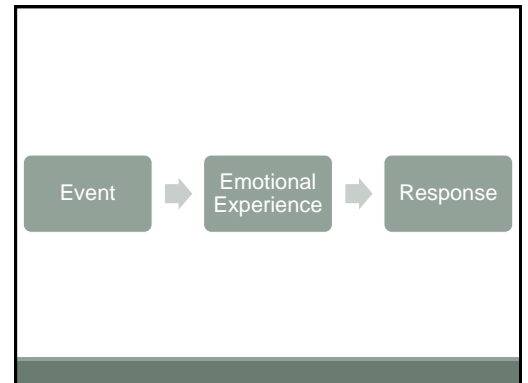
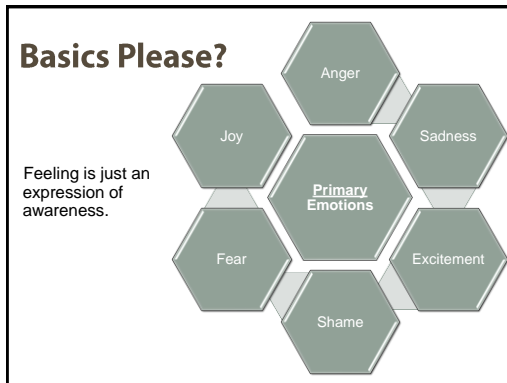
Shape Experiences

Reveal Desires



## Awareness of Emotions

How aware are you of the flow of emotions in your body? How "in-tune" are you with the messages your emotions are sending you?

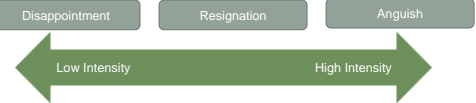


## Self Reflection Questions

1. What is the trigger? When did I begin feeling this emotion?
2. What is the body sensation I feel? Where do I feel the sensation?
3. What does my mind decide is going to happen now? What do I tell myself when I experience this emotion?
4. What urge takes over? How do I tend to respond?

***Psalms 32:3-4 "When I kept silence, my bones waxed old through my roaring all the day long. For day and night thy hand was heavy upon me: my moisture is turned into the drought of summer. Selah."***

## Intensity Levels - Sadness



## Secondary Emotions



## Emotional Stance

How do you approach and respond to emotions?  
What stance do you take when your spouse shares emotions?

“God has given us our emotions for a reason. Emotions are supposed to be indicators of reality not fabricators or framers of reality.”

Ravi Zacharias

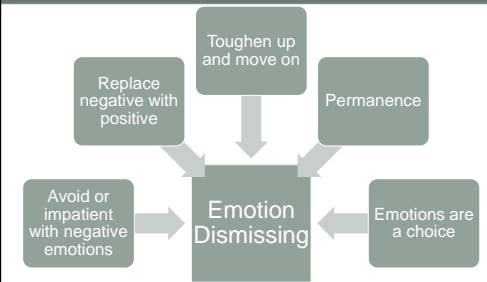
# Fighting With Emotions

THE STRUGGLE SWITCH

## Emotional Stance

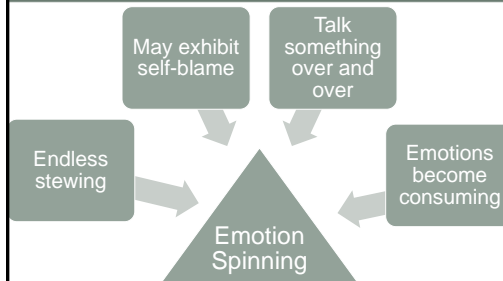


## Emotion Dismissing



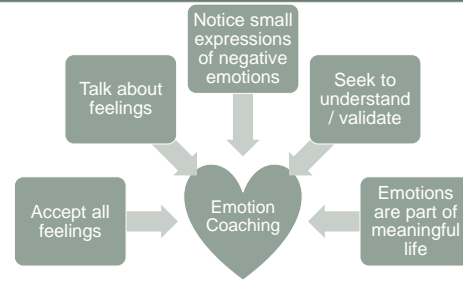
Adapted from Made-emotion: How families communicate emotionally (Gottman, Katz, & Hooven, 1997).

## Emotion Spinning



Adapted from Emotional Agility: Get unstuck, embrace change, and thrive in work and life (David, 2016).

## Emotion Coaching



Adapted from Made-emotion: How families communicate emotionally (Gottman, Katz, & Hooven, 1997).

## Jesus and Emotion

Jesus's emotions are in perfect proportion to what He is going to face...

*Luke 22:41-44 "And he was withdrawn from them about a stone's cast, and kneeled down, and prayed, Saying, Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done. And there appeared an angel unto him from heaven, strengthening him. And being in an agony he prayed more earnestly: and his sweat was as it were great drops of blood falling down to the ground."*

## Learning the Mystery of Emotions

### **Daily Discipline:**

•Take time to connect and share 2 – 3 emotions from your day.  
Connect each emotion to an experience or event.

### **Digging Deeper:**

•What are my primary feelings? Am I expressing what I truly feel?  
(i.e., instead of anger, do I feel fear?)

•What gets in the way of me expressing how I truly feel? (i.e.,  
embarrassment, guilt, sadness, fear of being misunderstood)

### **Digging Even Deeper:**

•Engage in dialogue with your spouse about how past experiences  
have shaped the way you connect with and experience emotions.  
Use the activity found at [www.counseling.org/emotionalworld](http://www.counseling.org/emotionalworld).