

Emotional Health In Community

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Creation

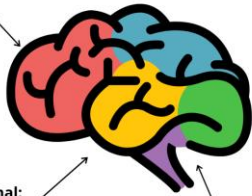
We are complex creatures where mind, body, emotion, and spirit impact and shape each other.

- Mind
- Emotion
- Body

1 Thessalonians 5:23-24 "And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ. 24 Faithful is he that calleth you, who also will do it."

Three Areas of the Brain

Cognition: Thinking, learning, planning, remembering.
"Can I learn?"



Relational:
Emotional state.
"Am I loved?"

Survival: Sensory processing and integration.
"Am I safe?"

Ephesians 4:25-5:2 (ESV)

Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another. 26 Be angry and do not sin; do not let the sun go down on your anger, 27 and give no opportunity to the devil. 28 Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need. 29 Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. 30 And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. 31 Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. 32 Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

5 Therefore be imitators of God, as beloved children. 2 And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

Emotional Health Impacts Relationships and Behavior

Communities are complicated and difficult to keep connected.

Individuals and communities have histories that impact us today. (ie, tornado)

Neglected area of Spiritual Development?

Emotional health impacts more easily observable domains of an individual or community.

Emotional Health Indicators

How does the community approach:

- Emotions
- Questions
- Differences
 - Structure, Consistency, Predictability vs Activity, New, Flexible
- Emotionally Healthy Community is one that can:
 - Allow, Validate, and Challenge
 - Communicate and Engage Healthy Conflict

The Church

Individuals belonging to a Group

Group: What are you gathered around? Why does the group gather? Why does the group exist?

Individual: Why are you part of this group? How much of you is known/welcome? What do you give to the group?

Ephesians 1:22-23 - Under the authority of Christ

• *1 Corinthians 12:13* - United by one Spirit; We are part of a whole.

Ephesians 5:1-2 - We are to follow God, walk in love, as Christ.

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Emotional Health

A Safe and Loving Community

- Community has expectations and freedom.
 - Difficulty of gathering around Christ rather than an interest? (Christ wants all of us to be conformed. Group gathered around an interest is generally focus on part of us and is content to leave the rest of us as we desire.)
- Recognition of story behind the story (for self and other).
- We all carry invisible suitcases. Often these are invisible to the individual carrying them.
 - Where do you move under stress?
 - Where are they moving?
 - **Emotionally Healthy Individual** can hold onto self and the other.

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A Safe and Loving Community

Attunement (notice, interest, join)

- Notice.

Vulnerability (allow) this is who we are and what we do. Share the hard.

Empathy (seek to understand and connect with)

- Invisible suitcase.

Compassion (meet with softness)

- Validation (acceptance: emotions, differences)
- I hear you.

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A Place to Learn and Grow

- Share truth. (ideas, problem solve)
- Challenge

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Emotional Health in Community

Emotional regulation

See each other

Receive each other

Enjoy each other

Challenge each other

Ephesians 5:1-2 (ESV) - "Therefore be imitators of God, as beloved children. 2 And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God."

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Colossians 3:12-17 (ESV)

12 Put on then, as God's chosen ones, holy and beloved, compassion, kindness, humility, meekness, and patience, 13 bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. 14 And above all these put on love, which binds everything together in perfect harmony. 15 And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful. 16 Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. 17 And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

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