

Emotionally Healthy Relationships

Part 4-Explore the Iceberg

Psalm 22:1-2, 12-14

Consider the emotions expressed by David in Psalm 22...

My God, my God, why have you forsaken me?

*Why are you so far from saving me,
so far from my cries of anguish?*

*My God, I cry out by day, but you do not answer,
by night, but I find no rest.*

*Many bulls surround me;
strong bulls of Bashan encircle me.*

*Roaring lions that tear their prey
open their mouths wide against me.*

*I am poured out like water,
and all my bones are out of joint.*

*My heart has turned to wax;
it has melted within me.*

Psalm 22:1-2, 12-14 NIV

Two key truths...

1. Scripture teaches that **FEELINGS** are a key part of what it means to be a human being made in God's image.
 - David, Job, Jeremiah, Jesus
2. Human beings are like **ICEBERGS**: 10 percent is above the surface and visible; 90 percent is below the surface and invisible.

Three Truths about Emotions...

1. **UNPROCESSED** emotions don't die.
2. Healthy community requires that people **KNOW** themselves.
3. Feelings help us discern God's **VOICE**.

How is God coming to you through how I am feeling? Will you allow Him to bring transformation from the inside out?