**LET’S TALK ABOUT:**

**Your Story, Emotional Health, and Spiritual Maturity**

**4/24 WEEK ONE: Let’s Talk About Emotions - Luke**

* **BIG IDEA:** The incarnation of Jesus affirms that what happens in our bodies matters to God, including our emotions! We are spirit, soul and body – all being redeemed. Emotions are not problems to be solved, but paying attention to the “emotional energy” in our body is necessary for emotional and spiritual maturity.
* **MAIN TEXT: 1 Thessalonians 5:23-24**
* **SUPPORTING TEXTS:** 
  + **John 1; Luke 2:6-7; John 11:35 -** Jesus chooses to be born with a body and experiences feelings in his body - weeping, anguish, etc.
  + **Ecclesiastes 3:1-8 -** a time for different emotions...
* **RESOURCES:** [The Emotional Life of our Lord](https://fdocuments.in/document/the-emotional-life-of-our-lord-monergism-the-emotional-life-of-our-lord-by.html)by B.B. Warfield

**5/1 WEEK TWO: Let’s Talk About Family - Wes**

* **BIG IDEA:** The past is not the past; the past impacts your present. Your family of origin marked you deeply and set relational expectations and patterns into motion more than any other factor. However, in God’s family we get re-parented by a loving Father and re-programed in our relational patterns and responses when Jesus takes over.
* **MAIN TEXT: Luke 2:41-52** - Jesus chooses to be formed by his heavenly Father over and above his biological mother and step-father.
* **SUPPORTING TEXTS:**
  + Illustrations from Joseph’s story...
  + David’s family...
  + Various Proverbs on family...
* **RESOURCES:** 
  + Podcast *The Place We Find Ourselves,* particularly:
    - [Why Your Family of Origin Impacts Your Life More than Anything Else](https://www.youtube.com/watch?v=Rn-HVk05Eu8)
    - [How Your Attachment Style Affects the Way You Relate to Others](https://www.youtube.com/watch?v=lLnCLJhJS14)
  + Curt Thompson, Neuroscientist: “We can grow up in homes in which the food finds the table, the money finds the college funds, and the family even finds the church each Sunday, but somehow our hearts remain undiscovered by the two people we most need to know us—our parents.”

**5/8 WEEK THREE: Let’s Talk About Anger – Galen**

* **BIG IDEA:** Anger is a big, scary monster for most people. We often confuse anger as downright ungodly. But unrighteous anger is the photographic negative of God’s righteous anger meant to discomfort and redeem.
* **MAIN TEXT: Mark 3:1-6** - Jesus gets angry, but it is not a knee-jerk “flying off the handle.” It is a deep, slow-rising anger that when it is expressed, is meant to point people to God.
* **SUPPORTING TEXTS:**
  + **John 2:13-17**
* **RESOURCES:** 
  + [The Anger Iceberg](file:///Users/wesleykennedy/Documents/ROAN%20Family%20Solutions/DV/Anger%20Iceberg.pdf) - it’s not about just “managing” your anger, but letting God heal what’s behind it or redemptively channel it, as necessary
  + Dan Allender – The Cry of the Soul, chapters 4 and 5

**5/15 WEEK FOUR: Let’s Talk About Anxiety – Asa**

* **BIG IDEA:** Anxiety feels ungodly when we serve the Prince of Peace. Fear, of course, always lurks under anxiety. But it’s not a question of *whether* we fear, but *what* and *whom* we fear. In other words, in the face of perceived danger, where do we go? The fear of the Lord brings us to his feet and wraps us in His arms.
* **MAIN TEXT: Matthew 6:25-34**
* **SUPPORTING TEXTS:**
  + **Philippians 4:4-9**
* **RESOURCES:** 
  + Aslan (*Lion, Witch, and the Wardrobe*) isn’t “safe” but “he’s good.”
  + The most helpful coping skills for anxiety come from God’s design for our flourishing – physical health, wise margin in schedule, supportive relationships.
  + Dan Allender – The Cry of the Soul, chapters 6 and 7

**5/22 WEEK FIVE: Let’s Talk About Lament – Bobby**

* **BIG IDEA:** Sometimes sadness feels ungodly. The truth is, lament has a great place in Biblical worship. Where ungodly lament trends toward despair and a loss of hope, godly lament leads us away from false hope in human relationships and straight to the anchoring, enduring hope in God and His redemption story.
* **MAIN TEXT: Psalm 88**
* **SUPPORTING TEXTS:**
  + **Matthew 26:36-39**
* **RESOURCES:** 
  + Many best-practice treatment modalities for depression can be traced to how God has wired us - rich relationships, purposeful activity, intentional thought patterns, and more.
  + [Prayer of St. Francis](https://www.loyolapress.com/catholic-resources/prayer/traditional-catholic-prayers/saints-prayers/peace-prayer-of-saint-francis/)

**5/29 WEEK SIX: Let’s Talk About Conflict - Chad**

* **BIG IDEA:** Some of us think that the absence of conflict signals a God-honoring relationship, but this is not true. To make peace Jesus didn’t keep the peace – he confronted and spoke truth. We fool ourselves when we run from conflict. Rather, there are godly skills for conflict resolution outlined in the Jesus story.
* **MAIN TEXT: Matthew 18:15-35 - Jesus shows why conflict resolution is important and teaches us how to do so. His movement is marked by forgiveness: “as God forgave you in Christ Jesus.”**
* **SUPPORTING TEXTS:** 
  + **Matthew 5:23-24**
* **RESOURCES:**
  + Pete Scazzero’s *Emotionally Healthy Spirituality* – Chapter 7
  + Crucial Conversations

**OPTIONAL WEEK SEVEN: Let’s Talk About Shame**

* **BIG IDEA:** Shame gets a lot of attention and for good reason. There are many sources of shame, whether something about us, what we’ve done, or what’s been done to us. But while some want to say the church shames, that couldn’t be further from the truth. God, at his own expense, provides the remedy to shame – from the garden of Eden to the garden of Gethsemane. He shames shame.
* **MAIN TEXT: Hebrews 12:2 –** Jesus, at the cross, exposes shame as empty. Our idolatry, which puts so much stock in whatever we give the power to “embarrass us” is exposed as powerless and empty.
* **SUPPORTING TEXTS:** 
  + **Genesis 3:21 –** God sheds blood to remedy Adam and Eve’s shame
  + **Isaiah 53**
  + **Romans 8:1**
  + At the cross God sheds his son’s blood to remedy our shame
* **RESOURCES:**
  + [Exposing Shame (Outline)](https://docs.google.com/document/d/1OUn3Kc7IntH3Zb9ie5-quOYGu3CGScj69JOya-pFZAc/edit?usp=sharing)
  + [Exposing Shame (Audio)](https://newlifesermons.com/index.php?iid=13821)Dan Allender’s *Cry of the Soul*, chapters 14 and 15