

**Think it Over
Going Deeper**

10-4-20

**BECOMING SELF-AWARE
Emotionally Healthy Relationships**

Question: What are some unresolved emotions that can hinder our relationships?

And how do they affect our relationships? _____

Question: Have you ever had a time when you were unaware of a wardrobe malfunction or a situation as Pastor Dan described in his message? _____

Question: Do you agree or disagree that human beings are like icebergs, 10% is above the surface and visible; 90% is below the surface and invisible? True or false? _____

Big Idea: Learning to love the people around us: Nothing is more important as a Christ follower than to grow in our ability to love.

Read:

Matthew 22:37-39 - Jesus replied: "'Love the Lord your God with all your heart and with all your soul and with all you mind.' 38 This is the first and greatest commandment. 39 And the second is like it: 'Love your neighbor as yourself.'"

Question: Self-aware - knowing your emotions and motivations. How would you describe yourself: Resistant, resigned, resolved, or something else? _____

Matthew 23:1-4 - Then Jesus said to the crowds and to his disciples: 2 "The teachers of the law and the Pharisees sit in Moses' seat. 3 So you must obey them and do everything they tell you. But do not do what they do, for they do not practice what they preach. 4 They tie up heavy loads

and put them on men's shoulders, but they themselves are not willing to lift a finger to move them."

Matthew 23:13 - "Woe to you, teachers of the law and Pharisees, you hypocrites!"

Question: What is a healthy way to express anger? _____

Question: What is an unhealthy way to express anger? _____

Question: Can you express sadness in an unhealthy way? _____

Question: What is a healthy way to express fear? _____

Question: What is an unhealthy way to express fear? _____

Question: Have you ever not expressed gratitude because of fear that something is going to go wrong? _____

Read:

John 4:4-30 - Now he had to go through Samaria. 5 So he came to a town in Samaria called Sychar, near the plot of ground Jacob had given to his son Joseph. 6 Jacob's well was there, and Jesus, tired as he was from the journey, sat down by the well. It was about the sixth hour. 7 When a Samaritan woman came to draw water, Jesus said to her, "Will you give me a drink?" 8 (His disciples had gone into the town to buy food.) 9 The Samaritan woman said to him, "You are a Jew and I am a Samaritan woman. How can you ask me for a drink?" (For Jews do not associate with Samaritans.) 10 Jesus answered her, "If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water." 11 "Sir," the woman said, "you have nothing to draw with and the well is deep. Where can you get this living water? 12 Are you greater than our father Jacob, who gave us the well and drank from it himself, as did also his sons and his flocks and herds?" 13 Jesus answered, "Everyone who drinks this water will be thirsty again, 3 but whoever drinks the water I give him will never thirst. Indeed, the water I give him will become in him a spring of water welling up to eternal life." 15 The woman said to him, "Sir, give me this water so that I won't get thirsty and have to keep coming here to draw water." 16 He told her, "Go, call your husband and come back." 17 "I have no husband," she replied. Jesus said to her, "You are right when you say you have no husband. 18 The fact is, you have had five husbands, and the man you now have is not your husband. What you have just said is quite true." 19 "Sir," the woman said, "I can see that you are a prophet. 20 Our fathers worshipped on this mountain, but you Jews claim that the place where we must worship is in Jerusalem." 21 Jesus declared, "believe me, woman, a time is

coming when you will worship the Father neither on this mountain nor in Jerusalem. 22 you Samaritans worship what you do not know; we worship what we do know, for salvation is from the Jews. 23 Yet a time is coming and has now come when the true worshipers will worship the Father in spirit and truth, for they are the kind of worshippers the Father seeks. 24 God is spirit, and his worshipers must worship in spirit and in truth." 25 The woman said, "I know that Messiah" (called Christ) "is coming. When he comes, he will explain everything to us." 26 Then Jesus declared, "I who speak to you am he." 27 Just then his disciples returned and were surprised to find him talking with a woman. But no one asked, "What do you want?" or "Why are you talking with her?" 28 Then, leaving her water jar, the woman went back to the town and said to the people, 29 "Come, see a man who told me everything I ever did. Could this be the Christ?" 30 They came out of the town and made their way toward him.

Question: Why do you think Jesus asks the "why" questions? _____

Mark 7:14-15 - Again Jesus called the crowd to him and said, "Listen to me, everyone, and understand this. 15 Nothing outside a man can make him 'unclean' by going into him. Rather, it is what comes out of a man that makes him 'unclean.'"

Mark 7:21 - For from within, out of men's hearts, come evil thoughts, sexual immorality, theft, murder, adultery, 22 greed, malice, deceit, lewdness, envy, slander, arrogance and folly. 23 All these evils come from inside and make a man 'unclean.'"

Question: Can you think of a time when the "Why question" led you to a breakthrough? _____

Question: How did the family you grew up in express anger, sadness, or fear? _____

Question: How do you deal with anger, sadness, or fear today? _____

Question: Have you ever had a time when you stepped back and asked yourself "How am I feeling right now and why do I feel that way?" _____

If so, what was the outcome? _____