



Emotional Health: Where Are You?

The Anglican Mission Living Classroom

Notes by Jared Fuson



The Goal: LOVE

Living more fully awake, more alive and more into God's design for you, with each other and with Him.

Luke 10:25-28 ²⁵ And behold, a lawyer stood up to put him to the test, saying, "Teacher, what shall I do to inherit eternal life?" ²⁶ He said to him, "What is written in the Law? How do you read it?" ²⁷ And he answered, "**You shall love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind, and your neighbor as yourself.**" ²⁸ And he said to him, "You have answered correctly; do this, and you will live."





Emotions and Feelings

What are they?

What do you think about feelings and emotions?

What did you grow up believing about emotions?

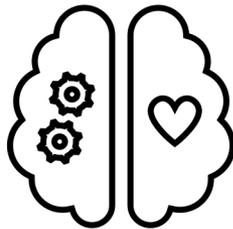
Where did emotions come from?

Are emotions and feelings good?



Emotions and Feelings

Emotions are natural and neurobiological responses in relation to stimuli in our lived environment that are activated through neurotransmitters and hormones released in different parts of the brain, and feelings are the conscious awareness and experience of those emotional responses.





What is Emotional Health?

What is Health?

the state of being free from illness or injury

What Is Emotional Health?

“Emotional health is one aspect of mental health. It is **your ability to cope with** both positive and negative **emotions**, which includes **your awareness of them**. Emotionally healthy people have good coping mechanisms for negative emotions, and they also know when to reach out to a professional for help. Emotional wellness is tied to physical health. People who experience great amounts of stress and negative emotions will sometimes develop other health problems.” (*WebMD*)



Feelings 101: Iceberg Analogy

FEAR

ANGER

PAIN

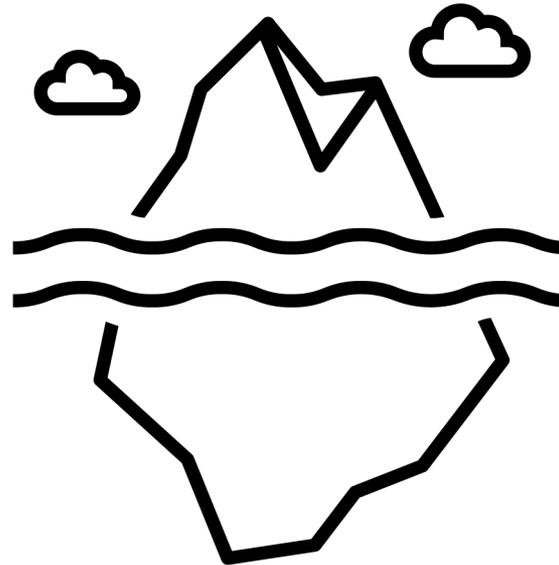
SADNESS

GUILT

SHAME

LONELINESS

JOY



Behaviors

Thoughts

Feelings



Emotional Health: A Case Study

Genesis 3: 7-13 ⁷ Then the eyes of both were opened, and they knew that they were naked. And they sewed fig leaves together and made themselves loincloths. ⁸ And they heard the sound of the Lord God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the Lord God among the trees of the garden. ⁹ But the Lord God called to the man and said to him, "Where are you?" ¹⁰ And he said, "I heard the sound of you in the garden, and I was afraid, because I was naked, and I hid myself." ¹¹ He said, "Who told you that you were naked? Have you eaten of the tree of which I commanded you not to eat?" ¹² The man said, "The woman whom you gave to be with me, she gave me fruit of the tree, and I ate." ¹³ Then the Lord God said to the woman, "What is this that you have done?" The woman said, "The serpent deceived me, and I ate."

What do you observe in Adam - his feeling, his thinking, his behavior?



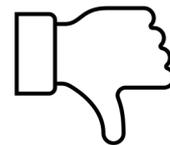
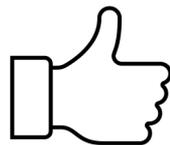
Emotional Health & the Spiritual Life

What does it mean to be spiritual?

Can you have spiritual health and/or sickness?

Can you be spiritually healthy without being emotionally healthy?

What do you think God thinks about our emotions?





The Goal: Love, Maturity and Intimacy

1 Corinthians 13 If I speak in the tongues of men and of angels, but have not love, I am a noisy gong or a clanging cymbal. **2** And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but have not love, I am nothing. **3** If I give away all I have, and if I deliver up my body to be burned, but have not love, I gain nothing. **4** Love is patient and kind; love does not envy or boast; it is not arrogant **5** or rude. It does not insist on its own way; it is not irritable or resentful; **6** it does not rejoice at wrongdoing, but rejoices with the truth. **7** Love bears all things, believes all things, hopes all things, endures all things. **8** Love never ends. As for prophecies, they will pass away; as for tongues, they will cease; as for knowledge, it will pass away. **9** For we know in part and we prophesy in part, **10** but when the perfect comes, the partial will pass away. **11** When I was a child, I spoke like a child, I thought like a child, I reasoned like a child. When I became a man, I gave up childish ways. **12** For now we see in a mirror dimly, but then face to face. Now I know in part; then I shall know fully, even as I have been fully known. **13** So now faith, hope, and love abide, these three; but the greatest of these is love.

What does this passage have to do with our emotional health?

Can you love, mature and be intimate with all of your heart if you aren't emotionally healthy?



Emotional Health: It Starts in the Heart

What is the Heart?

Proverbs 3:5-6 Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.

Proverbs 21:2 Every way of a man is right in his own eyes, but the Lord weighs the heart.

Jeremiah 17:9 The heart is deceitful above all things, and desperately sick; who can understand it?

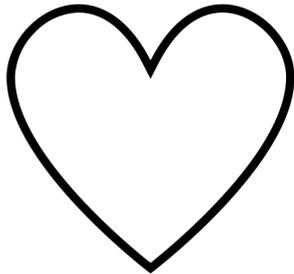
Matthew 5:8 Blessed are the pure in heart, for they shall see God.

Proverbs 4:23 Keep your heart with all vigilance, for from it flow the springs of life.

Why do you think God asks us to keep our Hearts with all vigilance?



The Heart: Feelings & Desires



FEELINGS

Fear
Anger
Pain
Sadness
Shame
Guilt
Loneliness
Joy

DESIRES

To be heard
To be understood
To be affirmed
To be blessed
To be safe
To be touched
To be chosen
To be included



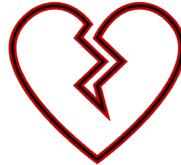
Emotional Health: the Continuum

Impaired	FEELINGS	Nourished
Anxiety/Panic	FEAR	Wisdom/Faith
Rage/Depression	ANGER	Passion
Resentment	PAIN	Healing/Courage
Self Pity	SADNESS	Acceptance
Contempt	GUILT	Forgiveness/Freedom
Toxic Shame	SHAME	Humility/Spirituality
Apathy	LONELINESS	Solitude/Intimacy
Sensual w/o Heart	JOY	Richness/Healing

**adapted from <https://sagehill.co/eight-feelings/>



A Deceived Heart: Impaired

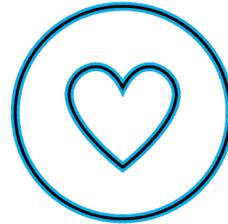


FEELINGS	MINDSET	IMPAIRED	POSTURE	DESIRES
Fear	Denying	Worry/Panic	Entitled	To be heard
Anger	Rationalizing	Rage/Depressed	Demanding	To be understood
Pain	Intellectualizing	Resentment	Judging	To be affirmed
Sadness	Minimizing	Self Pity	Avoiding	To be blessed
Shame	Catastrophizing	Toxic Shame	Presumptuous	To be safe
Guilt	Distorting	Contempt	Manipulating	To be touched
Loneliness	Projecting	Apathetic	Isolating	To be chosen
Joy	Justifying	Toxic Sensuality	Gratifying	To be included

Who are examples of this type of person in the Bible? Describe them...



A Kept Heart: Nourished



FEELINGS

Fear
Anger
Pain
Sadness
Shame
Guilt
Loneliness
Joy

MINDSET

Curios
Assessing
Identifying
Confessing
Exposing
Renewing
Correcting
Rehearsing

NOURISHED

Wisdom/Faith
Passion/Justice
Healing/Courage
Acceptance
Forgiveness/Values
Humility/Spirituality
Solitude/Intimacy
Richness/Healing

POSTURE

Open
Asking
Grieving
Connecting
Inviting
Persevering
Abiding
Trusting

DESIRES

To be heard
To be understood
To be affirmed
To be blessed
To be safe
To be touched
To be chosen
To be included

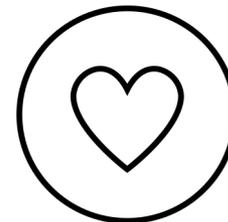
Who are examples of this type of person in the Bible? Describe them...



Emotional Health: Where Are You?

Luke 10:27 And he answered, "You shall love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind, and your neighbor as yourself."

If God were to show up right now in this meeting and ask you "where are you?", how would you respond?





THANK YOU

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