



Thriving Sons & Daughters: Finding Freedom in our Emotions

Date: Sunday 16th February

Speakers: Tom Camacho & Adam Pipe

Key Verses: 1 Peter 5:7-8

Talk Summary:

- We need to learn how to handle our emotions and our inner world. They are a gift from God that we need to learn to understand.
- To be a thriving son or daughter we have to find freedom in our minds and our emotions.
- One of the enemy's strategies is to get us into emotional chaos or emotional shut down.
- We may have different response to our emotions. Sometimes we are like a person sat on top of an elephant. If the elephant (our feelings) decides to turn we feel powerless to change the direction of travel. We are simply led by emotions and they set the agenda (eg an emotional trigger sets us off).
- Others of us keep our emotions in a prison, as we don't want them to get out of hand. Sometimes we try to isolate and shut them down as a way to stay in control. Ultimately that can lead to us to being out of touch or cut off from what we feel.
- Either response is not ideal as our inner life is a place that Jesus wants to be at work so we need to learn to give Christ full access to our inner world so he can help us respond from peace.
- We live in a culture with a growing mental and emotional health crisis.
- How do we make progress? We need to recognise where we are in this journey to health.
- 6 Levels of Emotional Maturity
 - Level 1 - Emotional Responsibility**
You take ownership. Don't blame external forces such as people, places, things, fate etc
 - Level 2 - Emotional Honesty**
Being honest and recognizing what you are feeling. If we can't know our own our feelings we can't do anything with them.
 - Level 3 - Emotional Openness**

Learning to share feelings in an appropriate manner and at appropriate times. For example, expressing that you are fearful or anxious, and choosing not to stuff it down.

Level 4 - Emotional Assertiveness

Recognising that I need some space right now. Also learning how to express feelings appropriately in any situation. eg How to express a feeling without aggressive or manipulative overtones.

Level 5 - Emotional Understanding

You understand what others are feeling and you appreciate your presence and impact on others.

Level 6 - Emotional Detachment

I don't need your approval or affirmation to affect my self of worth and value. I can freely choose to love you needing nothing back.

When we are emotionally mature, we can experience unconditional love for our enemies. That sounds a lot like the way of Jesus.

- **Psalm 51:6** Surely You desire truth in the inmost being; You teach me wisdom in the inmost place.
- Discipleship is simply saying yes to Jesus in each step. In the midst of us opening our hearts to Jesus we experience his healing.
- We can't fix ourselves. We learn to give Christ fuller access to every part of who we are.
- We are all invited to take our seat at the family table so we can be who we are called to be and do what we are called to do.

Resources and next steps

- Sozo Prayer appointments: They aim to quickly get to and deal with the root of things that are hindering your connection with Father God, Jesus and Holy Spirit. (It is not a counselling session). More information at bvc.so/sozo
- Sozo Basic Training - If you want to be equipped to help others, join us for this training event on 13th - 14th March. More details at bvc.so/sozotraining
- Freedom Day – Saturday, 7th March (details online, link in graphic below)

Want more freedom?
Save the Date and Join Us!



FREEDOM DAY

A guided prayer retreat, diving deeper into healing and freedom in Christ

Saturday, 7th March
9:30am - 4:00pm
City Centre Site

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