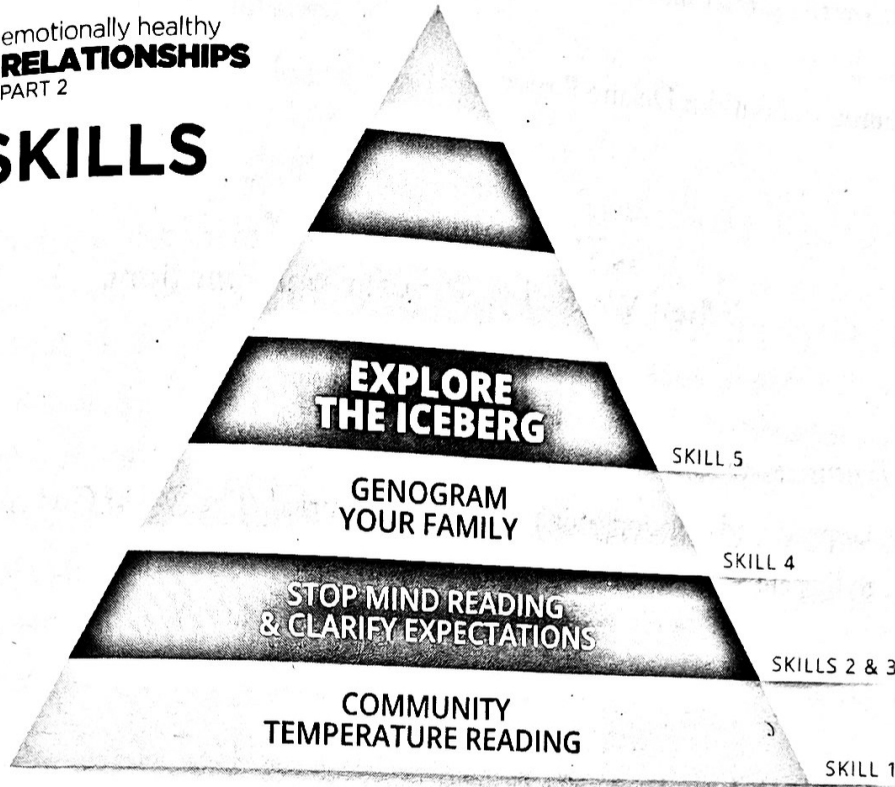


▶ VIDEO: Explore the Iceberg (16 minutes)



8 SKILLS



Video Notes

*What Does It Mean to Explore the Iceberg?*³

The purpose: To become aware of your emotions, with the goal of processing them and discerning God's will.

Scripture teaches that feelings are a key part of what it means to be a human being made in God's image. For example:

- David
- Job
- Jeremiah
- Jesus

Where did we get the idea that acknowledging and expressing authentic emotion is somehow less than spiritual?

Human beings are like icebergs: 10 percent is above the surface and visible; 90 percent is below the surface and invisible.

Example of Franklin Delano Roosevelt

THE WRONG WAY: When We Fail to Process our Emotions

Three Truths about Emotions

1. Unprocessed emotions don't die. They get buried alive. Why? God created them to be paid attention to.
2. Healthy community requires that people know themselves.
3. Feelings help us discern God's voice.

Many of us have an overdeveloped, outer world and an underdeveloped, inner world.

Ask yourself: *How is God coming to me through how I'm feeling?*

Ⓜ *Pause the Video*

Workbook Activities (25 minutes)

Individual Activity (10 minutes)

Read the following instructions aloud before beginning:

1. Four questions will be read aloud and you will be given two minutes per question to write your answers in the spaces provided on following pages.
2. Write as many responses as come to mind. Draw from the present, recent past, or distant past.
3. For some of you, this will flow easily and time will go quickly. For others, it may be difficult and uncomfortable. We invite you to do this before the Lord as a spiritual practice of prayer, letting God guide you. If you finish before the allotted time frame ends, don't be afraid of the silence. Be open to anything else God may want to bring to the surface.
4. You may want to begin each of the four questions by closing your eyes for a few moments before you start writing.

What are you angry about (from the past or present)?

What are you sad about (e.g., a small or big loss, disappointment, or choice)?

What are you anxious about (e.g., your money, future, family, health, job)?

What are you glad about (e.g., a relationship, an opportunity, your church)?

Small Group Sharing (15 minutes)

In groups of three or four:

1. What was the individual activity like for you? What did you learn?
2. How did the family you grew up in express anger, sadness, or fear?
3. How do you deal with your anger, sadness, or fear today?