



# SUN GROVE CHURCH

## Relational Revolution Becoming Aware

"People travel to wonder at the height of mountains, at the huge waves of the sea, at the long courses of rivers, at the vast compass of the ocean, at the motion of the stars; and they pass by themselves without wondering." - St. Augustine

- Unprocessed emotions don't die; they get buried alive.
- We can experience breakthroughs in our relationship with God and our relationships with those closest to us.
- Matthew 22:36-40

Being Aware = Knowing Your Emotions and Motivations.

- Proverbs 20:5

"Self-awareness is never the destination; it is only a step on the way to transformation. A healthy self-awareness should put us on (and keep us on) the road to sanctification." - Tim Keller

- We Can Choose to Be Resistant.
- We Can Choose to Be Resigned.
- We Can Choose a Relational Revolution.

Jesus is the most emotionally intelligent person who ever lived!

Jesus is Aware of His Emotional Health!



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“Scripture portrays Jesus as one who had intense, raw, emotional experiences and was able to express his emotions in unashamed, unembarrassed freedom to others.” -Pete and Geri Scazzero

- Jesus was anything but an emotionally frozen Messiah.

## A. Jesus Felt Anger.

- How did Jesus manage his anger?
- Matthew 23:1-4, 13
- Jesus identified what made him angry, and then he expressed his anger clearly and directly in healthy ways.

## B. Jesus Felt Sadness.

- John 11:32, 35

## C. Jesus Felt in the Garden of Gethsemane?

- Luke 22:41, 43-44

## D. Jesus Felt Gratitude.

- Luke 10:21

## Practice Self-Awareness:

- How am I feeling right now?
- Why do I feel this way?