

23-Are Emotions and Feelings Destroying Relationships?

Emotions are powerful. There is energy in every emotion. There is energy to build up as well as energy to destroy. Knowing the potential impact behind an emotion is key to managing your emotional life. In our session “Does Something Need to Be Said Now by Me?”, we explored three questions:

Does something **need to be said**?

Does it need to be said **now**?

Does it need to be said **by me**?

Taking a moment in the middle of the flooding from an emotional tidal wave to ask these questions can make the difference between healing and destruction! Realizing that “hurt people hurt people” can change your perspective from victim to healer. How you see the situation is key to whether healing or destruction will be the outcome. Many relationships end when an emotional event creates a division that cannot be breached. Hard feelings result and a relationship is destroyed.

Often, it is just the choice of a few words that can make the difference. 'You were right' is more powerful than 'I am sorry' because 'I am sorry' doesn't imply necessarily that the other person was right. If you are in doubt about whether something needs to be said --- be guided by values, not feelings. When you speak the truth in love, you are valuing the relationship above your feelings.

The bottom line is simple--- when emotions dominate, maturity and wisdom deteriorate. We are to share the love and grace we receive from Jesus with everyone with whom we come in contact. Many of those who trigger our emotions are hurting! They need forgiveness and grace more than wrath! They need the Love and Grace we receive from Jesus shared with them! Love and Grace heals! Emotional outbursts destroy!

Verses:

Proverbs 29:11 “A fool gives full vent to his spirit, but a wise man quietly holds it back.”

Proverbs 15:18 “A hot-tempered man stirs up strife, but he who is slow to anger quiets contention.”

Proverbs 15:13 “A glad heart makes a cheerful face, but by sorrow of heart the spirit is crushed.”

Romans 12:9 “Let love be genuine. Abhor what is evil; hold fast to what is good.”

Romans 12:15 “Rejoice with those who rejoice, weep with those who weep.”

Ephesians 4:26-27 “Be angry and do not sin; do not let the sun go down on your anger and give no opportunity to the devil.”

Personal Reflection:

When have you allowed emotions to harm a relationship? What do you need to do to restore that relationship? What can you do today to prevent emotions from hijacking your reaction when you are emotionally flooded?

Group Discussion:

Share with the group who you will be reaching out to as you allow Jesus to restore damaged relationships.

How can the group pray for you as you extend grace and ask for forgiveness?