



# **DISCOVERING RELATIONAL WISDOM**

## **SIX SKILLS THAT IMPROVE EVERY RELATIONSHIP IN LIFE!**

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### **Personal Study Notes**

### **Lesson 2**

### **Emotions Were Designed by God**

#### **Student Information**

Name:

Email:

Mailing Address:

Date Course Started:

Date Course Completed:

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## STUDY OVERVIEW AND REQUIREMENTS

- Please save these study notes as a Word document in a folder on your own computer or smartphone and answer the questions using your computer or smartphone rather than writing information in by hand. You may cut and paste or type text directly into this document, which will expand as you proceed.
- We encourage but do not require all students to answer at least half of the questions in each section of these Study Notes. If you choose to answer more questions, you will see greater improvement in your relational skills.
- If you are taking this course for academic or continuing education credit, for RW coaching or as part of your training for certification as an RW Instructor or RW Coach, you are required to answer at least half of the questions in each section of this document and submit a copy of your notes to your instructor or coach for evaluation at the end of the course.
- If you are taking this course with a group of friends or co-workers, you may print out a copy of your study notes and take them with you when your group meets to discuss what you are learning.
- You may answer these questions with as much or as little detail as you choose. One or two sentences is fine, but if you like to write more, go for it! If you are taking the course as part of a study group, however, keeping your answers relatively concise will make it easier to share them with your group.

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### EMOTIONS MOVE OUR RELATIONSHIPS REFLECT AND APPLY 2A

1. Describe one or two insights about emotions you gained from this teaching.
2. Why is it important to realize that God designed emotions to move us to action?
3. Describe a situation in which your emotions drove noble and constructive behavior.
4. Describe a situation in which your emotions drove regrettable and destructive behavior.

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## TEACHING VIDEOS: EMOTIONS CAN HIJACK US

### REFLECT AND APPLY 2B

1. Describe one or two insights about relationships you gained from this teaching.
  
  2. Describe a time when you were emotionally hijacked. What did you say and do? How did your words and actions affect others?
  
  3. Think of a situation where you have a tendency to react emotionally and impulsively ... possibly to the point of being emotionally hijacked. If you could change one thing about how you respond in that type of situation, what would it be? Why?
  
  4. Now that you know that data reaches your amygdala (emotional brain) before it gets to your neocortex (rational brain), identify some specific ways that you could guard against the tendency to react impulsively when emotionally provoked?
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## TEACHING VIDEO: GOD IS REDEEMING OUR EMOTIONS

### REFLECT AND APPLY 2C

1. Describe one or two insights about relationships you gained from this teaching.
  
2. How does the gospel impact our ability to counteract the way that sin has twisted our emotions?
  
3. God created us with brains that have both an emotional capacity and a rational capacity. As his grace redeems our minds, how could those two capacities work together in a way that benefits and strengthens our relationships?
  
4. What biblical truths could you preach to yourself when your emotions are threatening to hijack you?

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## SEARCH THE SCRIPTURES

**Reflect:** Having read the supporting Scriptures for this less, how would you expand or elaborate on one or two of the key principles in this lesson? Feel free to refer to additional passages that support a particular principle.

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## DIGGING DEEPER

The following blog posts illustrate different ways to apply relational wisdom in daily life. We encourage you to read the posts that seem most relevant to your life at this time. If you are taking this course for **credit or certification**, you need to read at least **half** of these posts and answer the associated questions.

### [The Three Faces of Fear](#)

1. Think of the last time you tried to control a relationship, reacted with anger, or withdrew from someone. What was the reason? The outcome?
  
2. Think of someone who responds to you with control, anger or withdrawal. What concerns, anxieties, apprehensions or other forms of fear might trigger that behavior? The next time this happens, what would be the best way for you to respond?
  
3. Meditate on 1 John 4:18 and 2 Timothy 1:7. How can these promises guide your attitude and behavior the next time you encounter control, anger or withdrawal, whether in yourself or another person?

### [Raising Emotionally Stunted Boys](#)

1. What messages did you receive as a child as to how boys and girls are supposed to handle emotions? How do those messages carry into your adult life?
  
2. What messages do you send to the children in your life, either through your words or example?
  
3. What messages does our culture send us every day about how men should handle emotions? How are those messages affecting our relationships and communities? If you're not sure, see [The](#)

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[Suppression of Boy's Emotional Expression Is a Killer](#) and [How to Help a Man Who Struggles with Emotions](#).

4. Who are some of the happiest, most fulfilled and influential people you know? How do they express and handle emotions?
5. How would the people in your life be impacted if you learned to connect with them at a deeper emotional level?
6. What concrete steps do you plan to take in the days ahead to learn how to fulfill God's design for you to experience, express and respond to emotions?

### [Emotions in Christian Anthropology](#)

1. Brian writes: "God does not want your mind. God does not want your heart. God does not want your will. We are slow learners, for we should have known as much from the First Great Commandment: "Love the LORD your God with all your heart and with all your soul and with all your strength" (Deut. 6:5). God wants the whole you." Re-write this statement in your own words.
2. What insights in this article had you not seen before? Which ones were most helpful?
3. How could these insights into emotions in Christian anthropology help you to improve your ability to manage your emotions and have empathy toward other people?

### [Can Neuroscience Help Us Disciple Anyone?](#)

4. Why is it important for Christians, and especially pastors, to be serious students of neurology?
5. How can habits make our lives easier? How can they make our lives more difficult?

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6. Explain how statement encourages you: "Here's a thought worth contemplating: what must Jesus' brain have been like? Imagine having neural circuits honed and trained to trust God, to respond to challenge with peace, or to irritation with love, or to need with confident prayer. Here's another thought worth contemplating: We have the mind of Christ."