



Life Group Preparation Notes:
Emotionally Healthy Relationships
Session 4 - Explore the Iceberg

In preparation for Life Group:

Watch Vimeo: Session 4. Watch the session at home in preparation for life group.
<https://vimeo.com/332669657> (Password for vimeo link is: EdgeChurch). Make notes as you watch. Share one phrase that impacted you most from the video in group time.

Notes from the video - refer to them when watching the video:

Explore the Iceberg:

- **What does it mean to Explore the Iceberg?**
 - **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. A genogram is a visual tool to help us look at the history and dynamics of our family over three or four generations.
 - The purpose: To become aware of and to break the sinful pattern in your family of origin in order to live out your God-given purpose in the world.
 - Human beings are like icebergs: 10 percent is above the surface and visible; 90 percent is below the surface and invisible.

- **Three Truths about Emotions:**
 1. Unprocessed emotions don't die.
 2. Healthy community requires that people know themselves.
 3. Feelings help us discern God's voice.

Group Time:

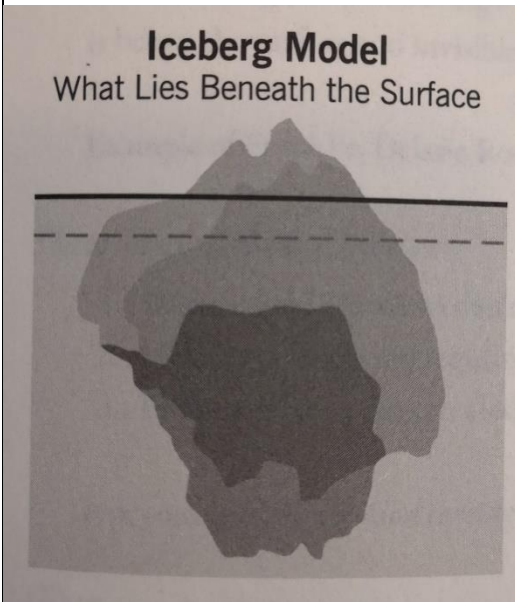
Worship: Suggested song is "New Wine" By Bethel Worship. Listen to the words of the song and pray back to God a phrase that stands out to you.

Pray: Take 2 minutes of silence to "be still and know that I am God." Psalm 46:10. Then pray prayers of thanks for His presence.

Check-in: Share on a scale of 1-5, with 5 being the highest, how you would rate your awareness of what is going on inside of you. Explain the reason for your rating.

Purpose: To become aware of your emotions and learn how to process them.

Introduction: “As the accompanying image illustrates, about 10 percent of an iceberg is visible at the surface, representing the part of our lives that people see. It can also represent the part of our lives that we are consciously aware of.



The Titanic sank because it collided with a section of the submerged 90 percent of an iceberg. Most people shipwreck, or live inconsistent lives, because of forces and motivations beneath the surface of their lives that they have never considered.

Solomon said it well in Proverbs 4:23, “Above all else, guard your heart, for everything you do flows from it.”

Scripture portrays Jesus as deeply aware of who He is and what he is feeling. We read of him responsibly experiencing the full range of human emotions throughout his earthly ministry.

This contributed to his faithfulness in following the Father’s unique plan for his life, and his breaking away from the expectations of his family, friends, disciples and the crowds.”

Bible Study: Psalm 22:1-2, 12-14

Group Discussion:

1. Read the above verses aloud. Name a few of the emotions David may have been feeling as he wrote this Psalm.
2. If David visited your church and shared what he wrote in these verses, how might you respond?
3. Write as many responses as come to mind to the following 4 questions. Draw from the present, recent past, or distant past.
 - What are you angry about?
 - 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)Share with the group what you learnt from the questions above.

4. How did the family you grew up in express anger, sadness, or fear?
5. How do you deal with your anger, sadness, or fear today?

Check-out and Prayer:

The Bible shows that we can and should express our emotions to God no matter how raw and rough they may be. This will bring peace and healing to our hearts.

In this check out and prayer time, tell God what you are either angry, sad or fearful about. Then thank Him that He cares and understands and is always with you.

Application:

- Practice the Explore the Iceberg skill at least once a week, in your journal or aloud with your life group partner.

I plan on practicing the Explore the Iceberg skill:

With whom? _____

When? _____

- Pray the Psalms, personalizing them for your emotions.
- Print out your notes and keep them in your file. Bring your file to life group each week.

Others:

Watch for opportunities to share with others an aspect that has been meaningful to you from this session.

Taken from *Emotionally Healthy Relationships* by Peter L. and Geri Scazzero

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