

## “Relationships & Emotions”

### Relationships Part 1 - Emotions

Relationships and emotions often go hand-in-hand. In fact, it would be quite difficult to relate to anyone without experiencing some degree of emotion. However, the Word teaches us that there is to be joy in relating to others, especially when that other person is our spouse.

#### Genesis 2:22-23 NLT

**<sup>22</sup>Then the LORD God made a woman from the rib, and he brought her to the man.**

**<sup>23</sup> “At last!” the man exclaimed.**

**“This one is bone from my bone,  
and flesh from my flesh!  
She will be called ‘woman,’  
because she was taken from ‘man.’”**

What type of emotions do you experience most when interacting with your spouse?

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Though God intended for there to be joy in relationships, when sin entered the picture, things changed. Sin brought about fear in relationships. Before Adam and Eve sinned against God, they had the perfect loving relationship with him. However, immediately after sinning, Adam and Eve became afraid of God and tried to hide from him.

#### Genesis 3:8-10 NLT

**<sup>8</sup>When the cool evening breezes were blowing, the man and his wife heard the LORD God walking about in the garden. So they hid from the LORD God among the trees. <sup>9</sup> Then the LORD God called to the man, “Where are you?”**

**<sup>10</sup>He replied, “I heard you walking in the garden, so I hid.  
I was afraid because I was naked.”**

As a result of sin, God and man’s relationship became dysfunctional. Not only did Adam and Eve become afraid of God, but they also grew aware of their nakedness. In the same way, our relationships can quickly become dysfunctional if sin is committed.

Do you consider any of your relationships to be dysfunctional? If so, in what way?

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Can you identify a particular sin that may have caused the relationship to be dysfunctional?

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**Genesis 3:11-13 NLT**

**<sup>11</sup> “Who told you that you were naked?” the LORD God asked. “Have you eaten from the tree whose fruit I commanded you not to eat?”**

**<sup>12</sup>The man replied, “It was the woman you gave me who gave me the fruit, and I ate it.”**

**<sup>13</sup>Then the LORD God asked the woman, “What have you done?”**

**“The serpent deceived me,” she replied. “That’s why I ate it.”**

With God, there’s no need to play the blame game. He searches our heart and knows our thoughts before we even speak. God asks that we be honest and loving towards him and our neighbors. The primary purpose for every relationship amongst the body of Christ should be to bring glory and honor to God. Lying and blaming others for our sins does not honor God, and as you will see in the following scripture, it is definitely not God’s will for the believer.

**Philippians 2:1-2 NLT**

**<sup>1</sup>Is there any encouragement from belonging to Christ? Any comfort from his love? Any fellowship together in the Spirit? Are your hearts tender and compassionate? <sup>2</sup> Then make me truly happy by agreeing wholeheartedly with each other, loving one another, and working together with one mind and purpose.**

What are some instances when you've played the "blame game" with God?

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What is the purpose of your relationships? Is it to glorify God?

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### **Relationships Part 2 - Fear**

Definition of fear: a strong emotion of some real, imagined, or anticipated event.

Plainly stated, fear is of the enemy. Though God expects us to fear him reverentially, to live in fear is not his will for our lives. It's just one of the many ways Satan tries to separate us from the promises of God. But thankfully, we have the victory over Satan and fear!

#### **II Timothy 2:7 NLT**

**For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.**

Other than God, Is there anything or anyone that you fear?

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There is no need to fear or worry about anything. However, we are called to use wisdom when entering into any situation or relationship.

#### **Proverbs 27:12 NLT**

**A prudent person foresees danger and takes precautions.  
The simpleton goes blindly on and suffers the consequences.**

Ask God for wisdom and understanding, and allow his spirit to guide you. Don't allow fear to control your actions, especially when it comes to sowing. In this next passage, let's look at how being fearful caused a man to lose everything.

**Matthew 25:25 -28 NLT**

**“Then the servant with the one bag of silver came and said, ‘Master, I knew you were a harsh man, harvesting crops you didn’t plant and gathering crops you didn’t cultivate. <sup>25</sup> I was afraid I would lose your money, so I hid it in the earth. Look, here is your money back.’**

**<sup>26</sup> “But the master replied, ‘You wicked and lazy servant! If you knew I harvested crops I didn’t plant and gathered crops I didn’t cultivate, <sup>27</sup> why didn’t you deposit my money in the bank? At least I could have gotten some interest on it.’**

**<sup>28</sup> “Then he ordered, ‘Take the money from this servant, and give it to the one with the ten bags of silver. <sup>29</sup> To those who use well what they are given, even more will be given, and they will have an abundance. But from those who do nothing, even what little they have will be taken away.**

What has fear cost you?

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Often times fear derives from a lack of trust. When a person doesn’t trust God, they get scared when test and trials come their way. That’s because they don’t trust God enough to believe he will help them make it through.

**Matthew 14:25-27 NLT**

**About three o’clock in the morning, Jesus came toward them, walking on the water. When the disciples saw him walking on the water, they were terrified. In their fear, they cried out, “It’s a ghost!”**

**But Jesus spoke to them at once. “Don’t be afraid,” he said.  
“Take courage. I am here”**

Do you trust those who you’re in relationship with? Why or why not?

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**Relationships Part 3 – The Green Eyed Monster**

Definition of Jealousy: an emotion and typically refers to the negative thoughts and feelings of insecurity, fear, and anxiety over an anticipated loss of something that the person values.

As you've undoubtedly heard many times before, God is a jealous God.

**Exodus 20:5 NLT**

**You must not bow down to them or worship them, for I, the LORD your God, am a jealous God who will not tolerate your affection for any other gods.**

The jealousy he portrays towards us is the same jealousy a husband should have for his wife. Her affection should be for him and no other man. However, jealousy in marriages can sometimes go beyond the godly realm and into the danger zone. It is important that jealousy in a marriage stem from love and not be coupled with anger or malice.

What type of jealousy have you experienced in your relationship with your spouse? With friends and family?

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When it came to Jesus, Peter possessed an ungodly kind of jealousy. He wasn't jealous of Jesus, but of "the disciple whom Jesus loved."

**John 21:18-21 NLT**

**<sup>18</sup>I tell you the truth, when you were younger you dressed yourself and went where you wanted; but when you are old you will stretch out your hands, and someone else will dress you and lead you where you do not want to go." <sup>19</sup>Jesus said this to indicate the kind of death by which Peter would glorify God. Then he said to him, "Follow me!"**

**<sup>20</sup>Peter turned and saw that the disciple whom Jesus loved was following them. (This was the one who had leaned back against Jesus at the supper and had said, "Lord, who is going to betray you?") <sup>21</sup>When Peter saw him, he asked, "Lord, what about him?"**

Surely it was difficult for him that Jesus seemed to esteem other disciples above him. However, unlike Peter, we have to remember that God is no respecter of persons and that there's no reason for us to be jealous of our brothers and sisters in Christ.

Can you recall an instance where you were jealous of the favor someone else received from God or your pastor?

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As the following scripture implies, ungodly jealousy is sin and can lead to death.

**Proverbs 14:30 NLT**

**A peaceful heart leads to a healthy body; jealousy is like cancer in the bones.**

If you harbor any jealousy towards anyone, let go of it now. Don't allow it to take root in your life. It could not only destroy your relationships with other people, but it could be a major hindrance in your relationship with God.

**Relationships Part 4 – Anger**

Definition of anger: a strong emotion; a feeling that is oriented toward some real or supposed grievance.

Are you tired of anger being an issue in your life? Well, the Bible tells us that anger is not a sin. However, when dealt with improperly, anger can become a major problem.

**Ephesians 4:26 NLV**

**And don't sin by letting anger gain control over you. Don't let the sun go down while you are still angry.**

Is anger a problem in your life or in your relationships? Why or why not?

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To get control on anger, we need to first realize that it is an emotion and can be a stronghold that the devil uses. We cannot hold onto anger. When we do, it can grow into rage, which is definitely a sin. On the other hand, anger can be a gift. God feels anger. Jesus felt anger when he walked on this earth. We should not feel guilty when we feel anger. That can make the problem worse because we ignore it and then it grows. We

need to deal with it as soon as we feel it. We need to talk about it. We should ask ourselves, "Are we grieved in our spirit or being irritated in our flesh?"

Are there times you have been grieved in your spirit? Has that resulted in anger? Did you feel guilty when that happened?

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When we are grieved in our spirit, that is an indication that one of God's laws has been violated. When this is the cause for our anger, we should not feel guilty, but rather handle the situation according to God's Word. On the contrary, getting angry for having to wait in line—that is our flesh, and in those cases we need to practice self-control.

Are there times I am angry because my flesh is irritated? Do I get angry when I wait in long lines – or when my order is messed up etc?

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Let's look at Jesus and the money-changers in the following scripture.

**Matthew 21:12-13 NLT**

**Jesus entered the Temple and began to drive out the merchants and their customers. He knocked over the tables of the money changers and the stalls of those selling doves. He said, "The Scripture declares 'My Temple will called a place of prayer', but you have turned it into a den of thieves!"**

As we look at this passage we learn that Jesus was grieved in His Spirit because the people were being cheated by the money-changers, and they were keeping the people from worshipping God. The result of this was Jesus' anger. Through his anger, the Temple was cleansed and miracles began happening immediately. We see evidence of this in the following scripture.

**Matthew 21:14 NLT**

**The blind and lame came to him, and He healed them there in the Temple.**

We then learn that the Pharisees were angry, but their anger was unrighteous. Jesus' anger, on the other hand, was righteous. Jesus fixed the problem. In the same way, if we handle situations with our loved ones in the right way, we can restore relationships. So

don't be afraid to be angry. Just employ self-control and don't allow your anger to grow into an ungodly rage.

We need to ask ourselves, "What is the result of our anger?"

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Have you lost relationships because of your anger?

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Is our anger a result of someone doing us wrong? If this is the case, then we don't need to become violent, we need to pray. We need to talk to the person that wronged us. Sometimes that emotion of anger can restore relationships. But sometimes the other person is not willing to listen to you. However, you owe it to yourself and God, to do all that you can do. Remove the hindrance and rectify the situation.

Sometimes our emotion is so strong that we destroy every one in our path. We need to pray and ask God to let us know when we are about to become out of control. We need to submit to Him to help us, because we cannot do it without Him. Jesus is our answer in all things. Jesus had the opportunity to be angry everyday, but he kept his peace. We need to be able to walk in peace even when we are insulted.

Let us look at what the Bible says about responding to insults in the following scripture.

**1 Peter 3:9 NLT**

**Don't repay evil for evil. Don't retaliate when people say unkind things about you. Instead, pay them back with a blessing. That is what God wants you to do and He will bless you for it.**

Do you pay your enemies with a blessing? If so, how?

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We shouldn't get into our flesh by throwing things and swearing at people. Instead, we should bless them and God will bless us. Anger is not a sin, but the longer we hold it in, the more likely it will turn into bitterness and rage.

God wants us to do the right thing when we become angry. He wants us to walk in peace, keep our self-control, and depend upon Him to help us do this. Ask God to show you what to say, when to say it, and the right way to say it.

Anger can be a gift if we allow Jesus to lead us in the right way. When you start to feel angry, remember this scripture:

**Proverbs 15:1 NLT**

**A gentle answer turns away wrath, but harsh words stir up anger.**

Think about times when a soft answer could have averted an angry situation. Now think ahead about how you will prayerfully give a soft answer when the situation arises. List below.

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**My Prayer for You**

Father we ask you in Jesus Name to bless us and give us a calm and gentle spirit. I ask Father that you will teach us by your Holy Spirit how to be angry and sin not. Father when there is opportunity for things to get out of hand please give us courage in you to be firm and yet gentle. Teach us Father to be angry and sin not and teach us to repay evil with a blessing that we might inherit a blessing. We pray this in Jesus Name.

**AMEN!**

If you enjoyed this Encouragement Guide you might benefit from purchasing this teaching series. You can order a DVD copy of the 4 Part Relationship series by visiting [www.monicaspeaks.com](http://www.monicaspeaks.com). Just ask for the series entitled "Relationships & Emotions: Emotions, Fear, Jealousy, and Anger."

Shalom,  
Monica