DEALING WITH BARRIERS TO GODLY LEADERSHIP

The Emotional Pains that Fill our Lives

Depressed mood, anxiety/panic attacks

Low self esteem/sense of self-worth, lack of confidence

Physical side effects e.g. loss of energy, appetite, sexual drive, inability to concentrate, sleep disturbance

Escape into... work, drugs, infidelity, pornography, gambling, isolation, food

Impatience, criticism, quick temper, controlling behaviours

Persistent physical complaints e.g. headaches, stomach-aches, high blood pressure, ulcers

Loss of positive emotions like love, joy, peace, affection, romance

Symptoms of a Full Cup

THINGS THAT FILL OUR EMOTIONAL CUP		WAYS TO APPROACH THESE EMOTIONS
Stress builds up as we try to deal with the deeper emotions	**STRESS**	Manage Philippians 4:4-9
Anxiety is quick to follow	**ANXIETY**	Cast on Christ 1 Peter 5:7
We begin to feel insecure about whether we are valued, loved, appreciated, wanted etc.	**INSECURITY**	Adopt true identity Romans 8:14
Guilt quickly becomes condemnation experienced as shame	**CONDEMNATION**	Embrace truth that sets free John 8:32, Romans 8:1
We tend to retaliate, verbally, emotionally, physically, and then experience guilt	**GUILT**	Confess 1 John 1:9
Hurt also leads to fear, fear of things being repeated in the future	**FEAR** Often beneath the fear are lies	Displace or cast out 1 John 4:18-19
When hurt we feel violated, sad, vulnerable, so to protect ourselves we become angry	**ANGER** Often linked with bitterness, resentment and unforgiveness	Forgive Ephesians 4:31-32
Hurt caused by unmet needs, bereavement, selfishness and evil in a fallen world	**HURT** Often linked with loss, sorrow, powerlessness	Mourning and comfort heals hurt Matthew 5:4, 2 Corinthians 1:1-3

Based on work by David Ferguson at Intimate Life Ministries