



Romans 12:2) | SCRIPTURE

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Managing Emotional Mayhem - Part 2 | SERMON

A child's behavior is a form of communication.

Many of the generational curses that we deal with today in the church, are a result of past behaviors or unhealthy methods of punishment.

*"Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect." (Romans 12:2)*

Parents, you are your child's first teacher.

Emotional Awareness

Jeremiah 17:9 says, "The human heart is the most deceitful of all things, and desperately wicked. Who really knows how bad it is?"

Luke 6:45 says, "A good person produces good things from the treasury of a good heart, and an evil person produces evil things from the treasury of an evil heart. What you say flows from what is in your heart."

Embrace the opportunity to look within and allow God to begin healing your emotional self so you can effectively teach emotional wellbeing to your children.

Relational Awareness

Research indicates the way parents treat each other is even more powerful for a child than the way the parents treat the child. (Szalavitz & Perry, 2010)

Dysfunctional parental relationships = dysfunctional child relationships

Research indicates couples that were more emotionally competent in their marriage were also more effective in helping children manage their feelings in healthy ways (Katz & Gottman, 1994)

Root Causes

Examples of primary emotions are: angry, sad, scared, and happy.

The primary emotions are uncomplicated, natural responses that are innately fundamental to human functioning (Spradlin, 2003).

Secondary emotions can be: frustrated, disappointed, anxious, and calm.

Secondary emotions are considered secondary because they are not necessarily related to an innate survival response in a given situation. They are tied to a story or adaptive belief we have embraced as truth.

Our primary emotions are how we experience life.

NOTES



The devil will often use secondary emotions to mask what we are really feeling so that we cannot properly deal with them, often causing those emotions to fester into deep wounds.

Emotions that are not dealt with cause us to put up defenses which is how other people experience us.

The two foundational experiences in life are LOVE and FEAR.

Defense—> secondary emotions—> primary emotions—> foundational experience

Self-Regulation

1 Peter 5:7 says "Give all your worries and cares to God, for he cares about you."

When you set the tone for love, compassion, actually processing your emotions (on a daily basis) you will find that your children will copy you and do the same.

Here are some practical facts as to why this is important:

1. Children who learn to manage and express their emotions create healthier relationships.
  2. Children with emotional and social competence are more successful in school and in the work place.
  3. Emotional health equals optimal brain function.
  4. Helping children manage upset feelings is a form of disease prevention. The toxicity of poorly managed feelings is on par with how smoking cigarettes contributes to poor health. (Our unmanaged upset feelings is just as toxic to our health as smoking cigarettes.)
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