

Do you  
want to be...

# Free At Last?



## OUTLINE

### Lesson #4

## OVERCOMING COMMUNICATION BARRIERS: Learning to Trust & Share Feelings

1. Foundation for Building Healthy Relationships
2. Creating a Relational Culture: Isaiah 41:21, 1 John 3:21, Pro23:7, Pro 29:25
3. What are Feelings?
  - Purpose and importance of feelings to personal growth and liberty
  - How Jesus revealed feelings and demonstrated relational culture: Heb 4:15, Lu 17:17-18, John 11:5,33, 35-36, Luke 7:12-15, John 11:35, Mark 10:21, Luke 23:34, Matt 15:32, John 19:26-27, Matt 23:37
  - How feelings become frozen and buried: Rom 5:20
  - Relationship Assessment
4. Changing Negative Feelings by Changing Belief System: Phil 4:8-9, 1 Cor 3:7, Rom 8:6-7, 2 Cor 10:5, Heb 4:12
5. Basis of Happiness and Mental Health – Becoming Relational
  - Taking off the mask: Pro 28:13
  - Be witness for truth: Zech 8:16
  - Esteem others greater: Zech 7:9, 1 Cor 13:5, Phil 2:3, Rom 12:10, Matt 7:12, Rom 12:10
  - How to express complaints/grievances: Matt 18:15, Pro 25:9, Pro 15:1, Gal 6:1-2
6. Principle of Yielding: Rom 12:18, Pro 27:17, Pro 27:6, 1 Peter 5:5
  - Coping with unresolved Issues: 2 Cor 10:4-5, James 3:13, 1 Pe 2:23, 1 Pe 2:15-16
  - Separating for a season: Acts 15:39-40, 2 Ti 4:11
7. Class Assignment
  - Journal feelings/revelations gleaned from lesson
  - Read Pages 41-46 pertaining to feelings from Chapter 4 of Free at Last
  - Engrafting Exercises:
    - ▶ “Scriptures for Trusting & Sharing”
    - ▶ Memorize 1 Cor 13:4-6
  - Bring moral inventory to class (from Lesson #3)