

Wholehearted Love

Marriage, Singleness, and Emotional Health

Part 2 Loving From The Inside Out

Psalm 139; Proverbs 4:23; Luke 6:45



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We don't enter relationships or marriage as blank sheets of paper. We bring our family history with us. Our upbringing will influence:

- *how we respond to conflict*
- *how we handle authority*
- *how we communicate*
- *how we understand success*
- *how we respond to failure*
- *how we deal with emotions*
- *how we relate to money*
- *how we understand work*
- *how we experience intimacy*
- *how we lead*

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The goal is to recognise the limits and patterns inherited from our family so that they no longer unconsciously control us.

- What happened to you may not be your fault, but allowing it to determine how you love others is something Jesus wants to transform.
- The Holy Spirit doesn't only want to change our behaviour. He wants to transform ***THE PATTERNS BENEATH*** our behaviour.

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BIG IDEA FOR TODAY'S MESSAGE:

We cannot consistently love others in a healthy way without allowing God to transform the inner world from which our love flows.

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Psalm 139:1-4

God already knows what is happening inside me.



Proverbs 4:23

I need to pay attention to what is happening inside me.



Luke 6:45

What is happening inside me eventually comes out through my words and behaviour.

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**WHOLEHEARTED LOVE FROM THE
INSIDE OUT MEANS UNDERSTANDING
THAT GOD KNOWS MY HEART**

(PSALM 139:1-4, 13)

READING 1

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Before I can understand my heart, I need to know that God already understands my heart.

- God knows the hidden places.
- God knows my fears.
- God knows my motives.
- God knows my wounds.
- God knows my desires.

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- **Psalm 139:23-24**

*“Search me, O God, and know my heart;
test me and know my anxious thoughts.
Point out anything in me that offends you,
and lead me along the path of everlasting life.”*

- **Hebrews 4:13**

“nothing is hidden...”

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**WHOLEHEARTED LOVE FROM THE
INSIDE OUT MEANS PAYING
ATTENTION TO WHAT IS HAPPENING
ON THE INSIDE**

(PROVERBS 4:1-2, 20-23)

READING 2

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Proverbs isn't presenting isolated psychological tips like some online influencer.

It is wisdom for living God's way in the real world.

Proverbs 4:23 belongs within the father's extended instruction:

LISTEN → RECEIVE WISDOM → INTERNALISE IT → LET IT SHAPE YOUR LIFE.

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Biblical wisdom goes further than self help
even emotional support:

**Look inside yourself in the presence of God,
allow His wisdom to reshape you,
and let that transformed inner life flow outward.**

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The heart determines the course of your life, it informs our everyday choices:

- *thoughts*
- *desires*
- *emotions*
- *memories*
- *motives*
- *choices*
- *will*
- *moral discernment*
- *commitments*
- *the direction in which your life is heading*

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So when Proverbs says “guard your heart,” it isn’t saying, **“Don’t allow yourself get hurt emotionally.”**

It is much deeper: **“Pay attention to what is happening in the inner person from which your whole life is being generated.”**

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“Guard” doesn’t mean “build walls”

- The Hebrew verb is נָצַר (*natsar*) — to guard, watch, preserve, keep under protection.
- The phrase translated “**above all else**” / “**with all diligence**” is *mikkol-mishmar* — literally something like “**above every guarding**” or “**with the utmost vigilance.**”

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So guarding your heart does NOT mean:

- *don't ever trust anyone*
- *don't ever be vulnerable*
- *don't love deeply*
- *protect yourself from getting hurt*
- *keep people at a distance*
- *suppress difficult emotions*
- *never depend on anyone.*



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**GUARDING YOUR HEART MEANS PAYING ATTENTION
TO WHAT IS SHAPING YOUR INNER WORLD AND
BRINGING IT HONESTLY BEFORE GOD.**

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- A healthy Christian doesn't say: "I shouldn't feel angry."
They say: ***"Lord, why am I angry? What is happening in me?"***
- A healthy Christian doesn't say: "I shouldn't feel rejected."
They say: ***"Lord, why does this rejection have such power over me?"***
- A healthy Christian doesn't say: "I shouldn't need people."
They say: ***"Lord, what kind of attachment, security and belonging am I seeking from this person?"***

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ASK: WHAT IS HAPPENING INSIDE ME?

- *What am I believing?*
- *What am I fearing?*
- *What am I longing for?*
- *What am I protecting?*
- *What am I avoiding?*
- *What am I rehearsing?*
- *What am I allowing to shape me?*

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**WHOLEHEARTED LOVE FROM THE
INSIDE OUT MEANS UNDERSTANDING
MY WORDS AND BEHAVIOUR**

(LUKE 6:41-45)

READING 3

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Psalm 139:1-4

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Proverbs 4:23

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What happens in the heart doesn't stay in the heart.

What is inside eventually comes out...

- *Under pressure.*
- *In conflict.*
- *When disappointed.*
- *When rejected.*
- *When tired.*
- *When afraid.*
- *When we don't get our own way.*

**PRESSURE DOESN'T NECESSARILY CREATE
WHAT'S INSIDE US; IT OFTEN REVEALS IT.**

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WHAT YOU DON'T TRANSFORM YOU TRANSMIT

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An unresolved fear of rejection doesn't necessarily remain an internal feeling. It can become:

- jealousy
- control
- withdrawal
- people-pleasing
- defensiveness
- anger
- emotional dependency
- avoidance of intimacy.

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A WORD TO THE SENIORS...

Psychiatrist: *“I think what you’re talking about is an angry person getting old. The anger’s always been there. It just comes out in spades when we get old.”*

- You don’t suddenly become bitter or angry because you get old.
- Old age often **reveals** and **amplifies** what has been forming in you for years.

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QUESTIONS TO CONSIDER:

Real emotional maturity, not just age or getting older, asks:

What am I allowing to shape my inner world?

- *What stories am I telling myself?*
- *What am I believing about myself?*
- *What am I believing about God?*
- *What am I believing about other people?*
- *What wounds am I rehearsing?*
- *What fears are controlling me?*
- *What desires are driving me?*

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**WE DON'T SIMPLY BRING OURSELVES
INTO RELATIONSHIPS;
WE BRING OUR *INNER WORLD* INTO RELATIONSHIPS.**

When I marry someone, I don't just bring my personality. I bring:

- my attachment patterns
- my fears
- my history
- my expectations
- my wounds
- my assumptions
- my understanding of love
- my understanding of conflict
- my picture of God
- my ways of coping with rejection
- my ways of dealing with vulnerability.

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***MARRIAGE DOESN'T COMPLETE YOU.
CHRIST DOES.***

Emotionally healthy people learn to love another person from a growing place of wholeness rather than asking that person to complete what only God can complete.

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In relationships it helps us pose questions like:

WHAT DO I DO WHEN I FEEL DISCONNECTED FROM SOMEONE I LOVE?

- *Some people pursue.*
- *Others withdraw.*
- *Others become controlling.*
- *Others become people-pleasers.*
- *Others become emotionally numb.*

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So instead of merely asking:
“Why did I react like that?”

The emotionally healthy Christian learns to ask:
“What is happening in my heart that produced that reaction?”

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CONCLUSION:



We want better relationships - single or married.

Here's my counsel for your next step that I mentioned last week:

START WITH YOURSELF

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EMOTIONALLY HEALTHY PERSONAL ASSESSMENT



EHS Personal Assessment



Please answer these questions as honestly as possible.
Use the scoring method as indicated.

PART A: General Formation and Discipleship

1. I feel confident of my adoption as God's son/daughter and rarely, if ever, question his acceptance of me.
2. I love to worship God by myself as well as with others.
3. I spend regular quality time in the Word of God and in prayer.
4. I sense the unique ways God has gifted me individually and am actively using my spiritual gifts for his service.
5. I am a vital participant in a community with other believers.
6. It is clear that my money, gifts, time, and abilities are completely at God's disposal and not my own.
7. I consistently integrate my faith in the marketplace and the world.

1 2 3 4
1 2 3 4
1 2 3 4
1 2 3 4
1 2 3 4
1 2 3 4
1 2 3 4

TOTAL _____

PART B: Emotional Components of Discipleship

Principle 1: Look beneath the Surface

1. It's easy for me to identify what I am feeling inside (Luke 19:41 – 44; John 11:33 – 35).
2. I am willing to explore previously unknown or unacceptable parts of myself, allowing Christ to transform me more fully (Rom. 7:21 – 25; Col. 3:5 – 17).
3. I enjoy being alone in quiet reflection with God and myself (Mark 1:35; Luke 6:12).
4. I can share freely about my emotions, sexuality, joy, and pain (Ps. 22; Prov. 5:18 – 19; Luke 10:21).
5. I am able to experience and deal with anger in a way that leads to growth in others and myself (Eph. 4:25 – 32).
6. I am honest with myself (and a few significant others) about the feelings, beliefs, doubts, pains, and hurts beneath the surface of my life (Ps. 73; 88; Jer. 20:7 – 18).

1 2 3 4
1 2 3 4
1 2 3 4
1 2 3 4
1 2 3 4
1 2 3 4

TOTAL _____

Principle 2: Break the Power of the Past

7. I resolve conflict in a clear, direct, and respectful way, not what I might have learned growing up in my family, such as painful putdowns, avoidance, escalating tensions, or going to a third party rather than to the person directly (Matt. 18:15 – 18).

1 2 3 4

DOWNLOAD THE PDF ASSESSMENT

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EMOTIONALLY HEALTHY PERSONAL ASSESSMENT

Description of one of four categories in key areas:

- *Emotional infant*
- *Emotional child*
- *Emotional adolescent*
- *Emotional adult*

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THE LIVE STREAM

***IS NOW
FINISHING***

SEE YOU NEXT TIME



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GRACE family care INTUITIVE
wisdom ACCEPT now faith holistic
COMPASSION nurture TOUCH
energy spiritual trust
forgive GIVE
connect healing
purpose RELEASE unconditional
kindness LOVE INTENTION
HEART empower SOUL



PLEASE MAKE YOUR WAY TO THE FRONT IF YOU WOULD
LIKE SOME OF THE TEAM TO PRAY WITH YOU TODAY.