

Module 3 Lesson 2

HeartSet

KEY IDEA

Communication is ultimately a heart issue. Our words flow from what is happening inside of us, and the condition of our hearts determines whether we connect or disconnect.

KEY SCRIPTURES

- Luke 6:45 — “For the mouth speaks what the heart is full of.”
- Proverbs 4:23 — “Above all else, guard your heart, for everything you do flows from it.”

LESSON & NOTES

Obstacles to Communication & Intimacy

1. Wanting intimacy _____.
“Intimacy is a great _____ but a terrible _____.”
2. Not wanting intimacy _____.
3. Being _____ of intimacy.
 - a. Fear of being _____
 - b. Fear of the _____
 - c. Fear of being _____
4. Lacking _____ to grow in intimacy.
 - a. Identify your _____, write them down, & _____ them.
 - b. Identify your _____ skills.

KEY POINTS

- Communication is not only shaped by the mind but deeply influenced by the heart
- Our desires, fears, and longings drive the tone and direction of conversations
- Disconnection usually begins in the heart long before words are spoken
- A healthy HeartSet reflects the desire for intimacy and connection, and the goal to remove any obstacles to intimacy

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HeartWork

Fred Identified several struggles to intimacy/connection: 1) Wanting Intimacy too much; 2) Not wanting intimacy at all; 3) being fearful of intimacy; and 4) lacking self-awareness. If there are emotional intimacy struggles in your marriage, which issue, if any (or name something different), effects your desire for deeper intimacy? What would it take for this to change?

How was emotional intimacy and connectedness shown by those who raised you? How did they show it between themselves? Would you say that you were emotionally connected with your parents (at minimum, that they knew your hearts pretty well)?

Naming your fears, as well as understanding their origin (where they came from) is part of the healing process to overcoming them. God has not given us a spirit of fear, but of power and love (2 Tim 1:7). Yet, our experiences can certainly play a role. What are your fears to emotional connection and vulnerability with your spouse and where do you think they came from?

To overcome any fears to emotional connection, it would take courage. Courage to be vulnerable. Courage to be hurt. Courage to tear down any emotional walls. How can your spouse help you overcome these fears?

On a scale of 1-10 (with 10 being the most), how aware are you of your emotions and desires?

When you start to feel the negative emotions (sadness, grief, guilt, anger, etc.), what do you typically do to address them? Ignore them? Distract yourself (busy with other things)? Stuff them? Allow yourself to feel them? Share them?

Set your heart to overcome any struggles in connecting with your spouse. For some, it will be increasing your emotional awareness. For others, it will include learning how to do it, and for others, to overcome any fears. Ideally, our connectedness will grow stronger when we grow in self-awareness, and we safely share the emotions of the heart with our spouses, and our spouses sit with us as we work through these emotions.

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