

# **My Hidden Heart**

- **Rough childhood, then found alcohol**
- **Used alcohol & drugs from age 12 for stress relief for 23 yrs**
- **Became addicted and hit bottom in Santa Cruz**
- **3 divorces, lost children, full of hate, amoral, homicidal and suicidal.**
- **Loved by Christians-Dave's sermon!**
- **Broken, shattered and raised up!**
- **God has morphed me!**

# Hidden Heart

- **“Heart” meaning the emotional side of men**
- **27 years of counseling “shut down” men**
- **We operate more from left brain (logical)**
- **Women have advantage to access emotions**
- **Men conditioned to stuff emotions**
- **Godly men had many emotions**
- **We shouldn't live by them, but we shouldn't ignore them or we will live by them**

# **Hidden Hearts that Need Discovery & Healing**

- **1-Men's Hearts Hidden**
- **2-Hearts of Godly Men**
- **3-Discovery and Healing  
Our Hearts**

# 1-Men's Hearts Hidden

- **Trained (programmed) like special forces soldiers to stuff emotions, lock up our hearts**
- **Men's rules for men written by Men**
- **Family of origin, work, school, sports, military, church, etc.**

# We Need to Ask God for Help



# 2-Hearts of Godly Men, Feelings of Sadness and Fear

- Hezekia's tears seen by God and God heals him  
2Ki 20:5 "Return and say to Hezekiah the leader of My people, 'Thus says the LORD, the God of your father David, "I have heard your prayer, I have seen your **tears**;..."
- David's crying- Psa 69:3 I am weary with my **crying**; my throat is parched; My eyes fail while I wait for my God.
- Job's fear-Job 3:25 "For what I **fear** comes upon me, And what I **dread** befalls me.
- Paul' fear-1Co 2:3 I was with you in **weakness** and in **fear** and in much **trembling**,

# 2-Sensitive Feelings

## Paul to the Church of Thessalonica

- 1Th 2:7 But we proved to be **gentle** (epios-mild or kind) among you, as a nursing mother tenderly cares for her own children.
- 1Th 2:11 just as you know how we were **exhorting and encouraging** (paramuheornai-encourage, console, comfort) and imploring each one of you as a father would his own children,

# 2-Oppressive Feelings

- Paul didn't deny their feelings, he wanted them to know!
- 2Co 1:8 For, brothers, we would not have you ignorant of our trouble which came to us in Asia, that we were pressed out of measure, above strength; so much so that **we despaired even of life.**
- 2Co 1:9 But **we had the sentence of death in ourselves**, so that we should not trust in ourselves, but in God who raises the dead;



## 2-Jesus' Feelings

- Heb 5:7 In the days of His flesh, He offered up both prayers and supplications with **loud crying** and **tears** to the One able to save Him from death, and He was heard because of His piety.
- Heb 5:8 Although He was a Son, He learned obedience from the things which He **suffered**.

# 3-Discovering & Healing the Hearts of Men-Reprogramming

- Tools for reprogramming
- Study the scriptures to see for yourself
- Pray for insight into what's under the anger and frustration
- Journalize feelings-own them
- Find safe people and places to express
- Counsel with vulnerable Godly men
- Some of you will need to mourn

# **Warning!-Look Inside!**

- **No we shouldn't live by them!**
- **It would be foolish to be controlled by our anger, fears, sadness or depression.**
- **But the reality is we have them!**
- **It appears they are like the warning light on the dash of our car: "Check Engine"**
- **We need to be vulnerable with God & at least one safe person**

# **My New Hindsight Awareness**

- **I had little to no awareness of my personal emotions. I wouldn't have been able to say at that time that I was feeling extremely scared, even terrified, depressed, inadequate, helpless, inferior, powerless, useless, unworthy sad, hateful, resentful, disgusted, damaged, diminished, deflated, defeated, embarrassed, foolish, disgraced, confused, dejected, isolated, pathetic, discouraged, alone, worried, overwhelmed and heavy hearted.**

# If I Deny My Fear or Anxiety, How In the Heck Could I Ever Ask a Brother to Pray for This!

- **Php 4:6** Do not be anxious about anything, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God.
- **Php 4:7** And the **peace of God which passes all understanding** shall keep your hearts and minds through Christ Jesus.



**Testing whether fish have feelings.**

# **Small Group Discussion Question**

- **What were the rules about feelings in your family?**
- **Was there a “don’t feel” rule?**
- **Who enforced the rules about feelings?**
- **How did they enforce the rules?**