



THE LANGUAGE OF FEELINGS

“Marriage is a total commitment involving a total sharing of the total person with another for life.”

Whatever shortfall this definition might encompass, it is fairly obvious that the “total person” is made up of “feelings” which can both help and hinder the marriage relationship.

For instance, if I asked you to define “feelings,” what would your answer to my question entail? Yet, who would deny the importance of “feelings” in a marriage relationship?

Let me point out at least four ways the word “feeling” is traditionally used:

1. Feelings are used to convey sense perceptions. For example, most of our internal events are described by “feeling terms. “I feel tense” or “I feel relaxed.”

IF THERE ARE NO SUCH THINGS AS VALID PERCEPTIONS AND VALID MORAL PLEASURES, THERE IS NO GOOD ARGUMENT THAT THERE IS A God who cares for us and for our well-being. (EVEN PAIN IS A WARNING SYSTEM HE HAS BUILT IN FOR OUR PROTECTION).

2. Feelings are used to convey emotions. It is in the places that you find your delight and greatest joy that you begin to understand that God has created us to enjoy the good things

He has created. There is such a thing as a legitimate hedonism.

3. Feelings describe our thoughts, feelings, and attitudes. All the things that we clearly know; believe strongly; ascribe to passionately; and give our ascent to robustly – these are the things we are willing to build our lives upon and even to give our lives to defend.

4. Feelings are used to describe our desires. The things we desire with motivation we will pursue with intensity.

HOMEWORK:

What joys, highlights, delights, purposes, or glad anticipations fill you as you think of the future (even if you are nervous or anxious or even fearful).

What sorrows, burdens, guilt, frustrations, struggles, preoccupations from the past make it hard for you to take the next steps?

By this time next month, I hope our family will be

Right now, the thing I feel I need God's help in the most is

What I miss most about an earlier time in our relationship is

I have felt the most peace in the last month when _____

The thing I thank God most for when I think of you is
