

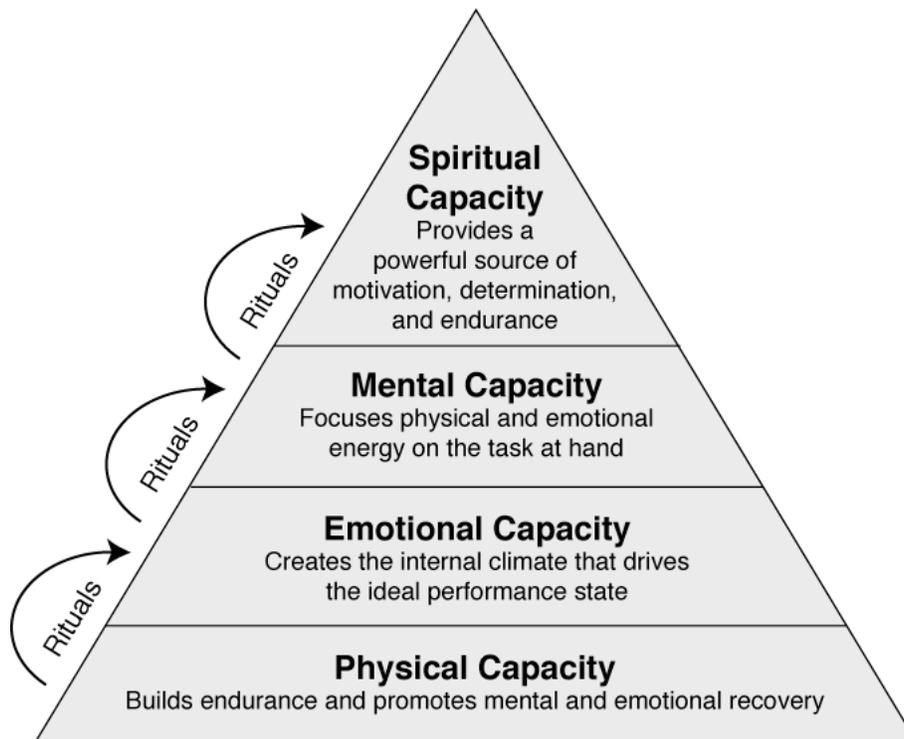
# Legacy PRINCIPLES

*of life to be lived, a story to be told . . .*

**Living Fully Alive in 2014!**

Emotionally Connected

May 17, 2014



Making of a Corporate Athlete, Jim Loehr and Tony Schwartz - Harvard Business Review 2001

Spiritual capacity is the REASON or power of the energy – KEY WORDS: Spiritually Aligned Belief-Action

Physical capacity is defined as QUANTITY of Energy - KEY WORDS: Physically Energized

**Emotional Capacity is the QUALITY of energy - KEY WORDS: Emotionally Connected**

**Every thought, feeling, and action has an energy consequence through either positive or negative thoughts**

Mental capacity is the FOCUS of energy - KEY WORDS: Mentally Focused

## **Definitions**

**Emotional** – instinctive state of mind deriving from one's circumstances, mood or relationships with others

**Capacity**- The ability or power to do, experience, or understand something

**Quality** – The standard of something as measured against other things of similar kind

**Connected** – Join together so as to provide access and communication

## **We each have an inner (mental) and outer (emotional) life**

My inner life is where my secret thoughts, hopes and wishes live - my real self

Our interior health only comes from contemplative time, margin and quiet

What are your internal voices saying to you?

**Emotional life comes from what is deep in our hearts and often cannot be hidden**

## **Family of Origin**

We must go back in order to go forward

Imprints – What were the messages you received?

Our past is part of our story - but we can create a new story

What will we continue? What will end now?

## **New Family**

Anyone in Christ is a new creature

Who do you want to be?

Your family story is what you bring in and create – Old habits vs. new life

Focus on learning biblical truths rather than accepting cultural pressure

## **Eternally Home**

It's not what you do; it's who you become.

A longing for Heaven, living to hear, "Well done!"

## **The Gift of Limits**

Acknowledge and embrace the limits related to your personality, temperament, gift mix, as well as your emotional and spiritual capacity.

## **Pay attention to your:**

Thoughts

Words

Relationships

Inputs

## **What NOW?**

Journal your emotions and interactions with others

Scribe the Scriptural References provided this month

Write your take-aways

Journal your prayers

Watch what GOD will do in your soul!

## The TONGUE

### James 3

My brethren, let not many of you become teachers, knowing that we shall receive a stricter judgment. 2 For we all stumble in many things. If anyone does not stumble in word, he is a perfect man, able also to bridle the whole body. 3 Indeed, we put bits in horses' mouths that they may obey us, and we turn their whole body. 4 Look also at ships: although they are so large and are driven by fierce winds, they are turned by a very small rudder wherever the pilot desires. 5 Even so the tongue is a little member and boasts great things. See how great a forest a little fire kindles!

6 And the tongue *is* a fire, a world of iniquity. The tongue is so set among our members that it defiles the whole body, and sets on fire the course of nature; and it is set on fire by hell. 7 For every kind of beast and bird, of reptile and creature of the sea, is tamed and has been tamed by mankind. 8 But no man can tame the tongue. *It is* an unruly evil, full of deadly poison. 9 With it we bless our God and Father, and with it we curse men, who have been made in the similitude of God. 10 Out of the same mouth proceed blessing and cursing. My brethren, these things ought not to be so. 11 Does a spring send forth fresh *water* and bitter from the same opening? 12 Can a fig tree, my brethren, bear olives, or a grapevine bear figs? Thus no spring yields both salt water and fresh.

13 Who *is* wise and understanding among you? Let him show by good conduct *that* his works *are done* in the meekness of wisdom. 14 But if you have bitter envy and self-seeking in your hearts, do not boast and lie against the truth. 15 This wisdom does not descend from above, but *is* earthly, sensual, demonic. 16 For where envy and self-seeking *exist*, confusion and every evil thing *are* there. 17 But the wisdom that is from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without partiality and without hypocrisy. 18 Now the fruit of righteousness is sown in peace by those who make peace.

## The MOUTH

**Psalms 141:3-4**, Set a guard, O Lord, over my mouth. Keep watch over the door of my lips. Do not incline my heart to any evil thing,

## The HEART

**Proverbs 4:20-27**, My son, pay attention to what I say; listen closely to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to a man's whole body. Above all else, guard your heart, for it is the wellspring of life. Put away perversity from your mouth; keep corrupt talk far from your lips. Let your eyes look straight ahead, fix your gaze directly before you. Make level paths for your feet and take only ways that are firm. Do not swerve to the right or the left; keep your foot from evil.

**Proverbs 23:7** As a man thinks in his heart so is he.

## The LOVE

**I Corinthians 13: 1-8**, Though I speak with the tongues of men and of angels, but have not love, I have become sounding brass or a clanging cymbal. <sup>2</sup> And though I have *the gift of prophecy*, and understand all mysteries and all knowledge, and though I have all faith, so that I could remove mountains, but have not love, I am nothing. <sup>3</sup> And though I bestow all my goods to feed *the poor*, and though I give my body to be burned, but have not love, it profits me nothing.

<sup>4</sup> Love suffers long *and* is kind; love does not envy; love does not parade itself, is not puffed up; <sup>5</sup> does not behave rudely, does not seek its own, is not provoked, thinks no evil; <sup>6</sup> does not rejoice in iniquity, but rejoices in the truth; <sup>7</sup> bears all things, believes all things, hopes all things, endures all things. <sup>8</sup> Love never fails.

**Colossians 3:8-17**, But now you yourselves are to put off all these: anger, wrath, malice, blasphemy, filthy language out of your mouth. <sup>9</sup> Do not lie to one another, since you have put off the old man with his deeds, <sup>10</sup> and have put on the new *man* who is renewed in knowledge according to the image of Him who created him, <sup>11</sup> where there is neither Greek nor Jew, circumcised nor uncircumcised, barbarian, Scythian, slave *nor* free, but Christ *is* all and in all.

<sup>12</sup> Therefore, as *the* elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering; <sup>13</sup> bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also *must do*. <sup>14</sup> But above all these things put on love, which is the bond of perfection. <sup>15</sup> And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful. <sup>16</sup> Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord. <sup>17</sup> And whatever you do in word or deed, *do* all in the name of the Lord Jesus, giving thanks to God the Father through Him.

## The THOUGHTS

**2 Corinthians 14:3-6**, For though we walk in the flesh, we do not war according to the flesh. 4 For the weapons of our warfare *are* not carnal but mighty in God for pulling down strongholds, 5 casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ, 6 and being ready to punish all disobedience when your obedience is fulfilled.

## The FOCUS

Ephesians 3:14-20, For this reason I bow my knees to the Father of our Lord Jesus Christ,<sup>14</sup> <sup>15</sup> from whom the whole family in heaven and earth is named, <sup>16</sup> that He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man, <sup>17</sup> that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, <sup>18</sup> may be able to comprehend with all the saints what *is* the width and length and depth and height— <sup>19</sup> to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God.

<sup>20</sup> Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us, <sup>21</sup> to Him *be* glory in the church by Christ Jesus to all generations, forever and ever.

## Resources

*DNA of Relationships* – Gary Smalley

*Emotionally Healthy Spirituality* – Peter Scazzero

*Soul Keeping* – John Ortberg

## Season 11

• **Summer Open Houses, 6:30-9:00pm, East End Market, 3201 Corrine Dr., Orlando, 32803**

June 9 – Werner Family

July 14 – Legacy Season 11

• **Legacy Lessons Over Lunch** begins on August 11

• **Dinner Club** Opens on September 8

Visit, [www.legacyprinciples.com](http://www.legacyprinciples.com)