

## Emotional Starvation - Lesson

**Lesson summary:** We need to guard against allowing ourselves to be relationally and emotionally starved.

### **GALATIANS 6:2 (NIV)**

Carry each other's burdens, and in this way you will fulfill the law of Christ.

### **Steps to allowing relapse**

1. Losing your intensity and resolve to be set apart for Christ
2. Limiting your social interactions with Christians from laziness, fear, not reaching out, being so focused on God or work that you don't have time for others, etc.
3. Loneliness and emotional starvation
4. Fantasizing about friends you used to have (believing it was better than it was)
5. Contacting one (with "innocent" intentions)
6. Hooking up
7. Making a small compromise
8. Relapse

This is often what drives graduates to eventually start looking for a woman and taking a shortcut, picking up the type of women they know they can get from their past, having sex, and that directly leads to relapse.

As usual, the battle is won or lost long before it is fought.

### **Ways to Battle Emotional Starvation**

1. Reach out to help those in the church – being selfless and giving greatly helps.
2. Be the one who plans events and invites others to join, don't wait to be invited.
3. Spend time in seeking the presence of God in your devotions, not just asking for things.
4. Come to a TCA group and talk about it.
5. Focus on making and investing in friends and developing accountability relationships, where you share things that are going on inside. Not sexual relationships.
  1. This group is one avenue you can take for that, but it is not enough.
6. Cultivate relationships with godly men who are closer to God than you are, and will not judge you if you share your heart with them.
7. Feed yourself by listening to sermons or teachings that help you spiritually and emotionally
8. Poetry that is Christ-pleasing (reading hymns is another source for this)
9. Read good Christian books that speak on how to grow in the areas you are weak in.
  1. Spiritual growth feeds the soul and emotions too.
10. You have to find the balance between being too busy, and not being busy enough.
11. Being idle and unproductive often brings on these kinds of thoughts.

**When are the times you crave relationships from the past?**

**What has helped you overcome those desires in the past?**