

Harnessing the Power of the Artist's Emotions

Artists' relationships are fueled by emotions, both positively and negatively. Emotions can bring us our greatest inspiration and pleasure and also cause us our greatest discouragement and pain. This session provides an integrated biblical and neurological view of emotions. After establishing a foundational theology of emotions, we will examine how emotions can isolate, distract and discourage an artist. We will then explore ways that relational wisdom can help us to harness the power of emotions and to use them to fuel artist growth and excellence, strengthen relationships, and help us achieve our fullest life potential.

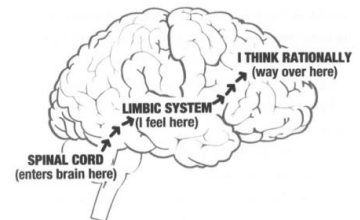
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1. The agony and the ecstasy of being an artist

- Artistic ability is a gift and calling from God (Ex. 36:1-2)
- Is there a link between creativity and mental-illness? Yes, but not what you may imagine!
- Artistry involves challenges, achievements and failures that can trigger intense emotions.
- Emotions can fuel inspiration, stifle motivation and profoundly impact relationships.

2. A wise artist develops a solid theology of emotions.

3. It also helps to understand the neurology and hormonology of emotions.



4. Relational wisdom enables artists to harness the power of their emotions

5. In essence, relational wisdom (RW) is the ability to love God with all your heart and to love your neighbor as yourself (Matt. 22:37-39; John 13:34-35).

Living Out the Two Great Commandments

6. Life is all about relationship (Gen. 2:18; John 3:16, 4:1-42; 13:34-35, 17:20-23).

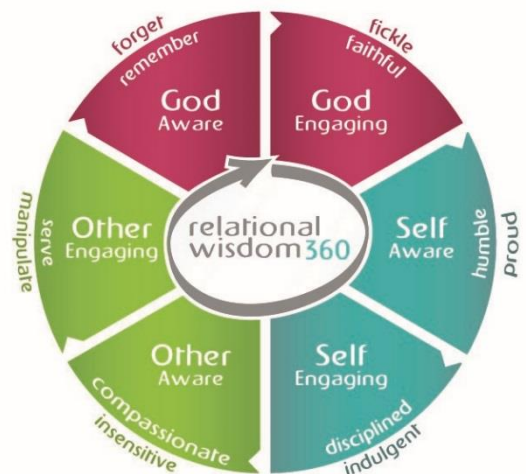
7. RW is a “**relational operating system**” (like Windows or Mac OS) that impacts every aspect of our lives, including worship, marital intimacy, church unity, and artistic achievement.

- Soft skills (relational abilities) *magnify* or *diminish* the value of hard skills (technical expertise)



8. Relational wisdom is a practical theology that organizes key relational principles.

- **Relationships are three dimensional**
 - **God, Self, Others** (So do continual 360's)
- **Relationships involve two dynamics**
 - Aware – What do I know? (Knowledge)
 - Engaging – What will I do? (Action)



And do not grieve the Holy Spirit of God,
by whom you were sealed for the day of
redemption.**

Let all bitterness and wrath and anger and
clamor and slander be put away from you,
along with all malice.

Be kind to one another, tender-hearted,
forgiving one another,

as God in Christ forgave you.**"

(Eph. 4:30-32, ESV)

Definition

Relational wisdom is your ability to discern emotions, interests, and abilities in yourself and others, to interpret them in the light of God's Word, and to use these insights to manage your responses and relationships successfully.

** The gospel provides the motive, pattern and power for relational wisdom (Eph. 4:30-32; 5:1-2; Titus 2:14).

9. Relational wisdom involves six relationship-building and preserving skills or disciplines:

- **God-Awareness** (remember) is the ability to view all of life in the light of God's character, works, and promises¹
- **God-Engagement** (faithfulness) is the ability to trust, obey, and imitate God in a way that pleases and honors him²
- **Self-Awareness** (humility) is the ability to honestly discern your own emotions, interests, values, strengths, and weaknesses³
- **Self-Engagement** (discipline) is the ability to master your thoughts, emotions, words, and actions so that they advance God's purposes⁴
- **Other-Awareness** (compassion) is the ability to understand and empathize with the experiences, emotions, and interests of others⁵
- **Other-Engagement** (service) is the ability to encourage, cooperate, and resolve differences with others in a mutually beneficial way⁶



10. In real life, people live both inside and outside the circle (1 Sam. 17, 24; 2 Sam. 11).

11. Peacemaking, a special application of RW, is how we draw people back inside the circle (1 Sam. 25).

12. Relational wisdom is so simple a child can apply it, yet so complex you can spend the rest of your life developing it. You can start growing today by memorizing and practicing four simple acrostics.

¹ 1 Chron. 16:12; Ps. 77:11-12; Ps. 111:2-3; Ps. 103; Rom. 8:28-39; Eph. 3:14-19; 2 Pet. 1:3-8 • ² 1 Kings 3:6; Prov. 3:5-6; Matt. 25:21; John 14:15; 1 Cor. 10:31-11:1; Eph. 5:1-2 • ³ 1 Peter 5:5; Ps. 139:23-24; James 4:1-3; Mark 7:21-23; 2 Tim. 2:22 • ⁴ Gal. 5:22-23; Matt. 16:24-25; John 8:29; Titus 2:11-12 • ⁵ Mark 6:34; Luke 10:30-37; 1 Pet. 3:8; Phil. 2:3-4 • ⁶ Mark 10:42-45; John 12:24-26; 1 Thess. 5:14-15; 1 Pet. 3:8-9

PRACTICE THE SOG PLAN

- **Self-aware:** How am I feeling and acting?
- **Other-aware:** How are others feeling? How am I affecting them?
- **God-aware:** Where is God leading me?

FOLLOW A TRUSTWORTHY GPS*

*God Positioning System

- **Glorify** God (Trust him absolutely)
- **Pursue** God (Seek him earnestly)
- **Serve** God (Do what pleases him)

READ Yourself Accurately

- **Recognize** your emotions
- **Evaluate** their sources
- **Anticipate** the consequences of following them
- **Direct** them on a constructive course

SERVE EVERY PERSON YOU MEET

- **Smile** (Home, workplace, store, telephone)
- **Explore and Empathize** (Show interest and compassion)
- **Reconcile** (Be a peacemaker)
- **Value** (Express appreciation and respect)
- **Encourage** (Give heart, inspire, put wind under their wings)

13. God designed and empowers us to grow in relational wisdom as he sanctifies and transforms us, conforming us to the likeness of Christ (Rom. 8:28; 2 Cor. 3:18; Eph. 4:22-24; James 1:5; 2 Pet. 1:3-7).
- Change and growth take deliberate prayer and practice (Eph. 3:14-19; 1 Tim. 4:15)
 - To grow in RW: (1) Subscribe to **RW Blog** (www.rw360.org/blog); (2) Take advantage of *Discovering Relational Wisdom 2.0* online at www.rw360.org/online-training

Sources:

- [The Real Link Between Creativity and Mental Illness](#), Scott Barry Kaufman, Scientific American
- [Neuroscience of Creativity](#), James Kaufman, MIT Press
- [Creativity and Mental Illness](#), Albert Rothenberg, Psychology Today, 2015
- [Creativity and Mental Illness](#), Wikipedia