



UNTANGLING

YOUR

Emotions

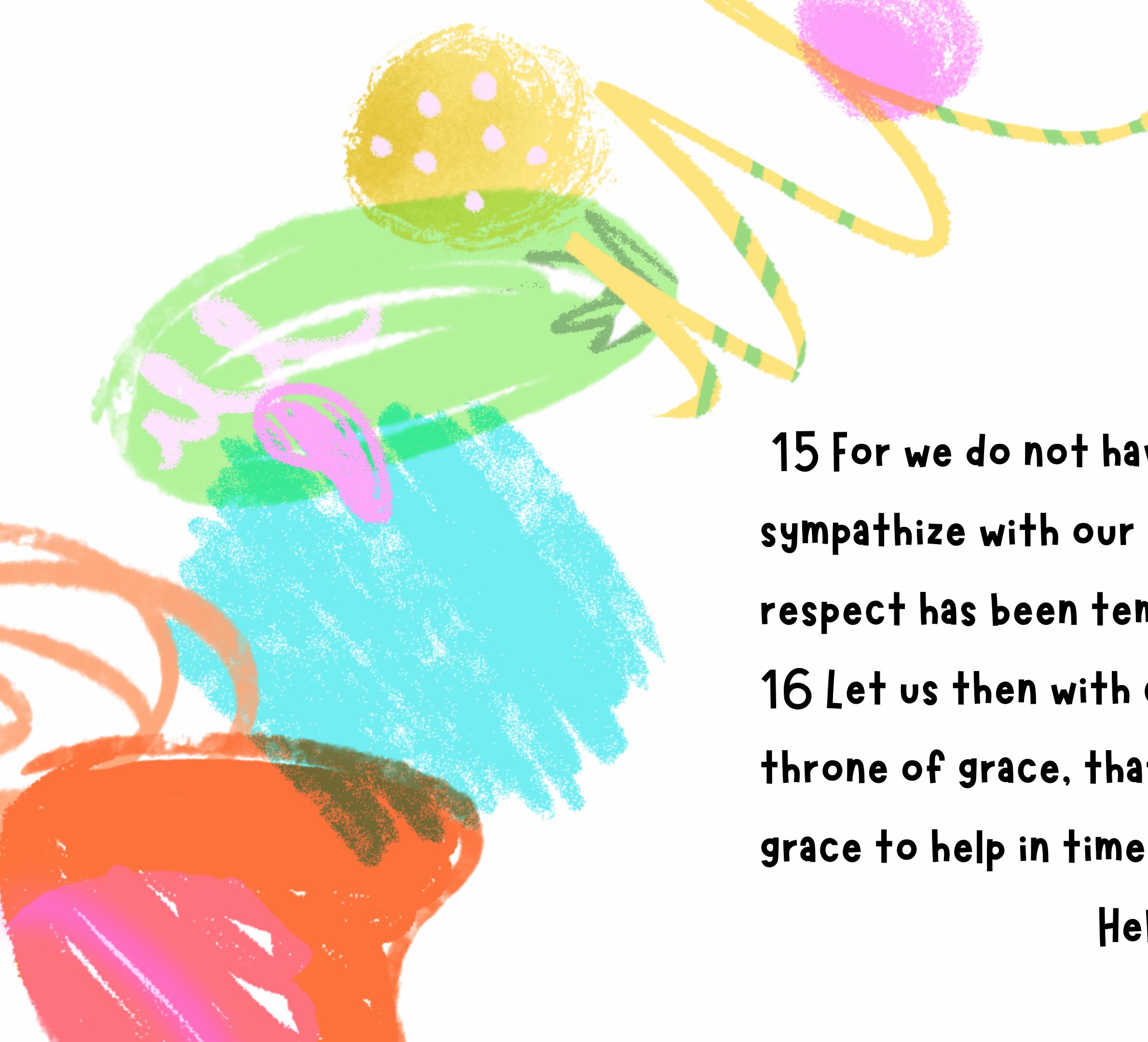


where we're going

- 1. What the Bible says about emotions
(Theology)**
- 2. The God-given purpose of our
emotions**
- 3. How to include God in our emotions**



**what the Bible
says about
emotions**

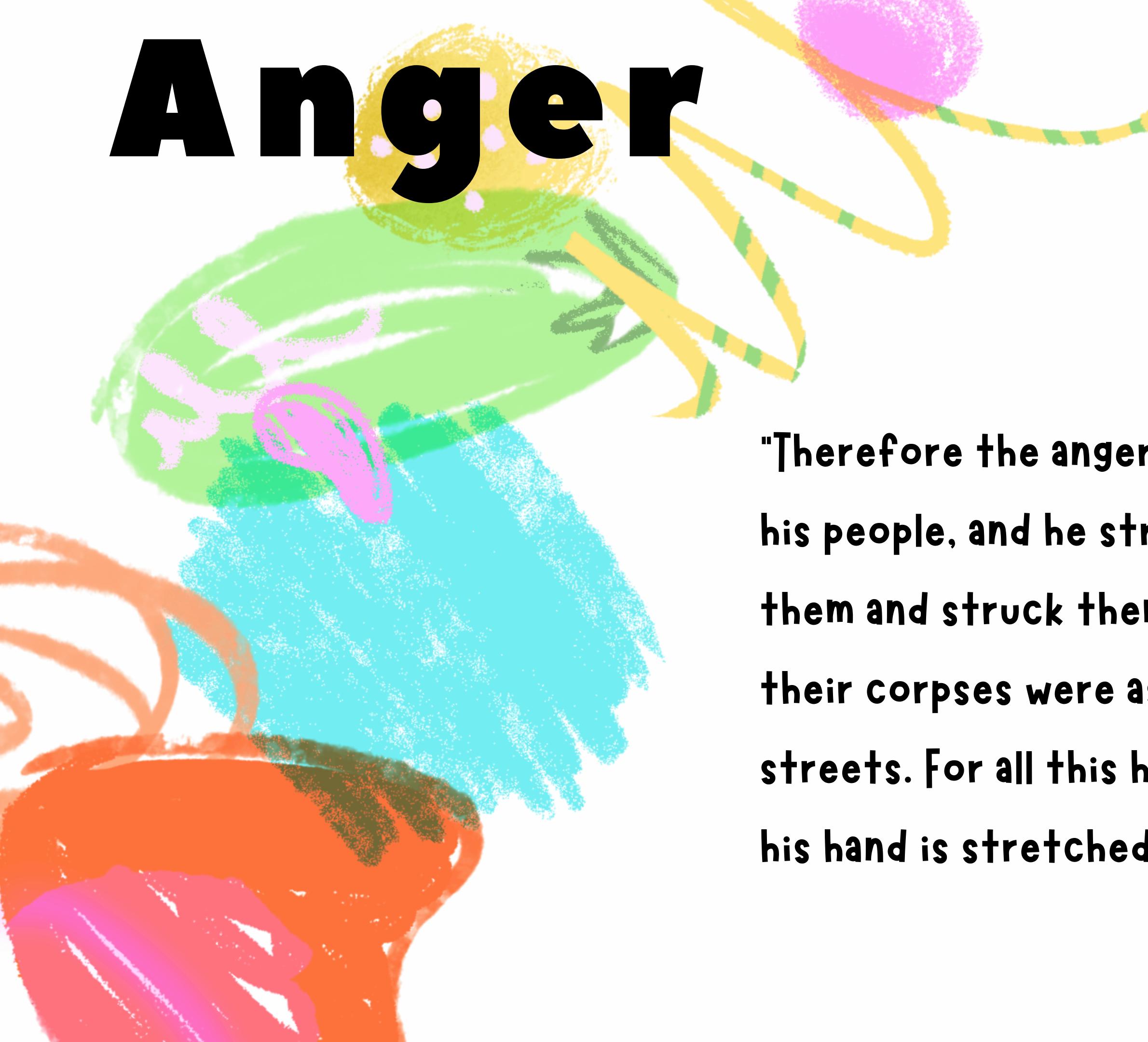


15 For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin.

16 Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need."

Hebrews 4:15-16

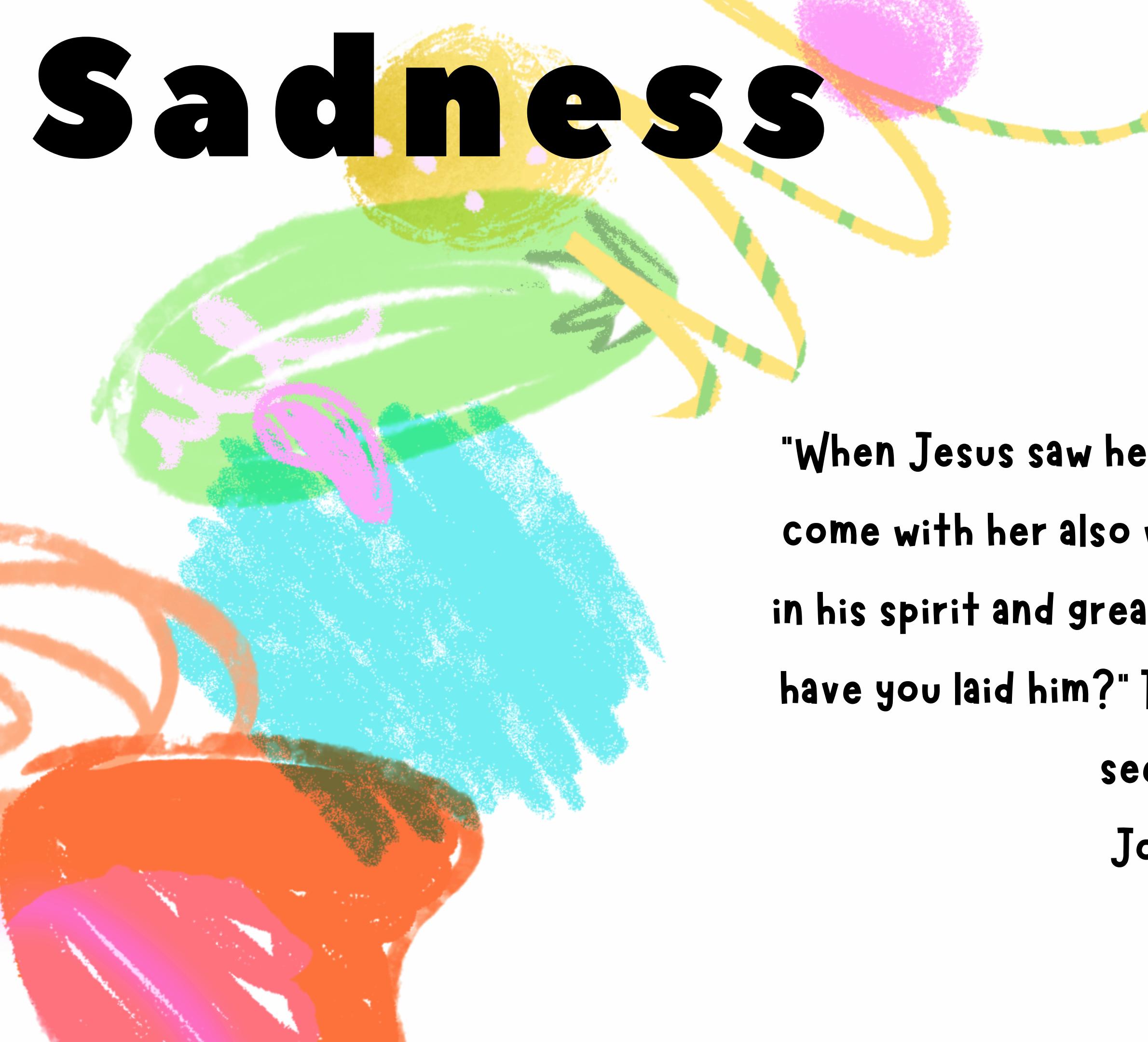
Anger



"Therefore the anger of the Lord was kindled against his people, and he stretched out his hand against them and struck them, and the mountains quaked; and their corpses were as refuse in the midst of the streets. For all this his anger has not turned away, and his hand is stretched out still."

Isaiah 5:25

Sadness



"When Jesus saw her weeping, and the Jews who had come with her also weeping, he was deeply moved[e] in his spirit and greatly troubled. And he said, "Where have you laid him?" They said to him, "Lord, come and see." Jesus wept."

John 11:33-35

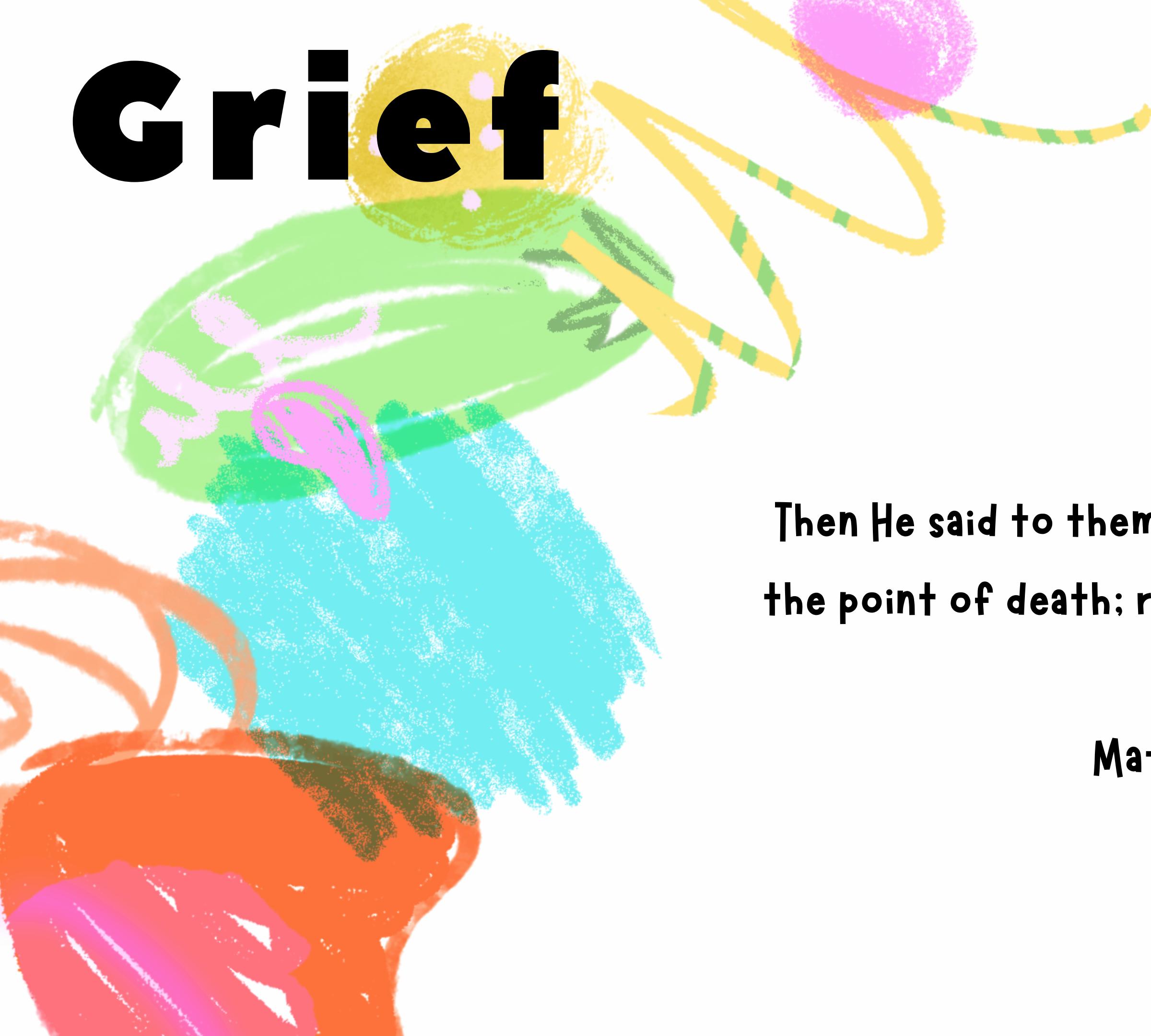


joy

"For the joy that was set before him, he endured the cross."

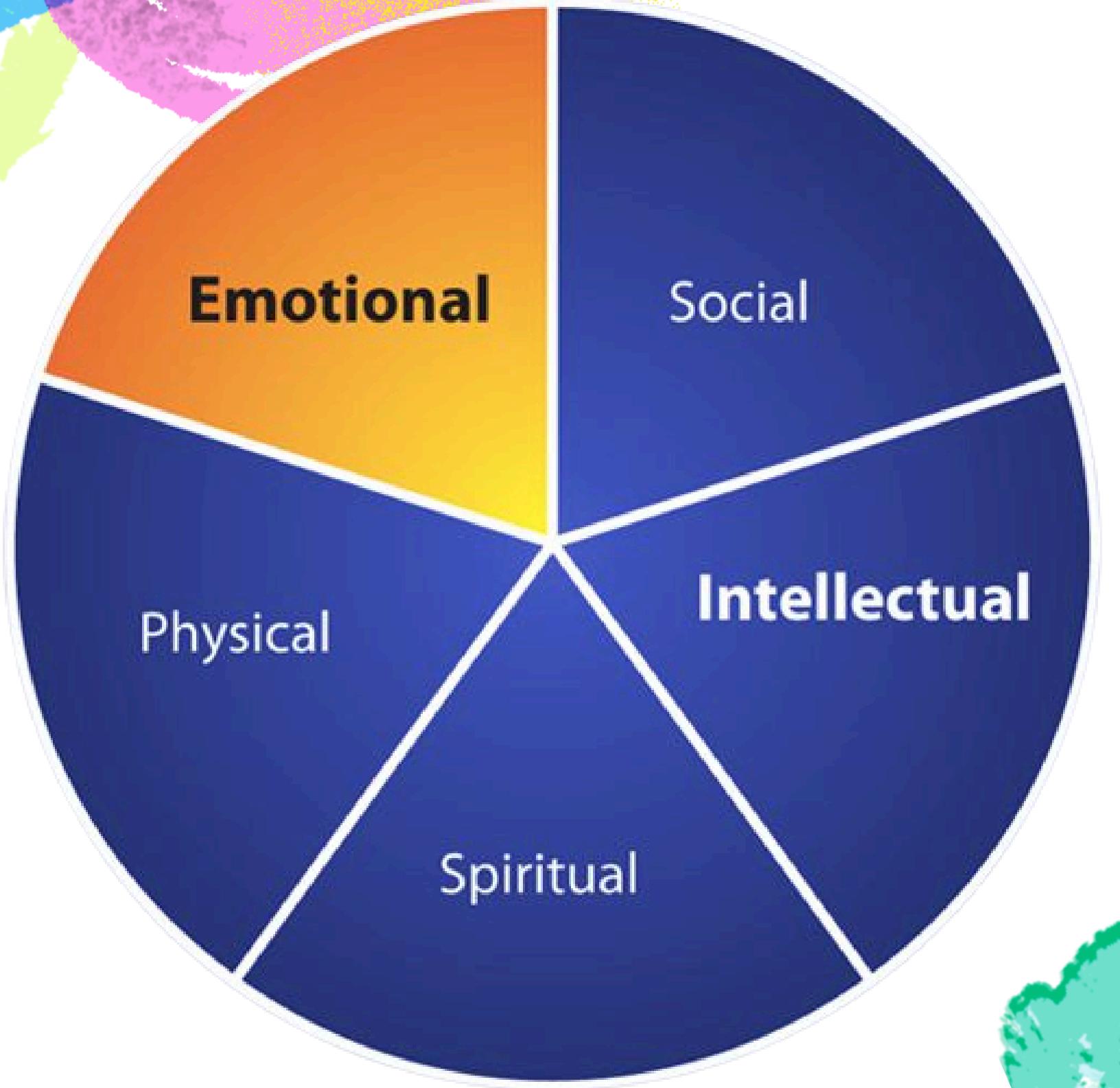
Hebrews 12:2

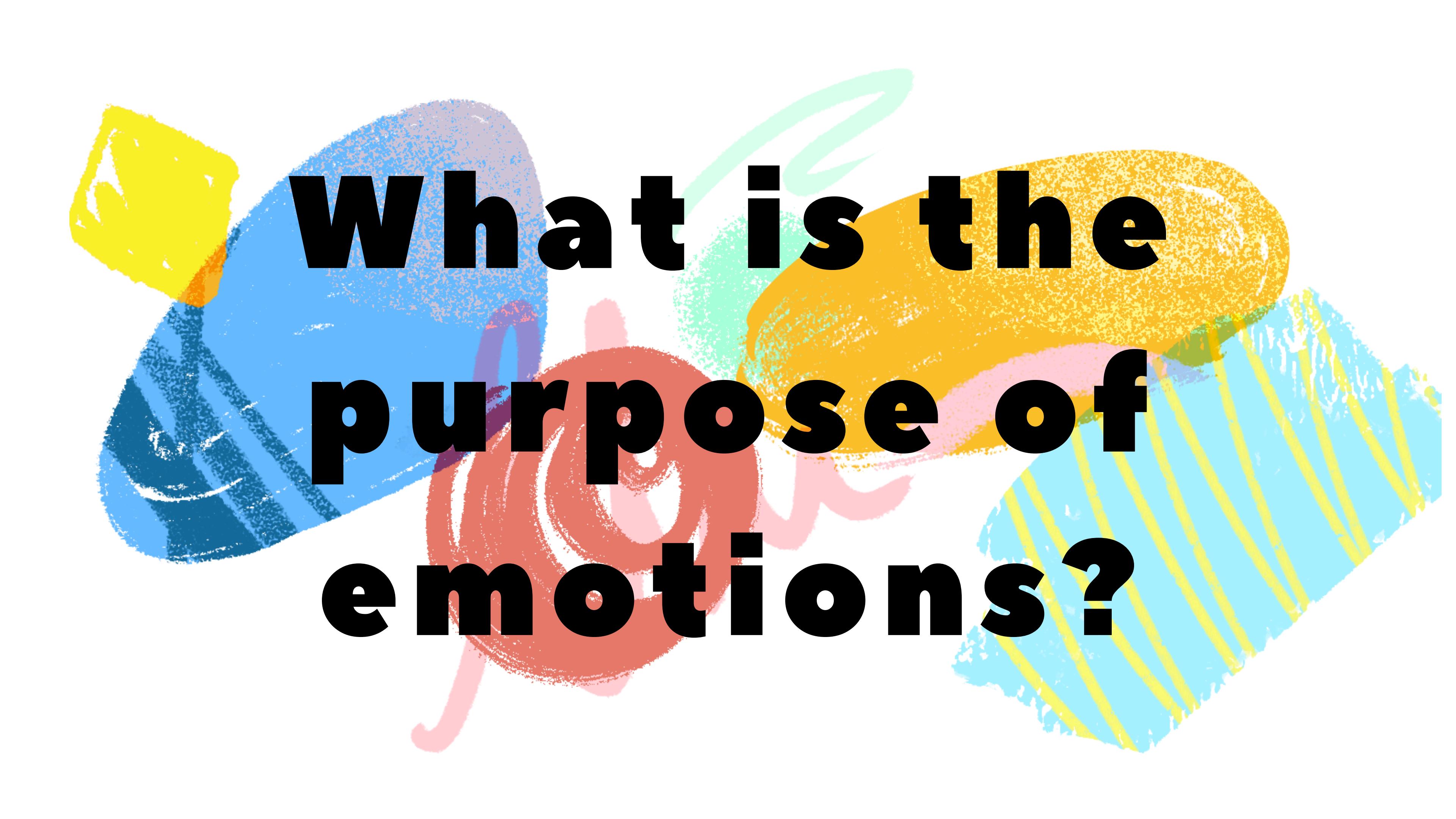
Grief



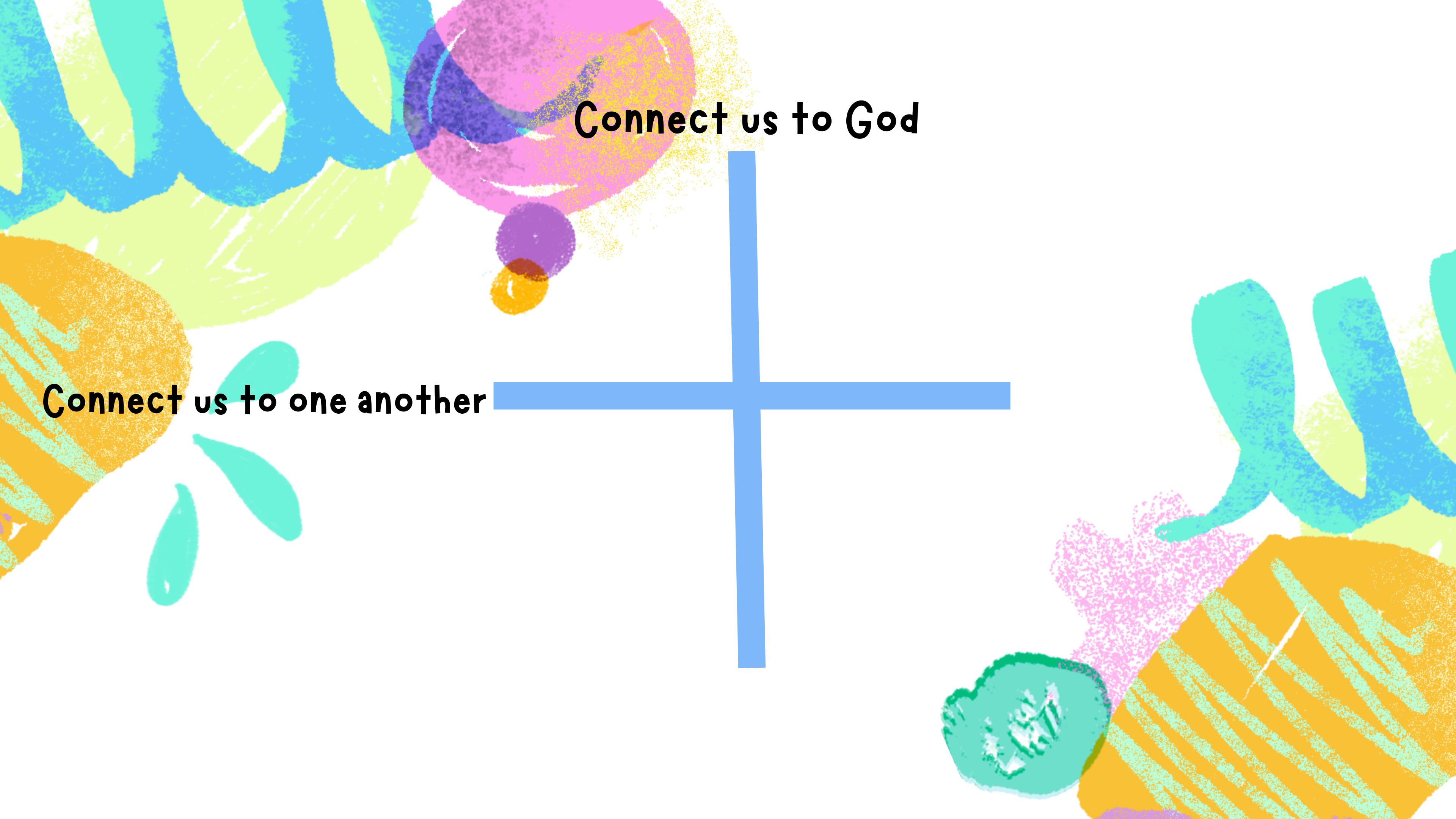
**Then He said to them, "My soul is deeply grieved, to
the point of death; remain here and keep watch with
Me."**

Matthew 26:38





**what is the
purpose of
emotions?**



Connect us to God

Connect us to one another



**How can we
include God in
our emotions?**



**Notice, Name, Feel,
share, choose**

Notice

Paying attention to what we're sensing in our feelings, acknowledging that those feelings are true for us, and remembering when the emotions we're experiencing first showed themselves in our lives



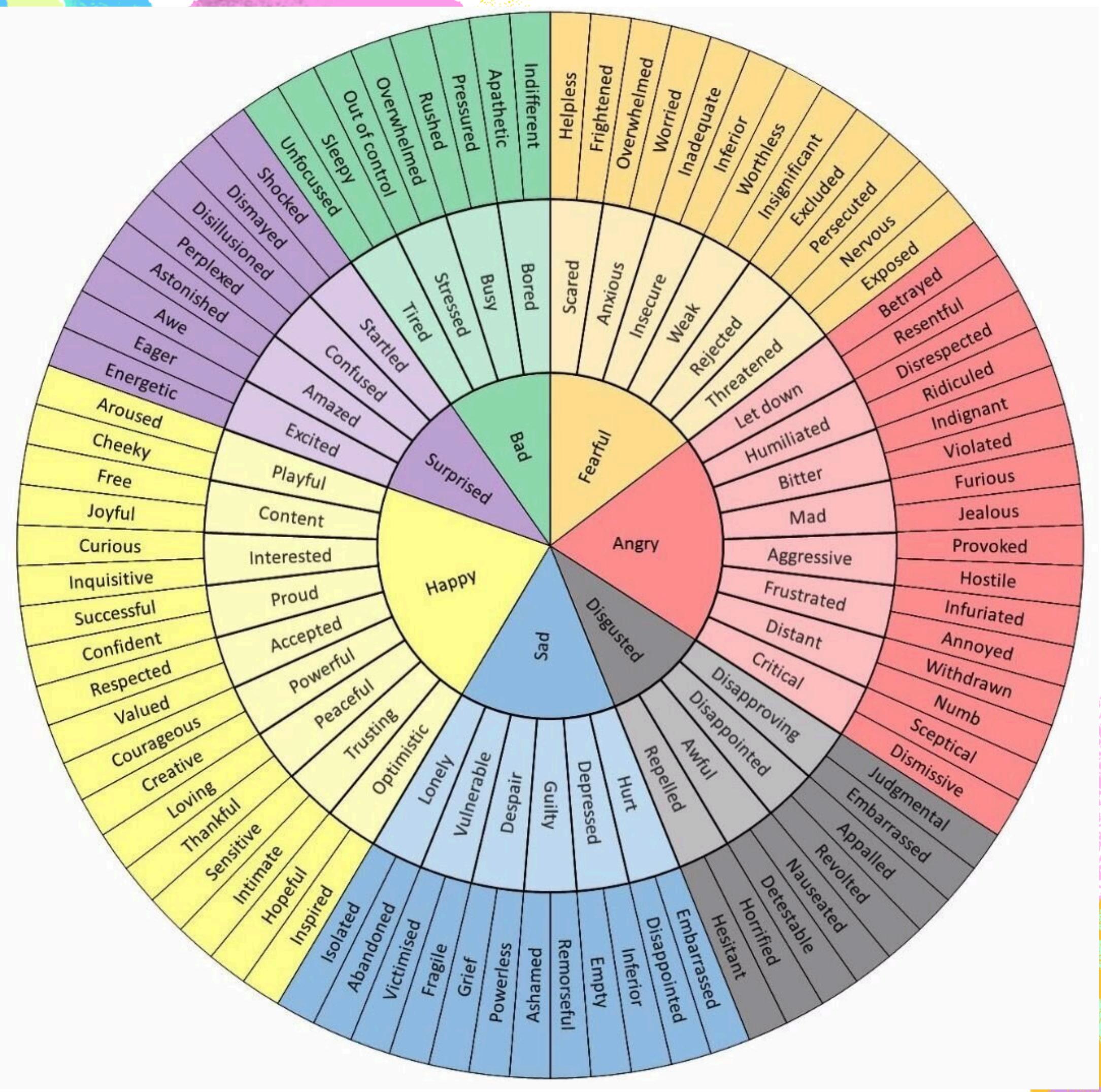


Name

**Now we want to deepen our articulations by
categorizing our level of Okayness or Not Okayness
with better, richer words**



**joy, Anger,
Sad, Fear**



Feel

**We waste so much energy scrutinizing our feelings
rather than just feeling what we need to feel**

Pause, Give yourself permission, Look back, Persist





share

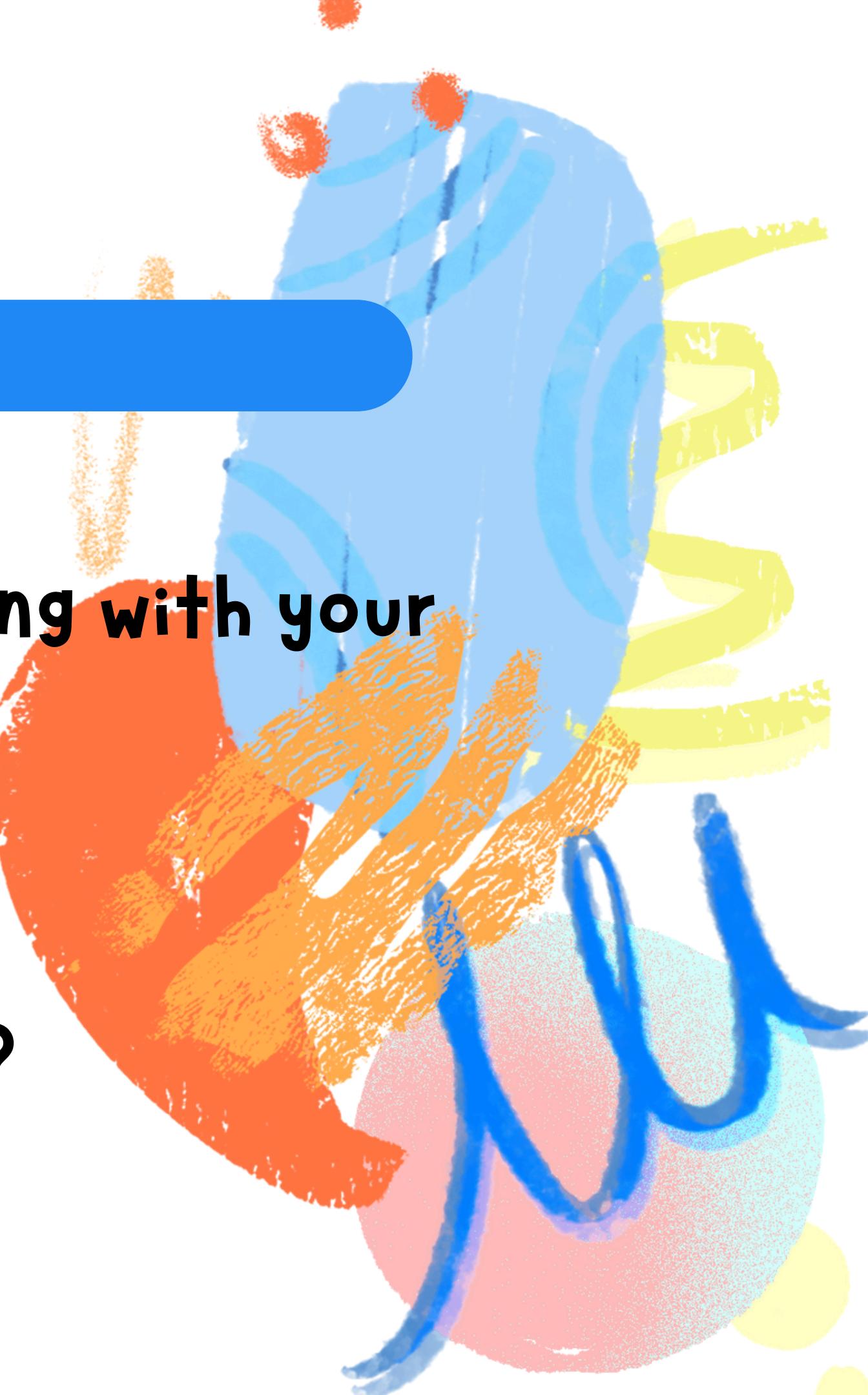
**Feelings don't heal when we ignore them; they
heal when we are wrapped up by the people we
love in the middle of them**

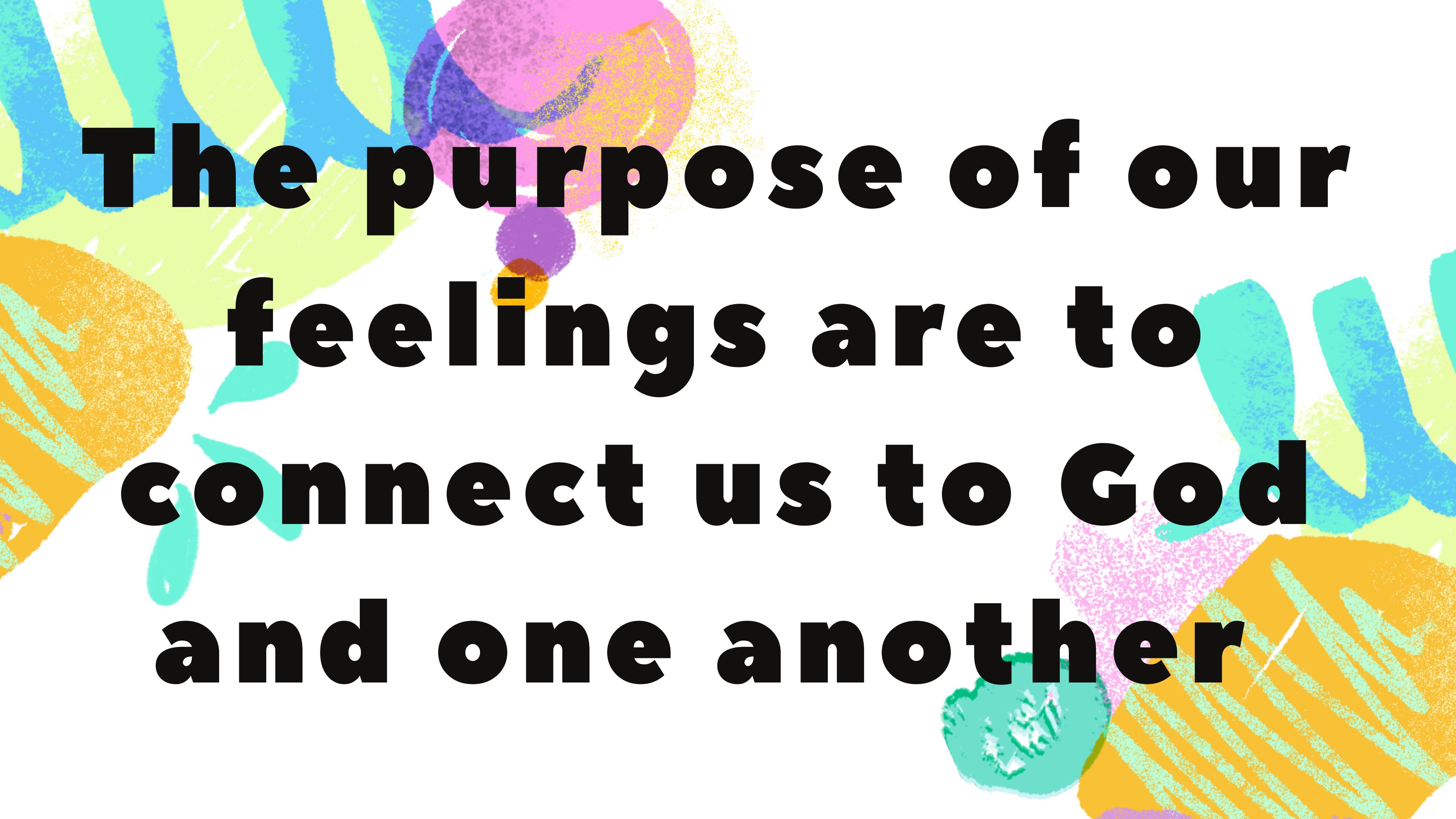
choose

Even if you think you aren't doing anything with your feelings, you are.

1. God, what do You want me to know?

2. God what do you want me to do?





**The purpose of our
feelings are to
connect us to God
and one another**

How we Feel App

