

MORE THAN A FEELING



GOD & YOUR EMOTIONS

1.8.23

BEYOND SUNDAY WEEK 1 **EMOTIONS / INTRO**

Like pain is a warning sign to our body, so emotions are to our soul. Our emotions are more than a feeling for they provide us an opportunity for greater understanding of ourselves and intimacy with God. In this 7 week series, [More Than A Feeling](#), we will focus on one of six core emotions each week, while practicing how to deal with how we feel with the help of God. **This week, we begin with an introduction on emotions and God's role in them.**



1. Watch [this video of the Elephant and the Rider](https://youtu.be/X9KP8uiGZTs) (<https://youtu.be/X9KP8uiGZTs>). What does this tell you about the power of our emotions? How have you seen this play out in your life or the life of others?
2. Take a moment to memorize the six core emotions. Note they are in alphabetical order. **Glad, Mad, Sad, Scared, Shame, Shocked** (see [Feelings Wheel](#)). Reflect on the last week, which of these did you feel and why?
3. What do these passages ([Psalm 34:18](#), [Matthew 11:28-30](#), [1 Peter 5:7](#)) tell you about how God wants to help you deal with how you feel? Where else in the Bible do you see God helping others deal with their feelings?
4. What do these passages ([2 Corinthians 10:5](#), [Philippians 4:6-8](#)) tell us about our responsibility about how God wants us to deal with our feelings? How did Jesus exemplify this idea?

5. If recognizing your emotions and learning to manage them with God is one of the most important life skills, then which of these reasons for dealing with your feelings is the most motivating to you: **Better awareness, Better ability to cope, Better control, Better decisions, Better relationships?**
6. Practice & Prayer: take 5-10 minutes to identify a feeling and bring it to God using the following process:
- **Name it!** - "I am feeling... _____."
 - **Tame it!** - "I am feeling this way because _____."
 - **Claim it!** - "Lord, I give you my feelings of _____ and false beliefs of _____.
What Truth (verse/thought) do you want me to claim to comfort and guide me?"
 - **Proclaim it!** - Share what you have gained with another person

RESOURCES

- [Feeling Wheel](#) & [Feelings Journal](#)
- [Seminar: Seen](#) — Monday, February 6 ([Seen book](#))
- [Book: Restore My Soul: Reimagining Self-Care for a Sustainable Life](#)
- [Movie: Inside Out](#)
- [Therapists: One Life Counseling Center](#) / [Christian Counseling Center](#)
- Podcast or [Right Now Media: Managing Leadership Anxiety w/ Steve Cuss](#)



LEARN MORE ABOUT SERIES
wearepcc.com/morethanafeeling