

MORE THAN A FEELING



GOD & YOUR EMOTIONS

1.15.23

BEYOND SUNDAY WEEK 2 **GLAD** 😊

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'll focus on the emotion: Glad.**



1. 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?
2. Read [Psalm 118:21-25, 28-29](#). What do you recognize about how God wants to help you deal with how you feel? How does the psalmist reflect on God's works in the past and allow it to inform his present reality?
3. Read [Philippians 4:8](#). How might reflecting on God's work in our past shape our sense of gladness today?
4. 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?**

5. How might reflecting on God's goodness in our past overcome our opposing emotions and lead us into healthy practices despite our circumstances? If gladness requires a memory, what healthy rhythm could you establish to help you to remember?
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](#)



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