

MORE THAN A FEELING



GOD & YOUR EMOTIONS

1.22.23

BEYOND SUNDAY WEEK 3 **MAD**

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 look at how God wants us to handle things when we get MAD.**



1. How are you dealing with how you are feeling? Have you been taking time to reflect on your emotions and using the process of Naming, Taming, Claiming, and Proclaiming? If so, what have you gained? If not, what holds you back from doing so?
2. What do you see as the difference between righteous and unrighteous anger? (Give personal or biblical examples) And why is it so important that we handle them both in a godly manner? Why do we feel like we often have the right to be condemning and overbearing when we have righteous anger?
3. Read [Psalm 109](#) out loud. Identify what is causing the psalmist anger, where he takes it too far, and when he gets it under control. What does this say about God that this interaction with Him is in the Bible? What confusion or encouragement does this give you about how to deal with your anger?

4. Read silently [Ephesians 4:26](#) and [James 1:19-20](#) multiple times. What is standing out to you about these commands in the Bible? If God's word is written "to correct and train us in righteousness..." ([2 Timothy 3:16](#)), how willing are you to allow God to teach you a new way of dealing with your anger instead of stuffing or puffing it? What helps or hinders you from doing so?
5. Who suffers when you don't deal well with your anger?
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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