

MORE THAN A FEELING



GOD & YOUR EMOTIONS

1.29.23

BEYOND SUNDAY WEEK 4 SAD 😞

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 SAD.**



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. Sadness can take us to desperate places. How good are you at identifying your sadness (rate yourself on a scale 1-5: unable to identify - great at it!)? And if you do identify, how do you typically express yourself and cope with your sadness? What has worked and not worked in the past?
3. Reflect on [Psalm 88](#). What does the psalm tell us about the psalmist and God? Which parts of the psalm are unsettling and/or encouraging to you? Which parts of the psalm have you felt?

4. Psalm 88 reflects a deep sadness. How do you see the differences between a deep sadness and a shallow sadness? Since they both cause us to ride the emotional elephant, why is it important to take both types of sadness to God? What happens if we don't?
5. Reflect on [John 11:1-35](#). How do you feel about Jesus' delay in coming? What does Mary and Martha approach with Lord Jesus tell us about how we can approach Him in our grief? How does Jesus being deeply moved in spirit and troubled, plus His tears shape your perspective about His empathy for your sadness? Note these other passages [Isaiah 53:3](#), [Psalm 56:8](#).
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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