

MORE THAN A FEELING



GOD & YOUR EMOTIONS

2.5.23

BEYOND SUNDAY WEEK 5 **SCARED** 😨

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 SCARED.**



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. If the universal trigger for being scared or afraid is a real or imagined threat (person, place, thing, event), how have you seen this play out in the life of yourself or another? Relate it to kids and adults. Why do you think God would want to free us from being scared, anxious, or worried?
3. **The BIG IDEA for this week is the following:** *Allow your fear to fuel your faith instead of flooding it.* Let's relate this to a fire. How do you see your fear being like water that floods the fire of your faith or like kindling that fuels it? Ponder examples of both in your life. How does this [Philippians 4:6-7 MSG](#) support this imagery?

4. Read [1 Kings 18:16-39](#), then read [1 Kings 19:1-21](#). How do you reconcile the courage and fear of Elijah from one moment to the next? Are you surprised? What caused him to go from one extreme to another? What does it take to restore his courage? How does this reflect our humanity and need for God?
5. With over a 100+ verses about "*not being afraid*" in the Bible, reflect on these psalms ([Psalm 27:1](#), [Psalm 56:3](#)), words from Jesus ([Matthew 6:25,11:28](#), [John 16:33](#)) and Paul ([2 Timothy 1:7](#)). Which passages are helping you most to have a spirit of hope and courage, instead of a spirit of fear.
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