

MORE THAN A FEELING



GOD & YOUR EMOTIONS

2.12.23

BEYOND SUNDAY WEEK 6 **SHAME** 🙄

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 feel SHAME.**



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. How do you describe the difference between GUILT & SHAME? How did our guest speaker, Pastor Tina, differentiate between the two? If needed see [this resource](#) by Brene Brown. Why is it important to deal with our shame? What happens if we don't?
3. What is the correlation between shame and perfectionism? How do you fall into this trap?

4. Read [Psalm 51](#). What specific words in this Psalm help you understand that your shame can be released? Besides David, who wrote this Psalm, who else in the Bible overcame shame? And how? If needed, see [John 21](#).
5. Reflect on [Psalm 51:16-17](#), [1 John 1:9](#), what is our part in releasing our shame and what is God's?
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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