

MORE THAN A FEELING



GOD & YOUR EMOTIONS

2.19.23

BEYOND SUNDAY WEEK 7 **SHOCKED**

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 to respond to God when we feel SHOCKED.**



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 areas of your life bring you a sense of certainty: your work, your marriage, your family, your savings?
3. What experiences have you had where you felt shocked? In what ways could you relate with Simon Peter's story of having his certainty compromised?

4. In what ways do you experience ambiguity as you live as a disciple of Jesus?
What certainty would make you feel most vulnerable to let go of if Jesus asked you to leave it?
5. What would you need to know about Jesus, that would bring you to trust him so wholeheartedly, that he could ask you for anything and your answer would be yes?
Do you already know the answer, and has it shaped your response into a yes?
If no, why not?
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