LIFE IN THE WORD SERIES:

LESSON ONE:

EMOTIONS ARE A GIFT FROM GOD

Life in the Word Series: Managing Our Emotions (Hearts that Beat with His)

Lesson One:
Emotions are a Gift from God

Look closely at me, LORD, and test me.
Judge my deepest thoughts
and emotions.
Psalm 26:2

For whenever our heart condemns us, God is greater than our heart, and He knows everything.

1 John 3:20

A "condemning heart" refers to the internal feelings of guilt, shame, or self-accusation one experiences when the conscience highlights wrongdoing.

Emotion is essentially an outward expression of what is going on inwardly.

Emotions give the heart a voice. It is the language of the soul.

Lesson One:
Emotions Are A Gift From God

“Emotions are like the dash lights in your car. They’re not the problem; they’re simply trying to tell you something.”

You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book.

Psalm 56:8

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6-7

Three Things About Emotions:

1. Accept your emotions as a gift from God.

2. Learn Your Emotions through Scripture.

JOY

The LORD is my strength and my song; He has become my salvation.

Psalm 118:14

FRUSTRATION

Be not silent, O God of my praise! For wicked and deceitful mouths are opened against me, speaking against me with lying tongues.

Psalm 109:1-2

DESPAIR

You have caused my beloved and my friend to shun me; my companions have become darkness.

Psalm 88:18

Examples of Emotions in Scripture:

Elijah - depression/death

Jonah - anger/death

David - lust/murder

Job - grief/bitterness

Jesus is our Model for Emotional Health.

Three Ways to Glorify God with Your Emotions:

1. Confess and surrender your emotions to God.

Psalm 43:5

2. Speak to your emotions with Scripture.

2 Timothy 1:7

3. Turn your emotions into actions.

Nehemiah 2:2-5

“If we are not spiritually fed, we’ll be emotionally led.”

Follow Up Chat Questions:

1. How would you define emotions?
2. In what way(s) are our emotions a gift from God?
3. Why is it important to learn your emotions through scripture?
4. What are some examples of emotions in scripture?
5. How did Jesus model emotional health?
6. List three ways to glorify God with our emotions.
7. What resonated most in today’s lesson?