"Ignoring our emotions is turning our back on reality. Listening to our emotions ushers us into reality. And reality is where we meet God." Dan Allender, The Cry of the Soul	
Emotions are great assets, but have two extremes to avoid:	
1	
2	
True discipleship includes not only experiencing our feelings, but also	
to them.	
to them.	
TELLING MY STORY	
1. God is the of my story	
 God is the of my story My story reveals myself to! 	
2. My story reveals myself to!	
 My story reveals myself to! Engage in the of your own story 	
 My story reveals myself to! Engage in the of your own story 	
 My story reveals myself to! Engage in the of your own story 	
 My story reveals myself to! Engage in the of your own story 	

All Bible references, unless otherwise noted, are from the New King James Version of the Holy Bible.

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SERMON STUDY GUIDE PASTOR BENJAMIN ORIAN

How Does That Make You feel?

1 2 3 4



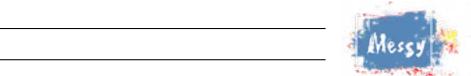
"A tranquil heart is life to the body, But passion is rottenness to the bones."

PROVERBS 14:30 (NASB)

Before we begin, let's do a quick self-evaluation:

HOW DO YOU FEEL RIGHT NOW?

Do you feel happy; sad; upset; angry; joyful; disappointed; depressed? Are you nervouse or afraid? Or are you on edge or apprehensive about something? Take a moment and write down a few words that describe how you feel right now:



WHO ARE YOU?	FAMILIES OF EMOTIONS
of yourself and your relationship to God are intricately related.	1 (ref: Mt 21:12-13) hostility, irritability, annoyance
Augustine, in his book Confessions (from 400AD) wrote: "How can you draw close to God when you are far from your own self?"	2 (ref: Jn 11:35) grief, self-pity, loneliness
PASTOR BEN TELLS HIS STORY Does your Bible study and spirituality address your insecurities or understanding of yourself?	3 (ref: Lk 22:43) axiety, nervousness, apprehension 4 (ref: Lk 10:2; Mk 10:16) joy, relief, delight, thrill
EMOTIONS Emotion is defined by the American Heritage Dictionary as "a state that arises spontaneously rather than through conscious effort and is often accompanied by physiological changes; a	5 (ref: Jn 21:20) trust, adoration, acceptance 6 (ref: Mt 8:10) shock, amazement, wonder 7 (ref: Mt 17:17) contempt, scorn, aversion
God is And you are made in God's image! That means: God thinksYou think. God feelsYou feel. God criesYou cry. God gets angryYou get angry. God experiences joyYou can experience joy.	8 (ref: Mk 15:22-24; Heb 12:2 guilt, remorse, embarrassment, humiliation Jesus demonstrats it's possible to feel these emotions
Emotions are a asset from God.	What if through these physiological responses, God is desperately trying to get your attention. What if some of these responses are actually SPIRITUAL SIGNALS that something is wrong?

