

"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 _____ on them and thoughtfully _____ to them.

TELLING MY STORY

1. God is the _____ of my story
2. My story reveals myself to _____!
3. Engage in the _____ of your own story
4. We are called by God to be _____ of our story.

Messy

Sermon Study Guide by Pastor Benjamin Orian // www.orian.us (download this guide & more)
All Bible references, unless otherwise noted, are from the New King James Version of the Holy Bible.
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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 nervous 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?

_____ of yourself and your relationship to God are intricately related.

Augustine, in his book Confessions (from 400AD) wrote: "How can you draw close to God when you are far from your own self?"

PASTOR BEN TELLS HIS STORY...

? Does your Bible study and spirituality address your insecurities or understanding of yourself?

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 _____."

God is _____. And you are made in God's image!

That means: God thinks...You think.

God feels...You feel.

God cries...You cry.

God gets angry...You get angry.

God experiences joy...You can experience joy.

Emotions are a _____ asset from God.

FAMILIES OF EMOTIONS



1. _____ (ref: Mt 21:12-13)
hostility, irritability, annoyance



2. _____ (ref: Jn 11:35)
grief, self-pity, loneliness



3. _____ (ref: Lk 22:43)
anxiety, nervousness, apprehension



4. _____ (ref: Lk 10:2; Mk 10:16)
joy, relief, delight, thrill



5. _____ (ref: Jn 21:20)
trust, adoration, acceptance



6. _____ (ref: Mt 8:10)
shock, amazement, wonder



7. _____ (ref: Mt 17:17)
contempt, scorn, aversion



8. _____ (ref: Mk 15:22-24; Heb 12:2)
guilt, remorse, embarrassment, humiliation

Jesus demonstrates it's possible to feel these emotions _____.

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?

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