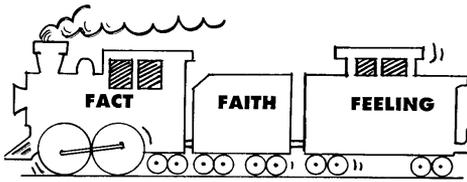


As people who were made in the image of God, we will have emotions, it's part of how God made us.

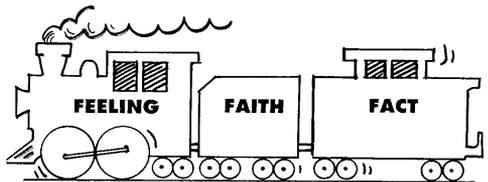
The heart is more deceitful than anything else, and incurable, - who can understand it?  
Jeremiah 17:9

To believe we are not deceived by our own heart is foolish.

The Goal:



Reality:



We don't live our life based on fact, but based on OUR interpretation of facts.

You cannot be Spiritually mature and emotionally immature.  
-Peter Scazzero

We are more sinful and flawed that we would ever care to admit, we are more loved than we could ever image.

**Journal Prompt:**

What am I mad about?

What am I sad about?

What am I afraid of?

Quoted Verses: Jeremiah 17:9. Luke 12:25. 2 Corinthians 10:3-5.

Verses referenced: Psalms 139. Genesis 6:6. Exodus 20:5. Hosea 11:8. Matt 26:27-28. Luke 10:21. Proverbs 12:15. Psalms 55:22. Matthew 11:28.

Catching Up

Growing up, what was your family's approach to emotions? How does that impact how you approach your emotions and feelings now?

Review

What stood out to you about this week's sermon?

Of the various emotions, which do you deal with most? (Google the "feeling wheel" if you need help) Why do you think that is and what does that reveal about yourself?

Read 2 Corinthians 10:5 - What practically does it look like for you to take your thoughts captive? How might you use some of the questions that James provided to help you do that? (I.e. What am I mad/sad/afraid about?)

Prayer

Spend time in listening prayer together asking God to reveal what is beneath the emotions that you are dealing with these days.

Application:

Out of your prayer & discussion time, what is one specific step of action God is leading you to take in response to this study? How can we pray for you related to that?

Going Deeper:

Read the following verses to identify the emotions God has in these moments.

Genesis 1:25, 31; Genesis 6:6; Exodus 20:5; Isaiah 42:14; Jeremiah 30:24; Jeremiah 31:3; Hosea 11:8; Matthew 26:37-38; Mark 3:5; Luke 10:21

Do any of these surprise you?

How do these help you understand God and yourself better?