

EMOTIONS

So much is distilled in our tears...not the least of which is wisdom in living life. I have learned that if you follow your tears, you will find your heart. And if you find your heart, you will find what is dear to God. And if you find what is dear to God, you will find the answer to how you should live your life.

—Ken Gire,
Windows of the Soul

new has come!" So you may tell yourself, "If the past is over and gone, then just let me forget it, and put it all behind me. Why should I talk about it? God forgives so I can forget about it." To what extent is this how you feel? Explain.

4

God knows that our hearts can be hard, closed, and stony, or alive, open, and fleshly. Meditate on God's promise to give His people new hearts in **Ezekiel 11:19,20**.

What are the benefits and risks of living with a "heart of stone" or a "heart of flesh"?

What parts of your heart feel more like flesh, and what parts feel stony?

5

There's a huge difference between "knowing" about the ways of Jesus and "experiencing" life in Him. Is there a disconnect in your life from something your head "knows" is true, but your heart is having a hard time trusting or "experiencing" as being true for you? Example: I know God is supposed to love me but I feel so alone and unlovable.

6

Describe one thing you struggle with for which you long to experience comfort, freedom, and release so you can move forward in your journey. For instance do you feel discouraged, unfulfilled, hopeless, frustrated, ashamed, confused, fearful, depressed, angry, critical, numb, or something else?

7

Reflection

Select one of David's Psalms to meditate on and paraphrase. Read it through several times, processing it with your heart as much as with your mind. Then re-write it on the back of the study, expressing it in your own words from your heart.

Feeling Down – **Psalm 42**. Struggling – **Psalm 73**. Guilty – **Psalm 38**. Alone – **Psalm 22**. Other?

1

From these passages, what emotions do you see God has?

Psalm 18:19 Hosea 11:8,9 Isaiah 63:9

What other emotions are you familiar with God expressing and how does it make you feel to realize that God has emotions?

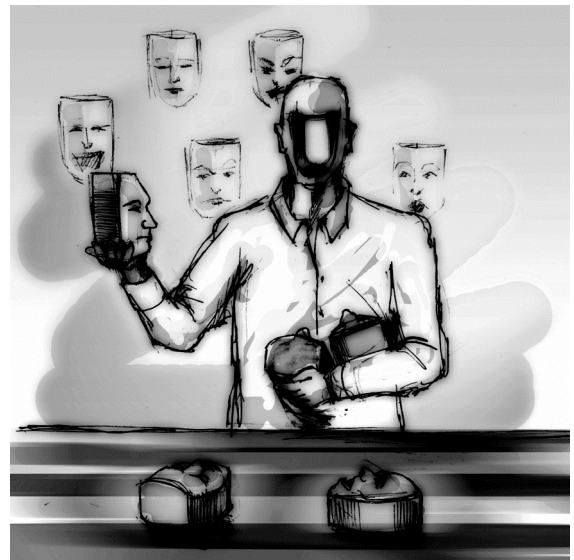
2

How does God treat our emotional needs and brokenness? What emotions do you connect with?

Isaiah 61:1-3, Psalm 147:3, Revelation 21:4, Psalm 55:2, 1 Peter 5:7, Mark 9:24

3

2 Corinthians 5:17 assures us that "if anyone is in Christ, he is a new creation; the old has gone, the



new has come!" So you may tell yourself, "If the past is over and gone, then just let me forget it, and put it all behind me. Why should I talk about it? God forgives so I can forget about it." To what extent is this how you feel? Explain.