

How Are You Feeling Today?

1. *“Paul and Timothy, servants of Christ Jesus, To all the saints in Christ Jesus who are at Philippi, with the overseers and deacons: Grace to you and peace from God our Father and the Lord Jesus Christ. **I thank my God** in all my remembrance of you, always in every prayer of mine for you all making my prayer **with joy**, because of your partnership in the gospel from the first day until now. And **I am sure** of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ. It is right for me to **feel this way** about you all, because I **hold you in my heart**, for you are all partakers with me of grace, both in my imprisonment and in the defense and confirmation of the gospel. For God is my witness, **how I yearn for you all with the affection of Christ Jesus.**” (Philippians 1:1–8, ESV)*

The Problem With Emotions

1. Not Enough Feeling
2. Too Much Feeling

Godly Wisdom

Godly wisdom is the righteous application of the knowledge of God, ourselves and our experience to how we think, **feel** and act resulting in flourishing relationships with God, self and others.

Fearfully and Wonderfully Made...

What Are Emotions?

Understanding Emotions

How Many Emotions Are There?

Our emotions are an essential part of our createdness. We cannot live whole, God-honoring lives apart from emotional awareness and emotional engagement of ourselves and others. Emotions are data, not directives, drawing us closer to God and others or inserting a wedge.

Grounded Emotions

From Dead to Alive

“Yet even now,” declares the Lord, “return to me with all your heart, with fasting, with weeping, and with mourning; and rend your hearts and not your garments.” Return to the Lord your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love; and he relents over disaster.” (Joel 2:12–13, ESV)

From Reactive to Responsive

“For I wrote to you out of much affliction and anguish of heart and with many tears, not to cause you pain but to let you know the abundant love that I have for you.” (2 Corinthians 2:4, ESV)

From Narrow to Wide

From Fear to Freedom

“There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love.” (1 John 4:18, ESV)

How To Experience Grounded Emotions

- Wake Up
- Name It
- Own It
- Be Curious
- Choose Life

Grounded Emotions are things we feel and are then able to ***respond appropriately*** to the WHY of WHAT we are feeling.

Grounded

“so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.” (Ephesians 3:17–19, ESV)

Being Grounded is consistently living out of the love, knowledge, presence and strength of Jesus.

Wisdom Exercise

Test Your Emotions

- Name It
- Bring It Into The Light
- Share it
- Surrender it to Jesus
- Sit With It

The Surrender Prayer

Jesus, I surrender this _____ [belief/
thought/feeling/action] to you right now.

Come be with me and I am going to follow
you.