



## So Many Feelings: Truth about Emotions

Emotions are a \_\_\_\_\_, and therefore, they are \_\_\_\_\_.

But \_\_\_\_\_ are not necessarily \_\_\_\_\_.

Our God-given emotions can be \_\_\_\_\_.

*"Feelings must be engaged. They are meant to be involved...[Yet] our danger is to submit ourselves to our feelings and allow them to dictate to us, to govern and to master us and to control the whole of our lives."*

- Martin Lloyd -Jones

\_\_\_\_\_ our emotions should lead us to the \_\_\_\_\_.

### Truth to Embrace:

We \_\_\_\_\_ when expressing our emotions leads us to the \_\_\_\_\_.

## Discussion Questions

1. Is there anything from last week's *Planting Truth & Uprooting Lies* section that you would like to share?
2. What stands out to you from lecture or the passage we looked at today?
3. How have you thought about emotions in the past? As God-given or bad or untrustworthy or to be fully expressed?
4. How could understanding your own emotional make-up and personality help you know how to manage your emotions?
5. Have you ever experienced emotions telling you something is true, that actually turns out not to be true? What have you learned from that experience?
6. Where do you think you are at in maturing emotionally? What next steps would be helpful to take?

## Planting Truth & Uprooting Lies

Read Philippians 4:4-8. The book of Philippians was written by Paul to the church in Phillipi. The purpose of the book is to thank the church for gifts they sent to Paul while in prison. However, Paul also reports on the progress of his ministry and encourages the Philippians to stand firm while enduring persecution and to rejoice regardless of the circumstances.

Jot down notes on the passage, specifically words or ideas that are repeated in the passage.

Questions to consider:

1. The command in verse 4 says to rejoice always. That is a big command! Who or what are we to rejoice in (v. 4)?
2. Paul commands us not to be anxious about anything, but instead to do what (v. 6)? What is the result (v. 7)?
3. What does it mean to guard your heart and mind (v. 7)? How can peace of God be a guard?
4. List all the things we are to think on (v. 8). What thinking do you need to adjust according to this standard?
5. Read 2 Corinthians 10:5, what emotions or thought do you need to take to Christ?
6. What lies about emotions do you need to uproot?



## So Many Feelings: Truth about Emotions

Emotions are a God-given gift, and therefore, they are good.

But emotions are not necessarily truth-tellers.

Our God-given emotions can be God-honoring.

*"Feelings must be engaged. They are meant to be involved...[Yet] our danger is to submit ourselves to our feelings and allow them to dictate to us, to govern and to master us and to control the whole of our lives."*

- Martin Lloyd - Jones

Expressing our emotions should lead us to the heart of God.

### Truth to Embrace:

We mature emotionally when expressing our emotions leads us to the heart of God.