

*Let's Talk
About Our
Feelings*



FACTS: Real occurrence or state of things

1 John 1:1-3; John 20:20-31; 1 Corinthians 15:1-8

FAITH: Bible-based confidence or trust

Hebrews 11:1, 6; Romans 10:17

FEELINGS:

Senses based agitation occurring within our mental state

Three Words



Our Emotions Are Easily Deceived

Genesis 37:31-35

Jeremiah 17:9

The heart is deceitful above all things, and desperately wicked; who can know it?

Proverbs 28:26

He who trusts in his own heart is a fool, but whoever walks wisely will be delivered.

**Emotions Are A Shaky,
Unreliable Foundation**



Can Cause Us To Reject Truth

Proverbs 14:12; Deuteronomy 4:19

Can Cause A Lack Of Trust

1 John 1:9; 2:1

Can Cause One To Become The Emotion

Ephesians 3:19

**Emotions Can Be
Dangerous**



Jesus Had & Showed Emotion

Luke 19:37-46; Mark 1:40-41

Are We Like David Or Michal?

2 Samuel 6; Luke 7:36-50; 18:13; Lamentations 2:11;
Romans 12:15; Colossians 3:12; Ephesians 5:19

8 Core Emotions

Hurt – Loneliness – Sadness – Anger –
Fear – Shame – Guilt – Gladness

**It Is Not Wrong
To Feel**



An Invitation To Increase Our Faith

Psalm 73; 2 Corinthians 7:8-11

Move From Hurt To Healing

Move From Loneliness To Intimacy

Move From Sadness To Hope

Move From Anger To Hunger For Life

Move From Fear To Hunger For Love

Move From Shame To Humility

Move From Guilt To Forgiveness

**Emotions Can Be
A Powerful Ally**



*What Do
Your
Feelings
Say About
You?*

