

Managing Emotions Biblically
STUDENT Notes

I. Emotions – A Part of God’s Good Creation

A. Part of Our _____ Design *Luke 10:27*

B. A _____ Part of God’s Original Design *Gen 1:31*

C. Created to Bear the _____ of God *Eph 4:30, Psalm 78:40-41, Isaiah 62:5, Isaiah 65:19, Isaiah 16, Psalm 60:6, Romans 1:18, John 3:16. Gen 1:26*

II. Emotions Before the Curse of Sin

A. _____ Our Lives *Psalm 16:11*

B. _____ Our Ability to Rejoice *Gen 2:18-23*

III. Emotions Under the Curse of Sin

A. _____ Affected By The Curse of Sin *Genesis 3:14-19*

B. The Curse's _____ on Emotions *Eph 2:1-3, Genesis 3:8-10*

IV. Controlled by Emotions??

A. Emotions In _____ *Galatians 5:16-21*

B. The Two _____ *Eph 4:17-19*

V. Living By The Truth

A. Emotional _____ Possible *Eph 1:7, Eph 4:22-24*

B. _____ Orientation *Colossians 3:1-3, Colossians 3:5-10*

VI. Changing Your Feelings

A. Jesus, the _____ *Heb 12:1-2, Matthew 26:36-39, Gen 1:28, Romans 6:5-7*

B. The _____ Between Emotions and Desires, Thinking, and Action *Deut 30:19-20, Prov 14:12, Prov 28:26 Prov 23:7, John 13:17*

VII. Making Your Feelings Work For You

A. Emotions – the _____ **Signal** *Psalm 31:10*

B. Emotions – the _____ *Psalm 5:11, I Peter 1:22, Eph 5:25-33, Heb 12:9-11, Rev 21:1-5, Rev 22:1-5*

VIII. Application Questions

1. Have you considered before that emotions were part of God's original creation design for humans?
2. How does it affect you to know that God has emotions?
3. What are your thoughts about the experience Adam and Eve would have had with their emotions before sin entered the world?
4. In what way can you see the curse of sin affecting the human emotional experience?
5. Why do you think we are so prone to allow emotions to control us?
6. Which of the extremes about the way we handle emotions (avoiding emotions vs. manipulating emotions) do you tend to live in?
7. What are some of the challenges when transitioning from a feeling or emotion based lifestyle to a truth based lifestyle?
8. In what ways does it help to know that Jesus enables us to live by truth and redeems us from slavery to our emotions?
9. What are your thoughts about the link between emotions, desires, thinking, and actions?
10. In what ways do you need to grow in viewing emotions as both a warning sign and a blessing?

IX. Questions

X. Recommendations for Further Study

Managing Your Emotions by Amy Baker

Feelings and Faith by Brian Borgman

The Heart of Change video series by Faith Church