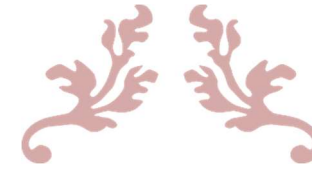


## Recommended Reading

Emotions: living life in colour by Graham Beynon

Untangling emotions: J.Alasdair Groves & Winston T. Smith

Good and angry: redeeming anger, irritation, complaining, and bitterness by David Powlison



Bloom

---

## Untangling Emotions

20 June 2020



### Discussion #1: Taking stock of our emotional life

1. Are you an over-feeler or an under-feeler?

Under-feeler \_\_\_\_\_ Over-feeler

2. What's your attitude towards emotions?

Not important \_\_\_\_\_ All important

3. What are some of your strongest & commonly felt emotions?

### Introduction

### Discussion #3: Considering how to pursue godly emotions

1. How do you honestly feel about the prospect of growing to be more like Jesus in your emotional life? Daunted? Excited? Doubtful? Something else?
2. What are 1-2 practical steps you want to take to pursue godly emotions, given what you've heard? How will you go about this, when will you start etc?
3. Can you think of ways that we as women of SLE can help one another in this? How could other women help you? Who could you help, and how? Be as specific as possible!



b. Put emotions in their rightful place

## Conclusion

1. What are emotions?
  - a. What are they?

b. Where do they come from?

i) Me: What I \_\_\_\_\_

Me: What I \_\_\_\_\_

ii) My heart (Mark 7:20-23; Luke 6:45)

**Mark 7:20-23.** <sup>20</sup> And he said, "What comes out of a person is what defiles him. <sup>21</sup> For from within, out of the heart of man, come evil thoughts, sexual immorality, theft, murder, adultery, <sup>22</sup> coveting, wickedness, deceit, sensuality, envy, slander, pride, foolishness. <sup>23</sup> All these evil things come from within, and they defile a person."

**Proverbs 27:19** <sup>19</sup> *As in water face reflects face, so the heart of man reflects the man.*

2. **What are *godly* emotions?**
  - a. **Look at Jesus!**

3. **How can I have godly emotions?**
  - a. **Practice good heart hygiene!**

**Proverbs 4:23** *Above all else, guard your heart, for everything you do flows from it.*

- Recalibrate it
  
  
  
  
  
  
  
  
  
  
- Pray for its inclination
  
  
  
  
  
  
  
  
  
  
- Go with the flow (Galatians 5:16-26)
  
  
  
  
  
  
  
  
  
  
- Find a support group (Hebrews 3:12-13)

## Discussion #2: Processing what we've learnt about godly emotions

1. In light of what we've heard so far, how do you think your own attitude to your emotional life should change? Why?
  
2. What do you find most interesting / helpful about what godly emotions involve?
  
3. Consider the strongest & most common emotions you feel (from the intro exercise).  
The following questions will help us see ways in which they were ungodly or godly.
  - a. Try to consider the state of your heart (from which they flowed). What does it show about your heart's beliefs/convictions and your heart's love/values? Are they the right emotions to be feeling? Why/why not?

**Break into pairs to pray in light of these discussion questions, especially about you'll do practically in response!**

**Luke 7:12-14** <sup>12</sup>As he drew near to the gate of the town, behold, a man who had died was being carried out, the only son of his mother, and she was a widow, and a considerable crowd from the town was with her. <sup>13</sup>And when the Lord saw her, he had **compassion** on her and said to her, "Do not weep." <sup>14</sup>Then he came up and touched the bier, and the bearers stood still. And he said, "Young man, I say to you, arise."

**Matthew 9:36** When he saw the crowds, he had **compassion** for them, because they were harassed and helpless, like sheep without a shepherd.

**Mark 10:13-14** <sup>13</sup>And they were bringing children to him that he might touch them, and the disciples rebuked them. <sup>14</sup>But when Jesus saw it, he was **indignant** and said to them, "Let the children come to me; do not hinder them, for to such belongs the kingdom of God.

**Mark 3:5** And he looked around at them with **anger, grieved** at their hardness of heart, and said to the man, "Stretch out your hand." He stretched it out, and his hand was restored.

**John 2:14-16** <sup>14</sup>In the temple he found those who were selling oxen and sheep and pigeons, and the money-changers sitting there. <sup>15</sup>And making a whip of cords, he drove them all out of the temple, with the sheep and oxen. And he poured out the coins of the money-changers and overturned their tables. <sup>16</sup>And he told those who sold the pigeons, "Take these things away; do not make my Father's house a house of trade."

**Mark 10:21** And Jesus, looking at him [the rich man], **loved** him, and said to him, “You lack one thing: go, sell all that you have and give to the poor, and you will have treasure in heaven; and come, follow me.”

**Luke 10:21** In that same hour he **rejoiced** in the Holy Spirit and said, “I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to little children; yes, Father, for such was your gracious will.

## b. Learn from Jesus!

i) Right feeling...

ii) ...with the right intensity

**Mark 14:33-35** <sup>33</sup> And he took with him Peter and James and John, and began to be greatly **distressed** and **troubled**. <sup>34</sup> And he said to them, “My soul is very **sorrowful**, even to death. Remain here and watch.

iii) ... consistent with right actions

