



## Inside Out - The Joy of Emotions

### 1. ACKNOWLEDGE your emotions.

**Ecclesiastes 3:4 (NIV)** *A time to weep and a time to laugh, a time to mourn and a time to dance.*

**Luke 10:21a (NLT)** *At that same time Jesus was filled with the joy of the Holy Spirit.*

**John 11:35** *Then Jesus wept.*

**Luke 22:44 (NLT)** *He prayed more fervently, and he was in such agony of spirit that his sweat fell to the ground like great drops of blood.*

**Mark 8:12a (NLT)** *When he heard this, he sighed deeply in his spirit.*

**Mark 3:5a (NLT)** *He looked around at them angrily and was deeply saddened by their hard hearts.*

**1 Corinthians 13:11 (NLT)** *When I was a child, I spoke and thought and reasoned as a child. But when I grew up, I put away childish things.*

### 2. Your emotions give CONTEXT to your EXPERIENCES and your EXPERIENCES give CONTEXT to your emotions.

**Deuteronomy 30:15-20 (ESV)** *15 "See, I have set before you today life and good, death and evil. 16 If you obey the commandments of the Lord your God that I command you today, by loving the Lord your God, by walking in his ways, and by keeping his commandments and his statutes and his rules, then you shall live and multiply, and the Lord your God will bless you in the land that you are entering to take possession of it. 17 But if your heart turns away, and you will not hear, but are drawn away to worship other gods and serve them, 18 I declare to you today, that you shall surely perish. You shall not live long in the land that you are going over the Jordan to enter and possess. 19 I call heaven and earth to witness against you today, that I have set before you life and death, blessing and curse. Therefore choose life, that you and your offspring may live, 20 loving the Lord your God, obeying his voice and holding fast to him, for he is your life and length of days, that you may dwell in the land that the Lord swore to your fathers, to Abraham, to Isaac, and to Jacob, to give them."*

### 3. Your emotions are a GAUGE not a GUIDE

**Proverbs 28:26 (NKJV)** *He who trusts in his own heart is a fool, But whoever walks wisely will be delivered.*

**1 Corinthians 12:25-27 (TLB)** *25 This makes for happiness among the parts, so that the parts have the same care for each other that they do for themselves. 26 If one part suffers, all parts suffer with it, and if one part is honored, all the parts are glad. 27 Now here is what I am trying to say: All of you together are the one body of Christ, and each one of you is a separate and necessary part of it.*

#### Additional Notes:

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#### scriptures that relate

Monday: 1 Peter 1:3-9

Wednesday: Ephesians 4:25-32

Friday: Exodus 14:13-31

Tuesday: Jeremiah 31:2-4, 9

Thursday: Isaiah 41:8-10

Saturday: Romans 8:1-5

#### small groups—talk it over

1. What are some ways that you already or can practice acknowledging your emotions?
2. Do you consider yourself to be an active or passive agent in regard to your emotions?
3. When was a time when your experience gave context to your emotions and vice versa?
4. In what ways do you need your community to surround you to help process your emotions?
5. Who do you think is the leader of your emotions? Joy, Sadness, Anger, Disgust or Fear?

#### pastor david's prayer requests

**Monday:** Thank you, Lord, for all of Your goodness in our lives and for the days you have given us.

**Tuesday:** Pray for the families who lost everything in the Westbury apartment fire.

**Wednesday:** Pray for those who are struggling with sickness as well as physical affliction.

**Thursday:** Pray for men/women in the military who put their lives on the line for our freedom.

**Friday:** Pray for the CCON staff that we seek His wisdom in our services and ministries.

**Saturday:** Pray for marriages in our church. Remind us that they are an example to others.