Series: Embracing and Employing Our Emotions

“Emotions are a Gift from God”

Psalm 34:15, 17-18

David Owens

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A. Someone has rightfully said that we are ____________ in emotions and they come in __________ combinations of type and intensity.

B. Unfortunately, we usually think of our feelings in __________ terms.

C. Emotions are an indispensable part of our __________, but we must learn how to embrace and employ them for them to be __________ rather than __________.

D. When it comes to our emotions, there are two opposing extremes to avoid.
   1. One extreme is to try to __________ our emotions.
   2. The opposite extreme is allow our emotions to be __________.

E. To find the God ordained, biblical balance, we need a solid foundation based on God’s ________.
   1. God the Creator has __________ and has endowed us with emotional __________ (Gen. 6:6; Jn. 11:35; Mk. 3:5; Lk. 9:41, 7:9; Heb. 12:2).
   2. Human beings are a physical, spiritual and emotional __________.
      a. “The mind, body, and soul are very close neighbors, and one usually catches the ills of the others.”
   3. God created us with emotions so that our lives might be __________.
   4. God’s primary means of bringing about our emotional health is through our ________ and our relationship with ________.

F. As we move through the series, our goal will be to learn the following:
   1. To learn how to __________ our feelings.
   2. To explore the __________(s) for these emotions.
   3. To seek God’s ________ through God’s ________ and ________.

G. Emotional wholeness is grounded in our relationship with God.
   1. We experience and live in God’s ________ and ________.
   2. We look to the __________ as God’s answer to emotional pain (Isaiah 53:4; 61:1; Jn. 8:32)
   3. We are brought into God’s ________.
   4. We can develop a wholesome ________.
   5. Through our __________ to God we find ________.


I. How wonderful to know that when we cry out to the Lord, He ________ us, ________ us, and ________ us.

J. Jesus has set us free so that we can have __________ life and __________ life.