

LET'S TALK

Pt 3: Feelings

INTRO

What simple activity gives you a lot of pleasure and joy?

The Prevalence of Mental Health Issues:

- 1 in 5 Canadians experience a mental illness or addiction problem
- By the time Canadians reach 40yrs of age, 1 in 2 have or have had a mental illness

READ

1 Thessalonians 5:23-24

The generic meaning of sanctification is "the state of proper functioning."

Qu: What words might you use to describe a person who has a high degree of sanctification?

REFLECT

1. Feelings are legit

Read Genesis 1:27

We are made in the image of God. God thinks, God wills, and God feels.

Qu: Why do suppose it is easier to talk about concepts (things we think about), or actions (things we do) than feelings?

2. Feelings must be processed

In the fall of humankind, every aspect of our being has been broken in some way – including our emotions.

Qu: In what ways have our feelings been distorted by the fall?

Qu: Why are we often afraid of our feelings?

Processing our emotions

Feeling → Reflection → Action

Read Ephesians 4:26-27

Qu: What are some negative effects of not acknowledging and processing our feelings?

The call of discipleship includes experiencing our feelings, reflecting on our feelings, and then thoughtfully responding to our feelings under the Lordship of Jesus – Pete Scazzero, *Emotionally Healthy Spirituality*

3. Feelings are our friends

If God gave us our feelings, we should try to understand how they are to function in a positive way in our lives.

Feelings can be like a supernatural radar system. What we feel can alert us to truths about ourselves and others beyond what our mind can immediately comprehend.

Qu: Can you recall a time when you listened to an inner feeling and it alerted you to something that needed to be addressed?

Sadness can alert us to a loss that needs to be acknowledged. Anger can alert us to an injustice that needs to be addressed.

RESPOND

A starting place for growing our ability to understand the God-given role of feelings in our lives is to practice acknowledging how we feel.

Qu: How do you feel right now?

PRAY

Qu: After acknowledging your feelings, ask for prayer in what is revealed.

How can you draw close to God when you are far from yourself? Grant, Lord, that I may know myself that I may know thee. - Augustine, 400 A.D