

Name: _____

Date: _____

Watersprings Faith Church Bible Study

Knowing Yourself Series- The Emotions 1

Are there any emotional people in the Old Testament of the Bible? _Ps 6:6,7, 1 Kings 19:4

What are about the disciples of Jesus? Luke 9:54

What are the synonyms for emotions? Feelings, moods, instincts, impulse, lethargy, senses, sentiments, affections, likes and dislikes, agitations, fears, excitements, ecstasy, thrills, tingling, impressions etc.

Can feelings talk to you? Voices of self-pity or condemnation or thrills n excitement or anxiety

Can you name some positive emotions that you have felt?

Esteemed, honoured, valued, appreciated, confident, useful, productive, fulfilled, efficient, excited, cheerful, joyful, hopeful

Can you name some negative emotions that you have felt?_

Anger, hatred, retaliation, frustration, rivalry, bitterness, depression, sexual lust, dejection, worthlessness, failure, rejection, anxiety, helplessness

Are feelings trustworthy and reliable most of the time? When was the last time that you got cheated by your feelings? _____

Can feelings be overwhelming and misleading ? Depression, anxiety

Should we make decisions based on our feelings alone? _____

Should we ignore or deny our feelings? NO, it's part of our soul. IT needs to be understood , subdued and regenerated properly by our spirit following the Holy Spirit and the Word of God

Search Philip. 2:12

Would you call yourself a sentimental or a cool person? _____

Definition:- Feelings is the reaction of the soul to the stimulus imposed upon you. The health and strength of your soul is determined by how you have trained it by the Word and the Spirit of God.

2 sets of emotions:- Holy and unholy

Holy emotions draw you positivism- to God, to heaven, to a well defined purpose, to a sense of well being and success, a healthy self-image.

Unholy emotions draw you to negativism- to the devil, to hell, to insecurity, to destruction.

Manifestations of Unholy emotions: aggression towards yourself, SIB (self-inflicted behaviour- masturbation, a poor self-esteem, an introvert, self-abusive thoughts, emotions and attitudes) or others- verbal, attitude displayed, thoughts harboured, ill will etc.

Negative emotions are:-

1. Destructive in nature
2. Aggressive in nature
3. Driving, compulsive and obsessive in nature
4. Unproductive in nature
5. Environmentally induced or manipulated
6. Deceiving , manipulative and overwhelming

Should we just ignore or disregard them?_____

Surely and slowly, the venom will make it's way to the heart!

A proper understanding of the word "feelings":-

1. Ginosko- to aspire, to perceive by spiritual sensitivity:- you are above your natural, physical environment, you are not reacting to the stimulus but above it to change it. The prophets and seers function by this. The fruit of meekness. This is the power of your spirit.
2. Phroneo- to think or to filter. You are the deciding factor. You choose to be affected or not. This is the power of your soul at the human level.
3. Pselaphao- to grope- you are lost and confused, you feel your way. The environment has clouded you, you are quite defeated.
4. Sumpatheo- to relate to eg. Sympathy, pity, soul ties. Clouded, cluttered and entangled, hindered at an emotional level. Have good intentions but no power.
5. Apalgeo- Calloused, dejected and insensitive to honour or shame. The person has passed feelings due to selfishness and constantly turning inward. This is the spiritual nature of demons .

Are feelings related to the spiritual condition of the person?_____

Can your prayers affect your emotions?_____

The power of confessing the word of God over yourself to tune your emotions to God.

Gal.5:22, 23

Love- Agape in, for and through you

Joy- Being positive, hopeful and cheerful in your attitudes and disposition

Peace- Being undisturbed, sure and confident in the Lord, being protected at all times

Patience- being tenacious against all kinds of pressure and demands inflicted upon you

Kindness or gentleness- a tongue that blesses and builds up, a heart that is gracious, merciful ,forgiving and believing

Goodness- love to be a blessing, love to give, have a generous and kind heart, a benevolent person who loves charity and good works to bless others. You love to see others being blessed.

Temperance- spirit led and spirit controlled. Not impulsive. You are moderate and cool, not reactive and hasty. Jesus is your Lord.

Faithful- You are a believer and you can believe God for all things. You are faithful to the calling and plan of God, to His commandments and teachings. You are not drawn by other deceiving doctrines and trends, compelling situations to compromise or cave in.

Meekness- It's no longer I that live but Jesus who lives in me. I totally surrender my life to live for God. He's the reason and the substance of my life. My soul is like a weened child. I trust the Lord not myself, I live for God not myself. I am His workmanship in Christ Jesus to do the good works that He has ordained that I should walk in them. He is my Savior, my Master, the one I live for, my King and God!

And ye shall know the truth, and the truth shall make you free.

John:8:32