

EMOTIONS

DO NOT BE ANXIOUS
ABOUT ANYTHING,
but in everything

BY PRAYER
AND SUPPLICATION
WITH THANKSGIVING
*let your requests be
made known to God.*

*And the peace of God,
which surpasses all understanding,*
WILL GUARD YOUR HEARTS
AND YOUR MINDS
in Christ Jesus.

PHILIPPIANS 4:6-7 ESV

Questions

What comes to your mind when you think of the word emotion?

What has made you feel down recently?
What has made you feel happy?

What brings you the most encouragement? The most anxiety?

How can I help you through the difficult situations in life?
How can I encourage you more?

What emotion have you been feeling a lot lately?
Why do you think that is?

What is something that you don't understand about yourself?

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Scriptures

*Delight yourself in the Lord, and
he will give you the desires of your heart.*

PSALM 37:4 ESV

*Love the Lord, all you his saints!
The Lord preserves the faithful but abundantly
repays the one who acts in pride.*

PSALM 31:23 ESV

*But the fruit of the Spirit is love, joy, peace, patience,
kindness, goodness, faithfulness, ²³gentleness,
self-control; against such things there is no law.*

GALATIANS 5:22-23 ESV