

**PART 4: More Than A Feeling**

**DATE: 01-24-2021**

## START

We all experience a range of emotions on a daily basis. On even given day it can feel like we take a roller coaster ride on our emotions depending on what we experience, who we encounter, thoughts that pass through our head, or a host of other things that can trigger our emotions.

- At this moment, how are you feeling?
- Share a time when you made an emotionally reactionary decision.
- Did you regret that decision? Why or why not?

## READ

[Luke 7:13-14](#) (NASB)

When the Lord saw her, his heart went out to her and he said, "Don't cry." Then he went up and touched the bier they were carrying him on, and the bearers stood still. He said, "Young man, I say to you, get up!"

## THINK

When life is pressing down on us we can experience so many different feelings. Feelings of rejection, hopelessness, anger, sadness, and the list can go on. When we experience these emotions we can easily feel disconnected from the people around us and from God. Just because we feel something doesn't make something reality. God is always near.

- When have you felt disconnected from God and others?
- What areas in your life do you feel disconnected now?

Though there are times in life when Jesus feels distant, He is always close by. He sees you, He has compassion for you, He is speaking to you, and He wants to heal what is broken within you. He may not always heal in the way we are expecting, but He will always heal in the way that is best for us. Jesus provides a way for us to work through our feelings when we pause, admit our feelings, talk to someone we trust, and then begins to heal us.

- Where are you now with your feelings?
- Where in your life do you need to pause and admit the feelings you are experiencing?
- Who can you trust to discuss your feelings with?
- What feelings from your past do you need healing from?

## PRAY

"God thank you for creating me with the ability to feel. My feelings allow me to experience all the good things in life, but at the same time allows me to experience all the hard things in life. When I experience the hard feelings, bring healing into my life."

## ACT

This week, when you experience your feelings, whether good or bad, take a moment to pause and reflect on those feelings. Admit the feelings that you are experiencing, talk with someone you trust about those feelings, and allow Jesus to work through you and heal any negative feelings you might be experiencing.

[Discover Hope](#) | [Next Step](#)



**ONE CHURCH. RIGHT WHERE YOU ARE.**