Series: Stewarding Your Emotions

Lesson 1: Biblical Theology of Emotions

Launch Passage: Psalm 42-43

I. Your Emotions are Part of God's Good Creation
   a. God's Image Bearers
   b. Jesus Displayed Perfect Emotions
II. Your Emotions are Responses of the Heart
   a. The Heart is the Governing Center
   b. Emotions Disclose Interpretations and Values
III. The Fall Disorders Emotions
   a. Feelings are Real but not Infallible
   b. Painful Emotions do not Always Indicate Personal Sin
IV. You Experience Emotions as an Embodied Soul
   a. Your Emotions have Moral and Spiritual Significance
   b. God Commands Holy Affections
   c. God Redirects Sinful Emotions
V. Jesus Christ Redeems Your Emotional Life
   a. Union with Christ Supplies You with a New Identity
   b. Christ is with Sufferers with Sympathy and Grace
   c. The Holy Spirit Renews Your Affections
VI. This Series is Designed to Help You Steward Your Emotions