

Afraid	Envious	Panicked
Ambushed	Fatigued	Peaceful
Anguish	Forgetful	Prayerful
Annoyance	Frustrated	Rage
Anxiety	Guilty	Regret
Apathy	Gratitude	Relief
Compassion	Happy	Rushed
Confident	Heartbroken	Sad
Confused	Hopeful	Shame
Dazed	Hopeless	Shock
Denial	Hurt	Sorrow
Depressed	Impatient	Squashed
Devastated	Inadequate	Stressed
Delighted	Irritable	Thankful
Discontent	Jealous	Tired
Disoriented	Joyful	Vindictive
Distracted	Judged	Vulnerable
Empty	Lonely	Worried
Elated	Nervous	

Lies We Believe...

*I don't have emotions/I am not emotional

*If I feel something it must be true.

Nehemiah 8:10

¹⁰ Nehemiah said, "Go and enjoy choice food and sweet drinks, and send some to those who have nothing prepared. This day is sacred to our Lord. Do not grieve, for the joy of the Lord is your strength."

Numbers 22:22

²² But God was very angry when he went, and the angel of the Lord stood in the road to oppose him.

Exodus 20:5

⁵You shall not bow down to them or worship them; for I, the Lord your God, am a jealous God,

Psalms 136:1

Give thanks to the Lord, for he is good.

His love endures forever.

John 3:16

¹⁶ “For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

Ephesians 1:7

In him(Jesus) we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God’s grace

Hebrews 13:5

⁵ Keep your lives free from the love of money and be content with what you have, because God has said, “Never will I leave you; never will I forsake you.”

Lies We Believe...

*I can’t control my emotions

*Christians should never feel sad, discouraged, angry, or lonely—If we are really spiritual we will always be happy.

Philippians 4:6-7

⁶ Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all

Matthew 28:20

...And surely I am with you always, to the very end of the age.”

Promise

Philippians 4:19

¹⁹ And my God will meet all your needs according to his glorious riches in Christ Jesus.

Promise

Isaiah 54:10

¹⁰Though the mountains be shaken and the hills be removed,
yet my unfailing love for you will not be shaken nor my covenant of peace be removed,”
says the Lord, who has compassion on you.

Promise

John 14:27

²⁷Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not
let your hearts be troubled and do not be afraid.

Command

1 Thessalonians 5:18

¹⁸give thanks in all circumstances, for this is God’s will for you in Christ Jesus.

Command

Matthew 5:44

⁴⁴But I tell you: Love your enemies and pray for those who persecute you,

Command

Mark 11:25

²⁵And when you stand praying, if you hold anything against anyone, forgive him, so that your
Father in heaven may forgive you your sins

Lies We Believe...

I can’t bear being depressed

James 5:13-16

¹³Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing praise. ¹⁴Is
anyone among you sick? Let him call for the elders of the church, and let them pray over
him, anointing him with oil in the name of the Lord. ¹⁵And the prayer of faith will save the
one who is sick, and the Lord will raise him up. And if he has committed sins, he will be
forgiven. ¹⁶Therefore, confess your sins to one another and pray for one another, that you
may be healed. The prayer of a righteous person has great power as it is working.