



SISTERHOOD SATURDAY

TO FEEL IS NOT TO BE

by Lisa Martin

A _____ is an awareness of a physical or emotional sensation.

All feelings have _____.

Anxiety can be a _____ / _____.

Anger can be a _____.

Sadness can be a _____.

To _____ means to exist, to occur or to show characteristics of something.

When we allow our feelings to become our state of being, it's like we hand over the keys to our feelings and let them _____ us.

Feelings should _____ be behind the _____!

The mind focused on keeping feelings as feelings is eager to _____.

In contrast the mind focused on being is eager to _____.

Validated anxiety protects/prepares... Justified anxiety can _____.

Validated anger motivates... Justified anger can _____.

Validated sadness/depression can connect us to others... Justified sadness/depression can _____.



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I feel _____.

When I FEEL _____ God's word tells me to BE _____.

A strong and courageous woman.... tells a friend when I am hurting.

(Now think of the specific friend you'll commit to reach out to when you're hurting. Let her know in advance you are making this commitment and ask if she's willing to be that person for you).

A strong and courageous woman...

A holy woman....

A still woman... prioritizes prayer and time in God's word.

(Now think of when and where you'll commit to this quiet time with God. What room, what chair, what time of day?)

A still woman...

A glad woman...

An on guard woman...

A merciful woman...

A joyful woman...

A patient woman... pauses to gather her thoughts before she speaks.

(5 solid breaths before you allow your big feelings self to speak!)

A patient woman...

A faithful praying woman...

An alert woman...



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Leviticus 20:26

Joshua 1:9

Psalm 31:24

Psalm 46:10

Psalm 118:24

1 Corinthians 16:13

2 Corinthians 13:11

Luke 6:36

Romans 12:12

Ephesians 5:18

Ephesians 6:10

1 Thessalonians 5:6

1 Peter 1: 15–16

1 Peter 4:7

James 5:7