

Sharing Emotions

God has emotions

We were made in the image of God with emotions

The Bible records lots of emotions in people

For example people weeping:

Abraham, Isaac, Jacob, Joseph, David, Nehemiah, Jesus, Peter, Paul, John, entire crowds, etc

1 Samuel 30:4 So David and his men wept aloud until they had no strength left to weep.

**The goal is not to eliminate emotions, but manage them,
express them in healthy ways; use them well**

Proverbs 29:11 A fool gives full vent to his anger, but a wise man keeps himself under control.

1 Peter 3:6 ... if you do what is right and do not give way to fear.

When are emotions not useful:

Sometimes we don't want them

When we are embarrassed

When they are inconvenient

When we think they are bad

As a basis for decisions

When we can't regulate them/are carried away by them

When are emotions useful:

To experience a full expression of who we were created to be

They add a richness to life

Emotions increase memory,

They motivate us, keep us moving forward

To reveal what is going on beneath the surface (To show us what we are believing)

Sharing emotions with others builds relationship, connects us with others

Romans 12:15 Rejoice with those who rejoice; mourn with those who mourn.

2 Corinthians 2:4 For I wrote you out of great distress and anguish of heart and with many tears, not to grieve you but to let you know the depth of my love for you.

2 Timothy 1:4 Recalling your tears, I long to see you, so that I may be filled with joy.

Philippians 1:8 God can testify how I long for all of you with the affection of Christ Jesus.

2 Corinthians 6:11-13 We have spoken freely to you, Corinthians, and opened wide our hearts to you. We are not withholding our affection from you, but you are withholding yours from us. As a fair exchange—I speak as to my children—open wide your hearts also.

Sharing emotions with God builds our relationship with Him

Psalms 62:8 Trust in him at all times, you people; pour out your hearts to him, for God is our refuge.

One way to have a more intimate relationship with God is to share
our emotions with Him and let Him speak into them.

Examples of God's emotions:

- Anger – Psalm 7:11; Deuteronomy 9:22; Romans 1:18
- Laughter – Psalm 37:13; Psalm 2:4; Proverbs 1:26
- Compassion – Psalm 135:14; Judges 2:18; Dt 32:36
- Grief – Genesis 6:6; Psalm 78:40
- Love – 1 John 4:8; John 3:16; Jeremiah 31:3
- Hate – Proverbs 6:16; Psalm 5:5; Psalm 11:5
- Jealousy – Exodus 20:5; Exodus 34:14; Joshua 24:19
- Joy – Zephaniah 3:17; Isaiah 62:5; Jeremiah 32:41

Examples of Sharing Emotions with God in prayer:

Psalm 18:1 I love you, Lord, my strength.

Psalm 38:18 I confess my iniquity;
I am troubled by my sin.

Psalm 9:2 I will be glad and rejoice in you;
I will sing the praises of your name, O Most High.

Psalm 25:16-20

Psalm 55

Etc, etc.