



Emotional Beings



Sunday Series

Being stewards

Relational beings

Physical beings

Emotional beings

Vocational beings

Stories & Testimonies



Summary

- Explore God as source of emotion and how we are made emotional beings
- Myth of good and bad emotions



- Explore three specific emotions; Sadness, Anger and Happiness
- Apply this knowledge to our lives – ways to improve our emotional health



“

*So God created man in his own
image,
In the image of God he created him;
male and female he created them.*

”

Genesis 1:27



God as an Emotional Being

God and Sadness

'The Lord was grieved that he had made man on the earth and his heart was filled with pain.'

Genesis 6:6



God as an Emotional Being

God and Love

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

John 3:16



God as an Emotional Being

God and Joy

'For the Lord takes delight in his people'.

Psalm 149:4



God as an Emotional Being

God and Anger

'God is a righteous judge, a God who expresses his wrath every day'.

Psalm 7:11.



God as an Emotional Being

God and Anger

'God is a righteous judge, a God who expresses his wrath every day'.

Psalm 7:11.

'My house will be called a house of prayer, but you are making it a den of robbers.'

Matthew 21:13



God as an Emotional Being

God and Jealousy

'For the Lord your God is a
consuming fire, a jealous God'

Deuteronomy 4:24



God as an Emotional Being

God and Peace

'By the seventh day, God had finished all the work he had been doing; so on the seventh day he rested'

Gen 2:2

'..the Lord blesses his people with peace'

Psalm 29:11



Emotions as reflecting God our creator

Emotions are **part of God's design** for humans.
Created to **help us thrive** in this world...and the
next.

Question to ponder: will the new world be
free from uncomfortable emotions?



Emotions as dash board

Lots going on outside our conscious awareness

Emotions are signals our bodies are making about our wellbeing – they require interpretation

Western view of Good vs Bad emotions



Sadness

The emotional equivalent of physical pain.

Felt when we experience loss.

Prolonged emotion.



Sadness

God drawing near to us when we are in pain.

Psalm 34:18, Matthew 5:4



Sadness

- Avoid covering it up
- Do not minimize sadness of others
- Be aware of long term sadness
- Sadness vs depression
- Share with others
- Identify your loss and identify your need
- Know it is possible to hold both joy and sadness



Anger

Surge of aggression we feel when expectations are not met

Powerful feeling – you are right and others are wrong

Signals our moral code

Fast acting emotion



Anger

Scripture – talks about being ‘slow to anger’
‘not letting the sun go down whilst you are still
angry’

Anger as a mask

Blame

Forgiveness



Anger

Assess your anger

Allow yourself to cool

Reflect

Problem solve



Happiness

A feeling of fulfilment and joy in the moment.

Good way to balance the negative emotions.

Often we aren't very good at working out what makes us happy.



Happiness

CS Lewis:

'It would seem that our Lord finds our desires not too strong, but too weak. We are half-hearted creatures, fooling about with drink and sex and ambition when infinite joy is offered us, like an ignorant child who wants to go on making mud pies in a slum because he cannot imagine what is meant by the offer of a holiday at the sea. We are far too easily pleased'.



Happiness

Happiness is an end goal is far too small

Seek God's wisdom

Be mindful

Exercise gratitude



Emotional Wellbeing

Know you are valuable as you are
Cultivate a healthy relationship with
your emotions
Recognise they are part of God's
design

**There is a time for everything,
and a season for every activity under the heavens:
a time to be born and a time to die,
a time to plant and a time to uproot,
a time to kill and a time to heal,
a time to tear down and a time to build,
a time to weep and a time to laugh,
a time to mourn and a time to dance,
a time to scatter stones and a time to gather them,
a time to embrace and a time to refrain from embracing,
a time to search and a time to give up,
a time to keep and a time to throw away,
a time to tear and a time to mend,
a time to be silent and a time to speak,
a time to love and a time to hate,
a time for war and a time for peace.**

Ecclesiastes 3:1-8

Cinspics.com