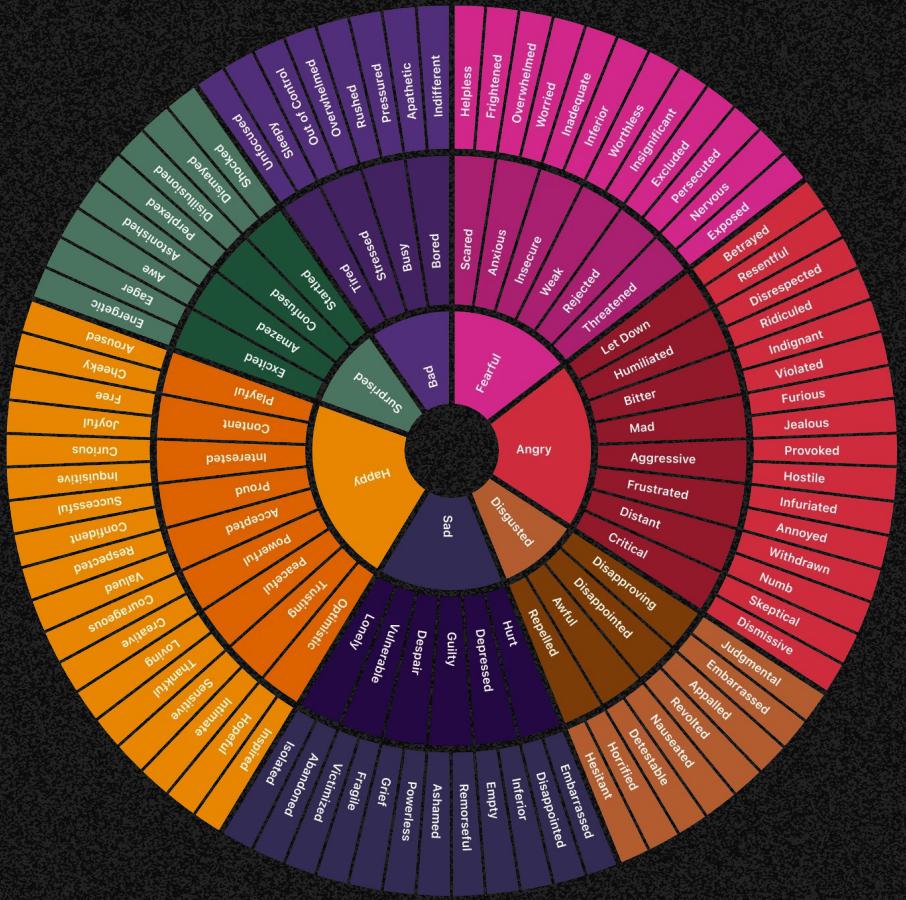


# BY HEART

## When Scripture becomes second nature

Phil 4:4-8 | Page 1675





## Character Emotions Chart



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confident



confused



curious



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excited



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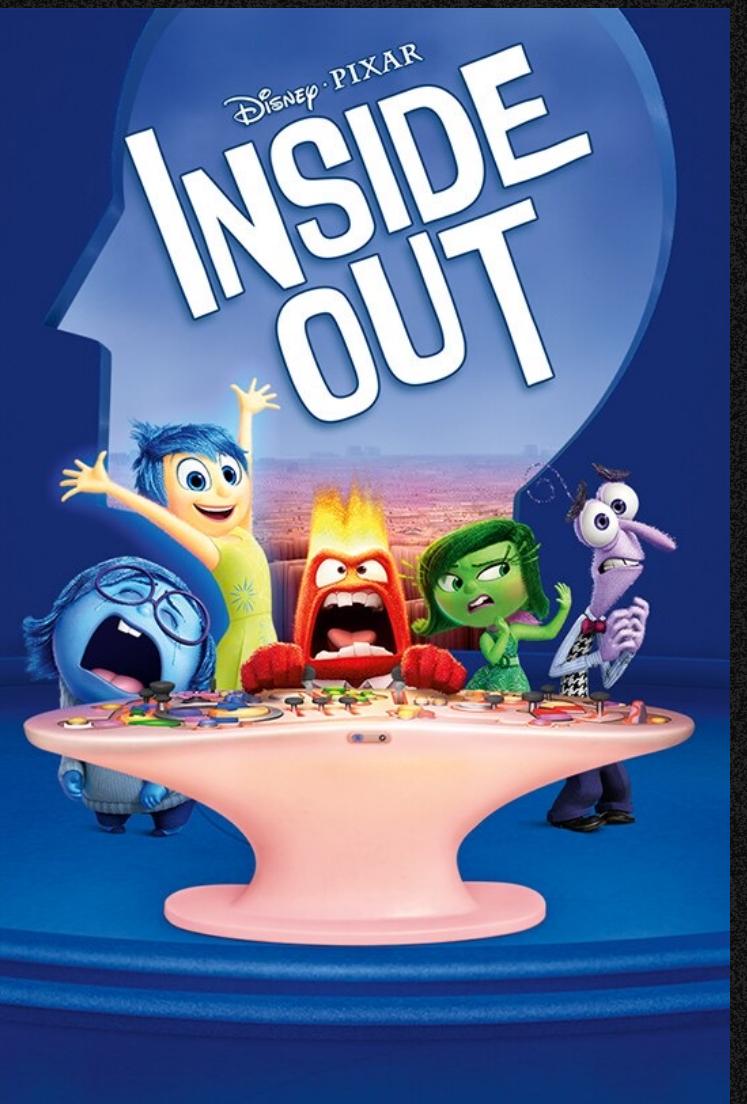
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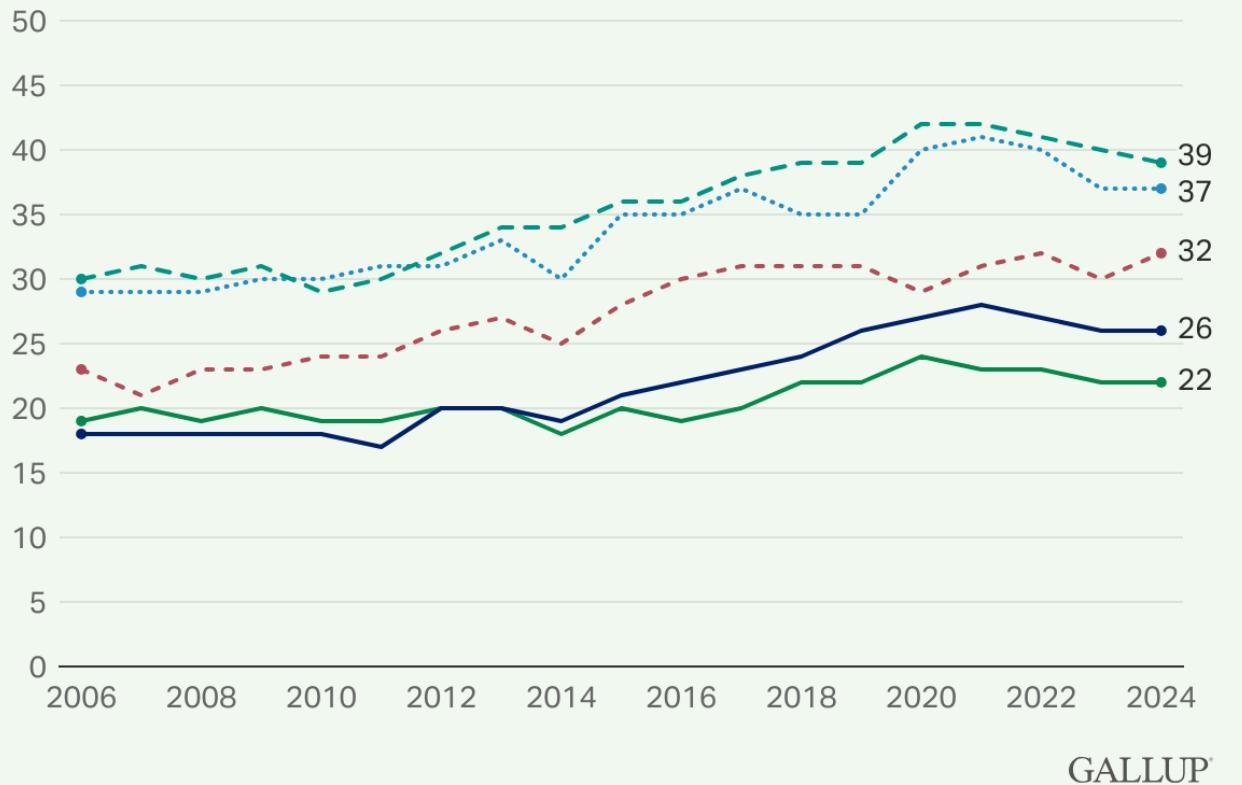
## Trends in Negative Experiences

*Did you experience the following feelings during a lot of the day yesterday?*

*How about ...*

**% Yes**

— Anger — Sadness .... Stress - - - Physical pain - - - Worry



GALLUP

# Philippians 4:4-8

**“Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things.”**

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threw 9:17 Then he told them many things in parables, saying: "A farmer went out to scatter his seed. As he was scattering the seed, some fell along the path, and the birds came and ate it up. Some fell on rocky places, where it did not have much soil. Some fell among thorns, which grew up and choked the plants. Still other seed fell on good soil, where it produced a crop -a hundred, sixty or thirty times what was sown." - Matthew 13: 3-12

he answered, 'because while you are pulling the weeds, you may uproot the wheat along with them. Let both grow together until the harvest. At that time I will tell the harvesters: First collect the weeds and tie them in bundles to be burned; then gather the wheat and bring it into my barn.' " - Matthew 13: 24-30

He told them another parable: "The kingdom of heaven is like a mustard seed, which a man took and planted in his field. Though it is the smallest of all seeds, yet when it grows, it is the largest of garden plants and becomes a tree, so that the birds come and perch in its branches." - Matthew 13:31

32 Again he asked, "What shall I compare the kingdom of God to?" A woman took and mixed into about sixty pounds of flour enough for a large loaf. " - Luke 13:20-21

"The king of heaven found it, he hid it again in the ground. At last he found it again, and it had increased by itself." - Matthew 13:32

BY HEART

# 1. The Psalms show us that we should have emotions.

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l be ruined. No, they pour new wine into new wineskins  
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, which grew up and choked the plants. Still other seed fell on good soil, wher  
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# BY HEART

emotions  $\neq$  bad

# Emotional Abilities:

- Emotional capacity: The ability to experience a feeling (inwardly)
- Emotional processing: The ability to think about what you are feeling
- Emotional expression: The ability to show what you are feeling (outwardly)

## 2. The Psalms teach us to process our emotions.

# Proverbs 29:11

“Fools give full vent to their rage, but the wise bring calm in the end.”

# 3. The Psalms invite us to express our emotions.

# 4. The Psalms show us where to take our emotions.

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