



## God and Emotion

*Zephaniah 3:17 "The Lord thy God in the midst of thee is mighty; he will save, he will rejoice over thee with joy; he will rest in his love, he will joy over thee with singing."*

## Outline

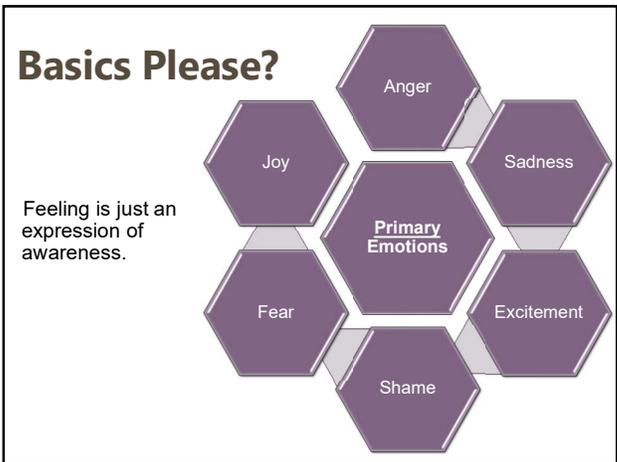
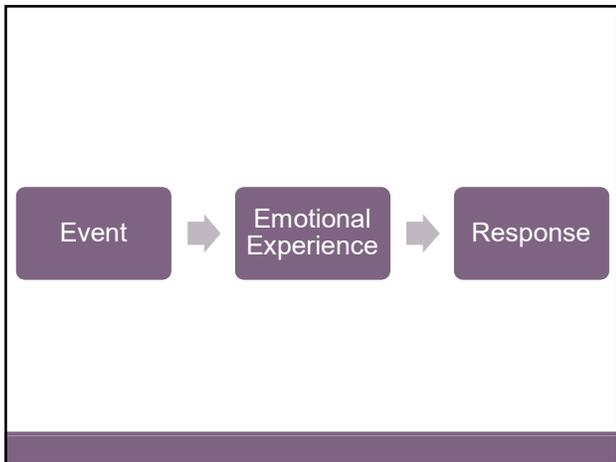
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- Universality
- Uniqueness
- Take home exercise

## Universality of Emotions

"God has given us our emotions for a reason. Emotions are supposed to be indicators of reality not fabricators or framers of reality."

Ravi Zacharias



## **Happy**

An overall sense of exhilaration based on a specific accomplishment or favorable environmental circumstance in the moment. A feeling of lightness, power and energy is felt. A surge of adrenaline seems to enhance our sense of self and our connectedness with others. We feel warm all over.



*J. B. Gottman*

Adapted from Emotions work-packet, Meier Clinics

## **Fear**

Felt in the upper chest and breathing passages. It is a sense that somehow our life and survival are being threatened. It is felt as sense of dread that eventually spreads throughout the entire body.



*J. B. Gottman*

Adapted from Emotions work-packet, Meier Clinics

## **Anger**

A feeling of power in the gut is followed by a surge of muscle tension in the lower, middle and upper back and shoulders, followed by a rush of adrenaline and blood flow through out the body.



*J. B. Gottman*

Adapted from Emotions work-packet, Meier Clinics

***Psalms 32:3-4 "When I kept silence, my bones waxed old through my roaring all the day long. For day and night thy hand was heavy upon me: my moisture is turned into the drought of summer. Selah."***

## **Uniqueness of Emotional Experience**

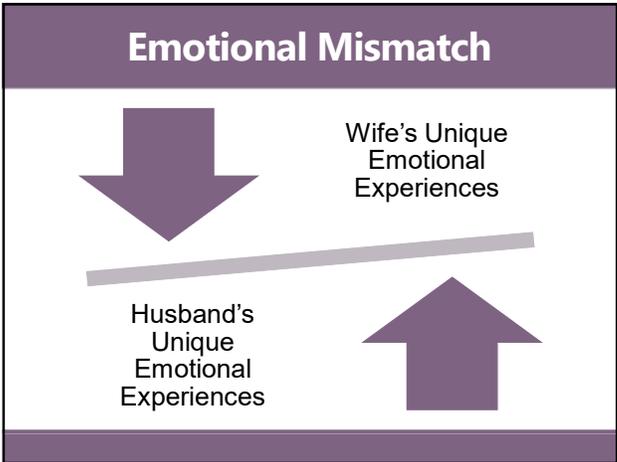
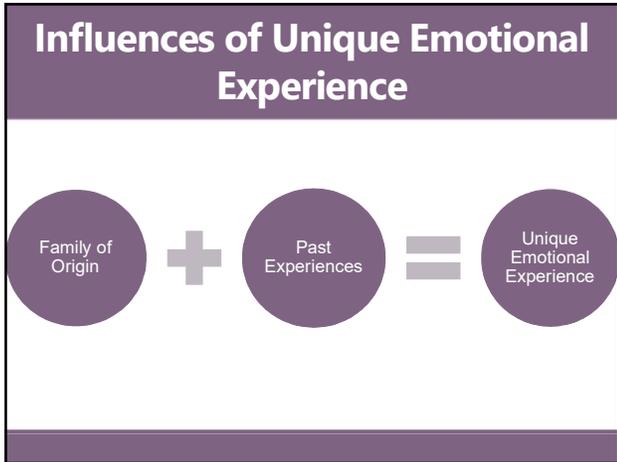


## **Emotional Experience**

Uniqueness

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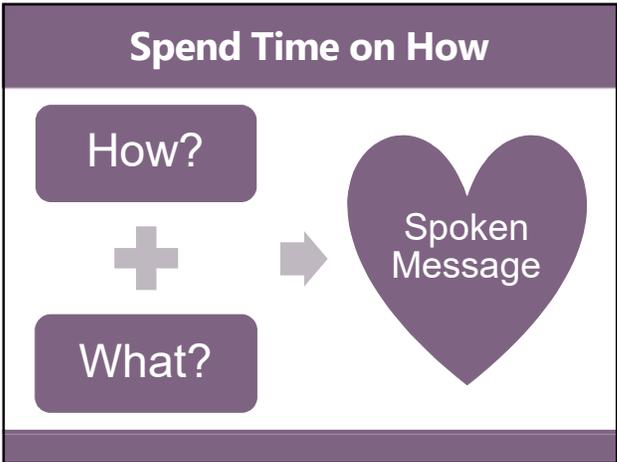
Universality of Emotions



## Emotional Experience

*“Men: when your wife is sharing an emotional problem, what she is feeling ABOUT the problem is actually more important to her than the problem.”*

Shaunti Feldhahn



FEELING WORDS						
<b>MAD</b>	<b>SAD</b>	<b>GLAD</b>	<b>AFRAID</b>	<b>CONFUSED</b>	<b>ASHAMED</b>	<b>LONELY</b>
Bothered	Down	At Ease	Ugly	Curious	Uncomfortable	Out of Place
Ruffed	Blue	Secure	Apprehensive	Uncertain	Awkward	Left Out
Irritated	Somber	Comfortable	Careful	Ambivalent	Clumsy	Unsettled
Displeased	Low	Relaxed	Cautious	Doubtful	Self-Conscious	Loneliness
Amused	Lonely	Contented	Hesitant	Unsettled	Disconcerted	Disconnected
Steamed	Disappointed	Optimistic	Tense	Hesitant	Chagrined	Remote
Inked	Worn Out	Satisfied	Anxious	Perplexed	Ashamed	Intimidable
Perturbed	Downhearted	Refreshed	Nervous	Puzzled	Embarrassed	Unwelcomed
Frustrated	Melancholy	Stimulated	Edgy	Muddled	Flustered	Cut Off
Angry	Unhappy	Pleased	Distressed	Distracted	Sorry	Excluded
Fed Up	Disatisfied	Sung	Scared	Jumbled	Apologetic	Ignored
Disgusted	Gloomy	Happy	Frightened	Unfocused	Regretful	Neglected
Ticked Off	Mourful	Encouraged	Repulsed	Fragmented	Remorseful	Separated
Bristling	Grievous	Ticked	Agitated	Dismayed	Guilt	Remorse
Fuming	Depressed	Proud	Shocked	Stunned	Disgusted	Disturbed
Enraged	Lousy	Cheerful	Alarmed	Dazed	Bedeviled	Isolated
Enraged	Crushed	Thrilled	Overwhelmed	Bewildered	Humiliated	Unwanted
Irish	Defused	Delighted	Frenetic	Lost	Violated	Rejected
Incensed	Dejected	Joyful	Panic Stricken	Stunned	Dirty	Deserted
Burned	Empty	Elated	Horrified	Chaotic	Mortified	Outcast
Burned Up	Wretched	Exhilarated	Petrified	Torn	Daffled	Abandoned
Outraged	Disparaging	Overjoyed	Terrified	Baffled	Devastated	Desolate
Furious	Derivated	Ecstatic	Numb	Dumbfounded	Degraded	Forsoke

Source: Cited in Beverly Harris, "Personal Care and Chaplaincy" also notes, Fall 2000, "Theological Seminary"

## Learning Emotional Worlds

**Daily Discipline:**

- Take time to connect and share 2 – 3 emotions from your day. Connect each emotion to an experience or event.

**Deeper Dive:**

- Engage in dialogue with your spouse about how past experiences have shaped the way you connect with and experience emotions. Use the activity found at [www.accounseling.org/emotionalworld](http://www.accounseling.org/emotionalworld).