

Recently I read that emotions are to the soul what pain is to the body. Sometimes the crises are within ourselves.

DAY ONE AND DAY TWO:

1. Read the following and record insights on feelings.

a. Genesis 6:6 (define repented)

b. Exodus 20:5

c. Psalm 36:7

d. Psalm 2:4-5

e. Psalm 5:6b

f. Psalm 37:27c

g. Zephaniah 3:17

h. Isaiah 62:5c-d

j. Psalm 104:31

Are these feelings always appropriate?

Are they always in harmony with the character of God?

2. Read the following and record insights on feelings.

a. John 16:6

b. Psalm 6:6-7

c. Ephesians 4:26

d. Lamentations 3:47

e. Psalm 17:21

f. Acts 21:17

g. Esther 4:1

h. Proverbs 29:2

i. Philippians 4:6

j. II Corinthians 1:8-9

Are these feelings real?

Are they good? Bad?

3. Read these scriptures and record how God and His ways
change things.

a. John 16:20

b. Romans 8:15

c. Psalm 4:7

d. Psalm 16:17

e. II Timothy 1:7

f. Isaiah 61:3

g. I Peter 1:8

h. I Peter 5:7

Why is there a distance?

What is the focus?

DAY THREE:

1. Read the following and record insights.

a. Ephesians 4:25

b. Proverbs 12:19

c. John 1:14

d. Psalm 86:11

e. Colossians 3:9-11

There are four major ways to react to our feelings.

Repression - stifling or pushing down feelings without realizing that you are dealing with your feelings in this manner

Suppression - stifling or pushing down feelings intentionally

Indiscriminate Outbursts - without reason and aimed at no one in particular

Acknowledge - face the truth and behave accordingly

2. Read and record insights.

a. Ephesians 4:15

b. Ephesians 4:29

Our emotions reflect our thoughts.

3. Read the following scriptures and record insights.

a. Romans 2: 1-2

b. Philippians 4:8

What you believe affects your feelings and your feelings affect your behavior.

4. Read the following and record your insights.

a. Genesis 4:5-7

b. John 13:17

c. Matthew 7:24-27

D. I Samuel 15:22

After admitting the truth about your emotions then what?

All emotions are real but are all emotions truth?

What sorts out truth?

What proof is there of belief?

What previous truths would help you with your emotions?
Be personal.

DAY FOUR AND DAY FIVE:

This seems to be an excellent time to deal with the tribulation of lack of emotion support.

1. Read the following scripture and record insights on the role of the father.

a. Ephesians 6:4

b. Colossians 3:21

What is the opposite of what's forbidden in these verses?
What would it achieve?

2. Read the following and record insights on the husband's role.

a. Ephesians 5:25-29

b. Colossians 3:19

c. I Peter 3:7

3. Define the following:

a. Nourish (NASV) Nourisheth (KJV) Ephesians 5

b. Cherish (NASV) Cherisheth (KJV) Ephesians 5

c. Embittered (NASV) Bitter (KJV) Colossians 3

What is the result in the woman's life who is not
nourished or cherished?

What does not being treated as the weaker vessel cause?

4. Read Genesis 4:1 in several translations and list
the words used for what happened between Adam and Eve.

5. Define knew in Genesis 4:1.

6. Read I Corinthians 13:12 and define know and known?

No sexual connotation implied!

What thread do you see as to the depth of knowledge?

What is lost when the intimate relationship of a husband and wife is only sexual rather than tender and revealing?

How is this carried over into conversation and support?

7. Read and record insights on the role of a wife.

a. Colossians 3:18

b. Ephesians 5:33

What common impact does submission and respect have on a man?

Be careful! Can marriage partners or parents meet your deepest needs?

8. Read the following and record insights on God's provision.

A. Psalm 131: 1-3

b. Psalm 62:1

c. Matthew 18:3-4

d. Psalm 68:5-6

e. Romans 8:15

f. II Corinthians 1:3

g. II Thessalonians 2: 16-17

Is there someone who can both tenderly love and affirm perfectly?

9. Read Hosea 2:16-19 and record insights.

Where is legitimate intimacy achieved?

Can any one or any group satisfy fully your legitimate needs except Christ?

10. We are called to love one another.
Agape - desiring the other's greatest good.
giving rather than taking

Record some commands you remember being given between members of the body.
ex. exhort

Berean Bible Study

Christ in the Crises of Our Lives
L-6, P-11

Finally is this intimacy?

Is this knowing, Biblically?