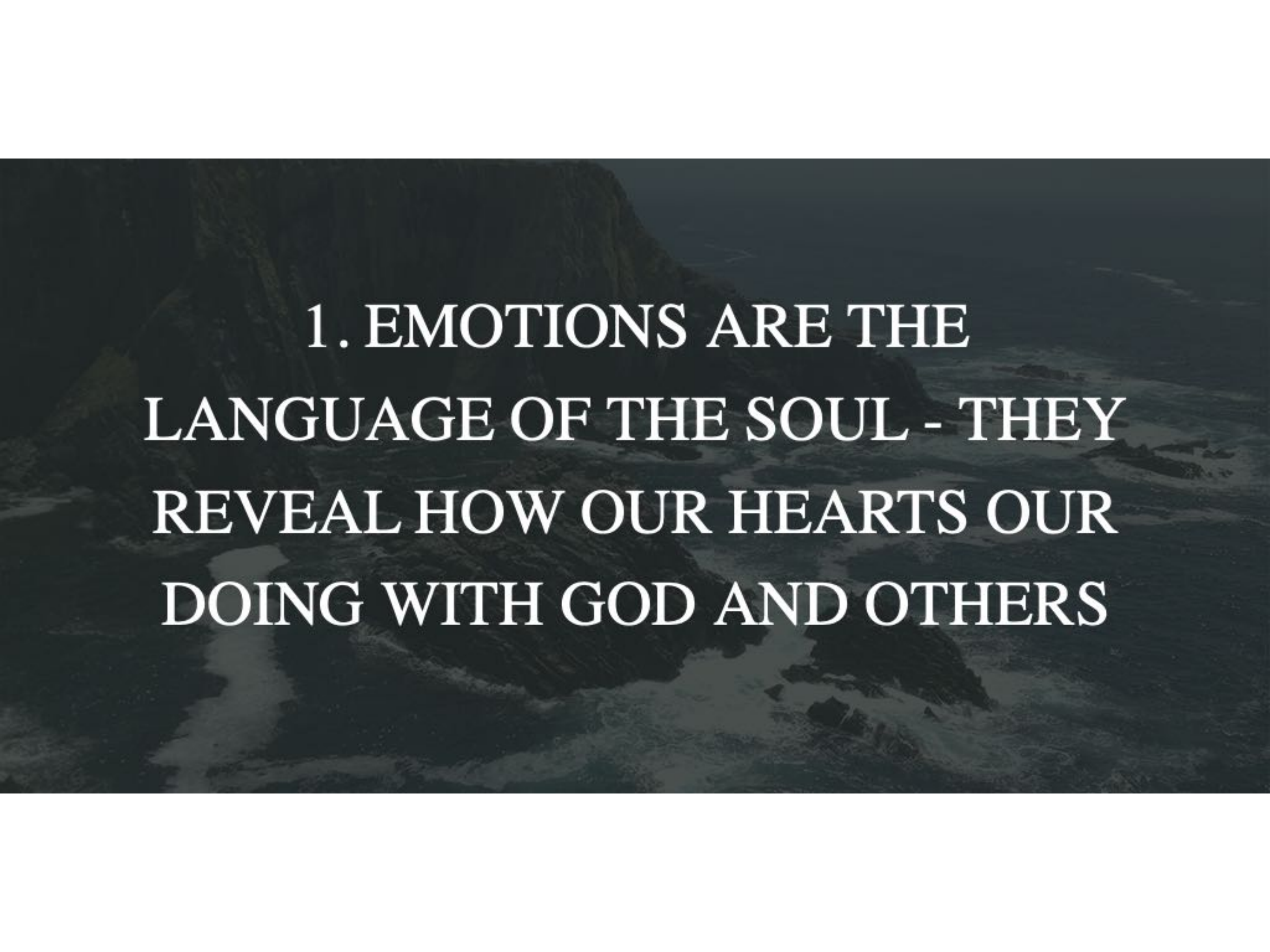


# Hooked on a Feeling



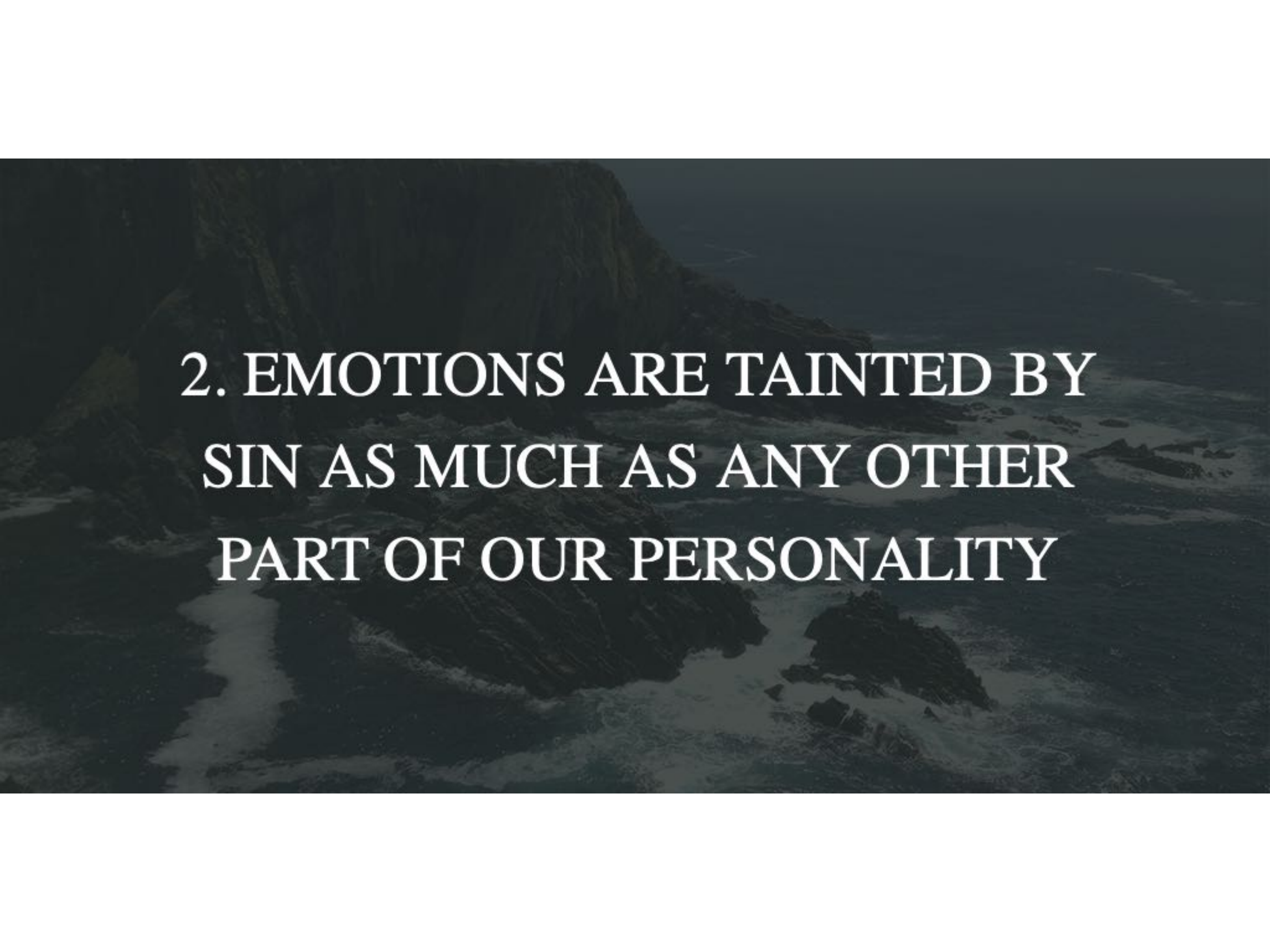
**My Soul Cries Out -  
Understanding Emotions**



1. EMOTIONS ARE THE  
LANGUAGE OF THE SOUL - THEY  
REVEAL HOW OUR HEARTS OUR  
DOING WITH GOD AND OTHERS

**“Indeed, I suppose that one of the greatest problems in our life in this world, not only for Christians, but for all people, is the right handling of our feelings and emotions. Oh, the havoc that is wrought and the tragedy, the misery and the wretchedness that are to be found in the world simply because people do not know how to handle their own feelings!”**

*–Martyn Lloyd-Jones*

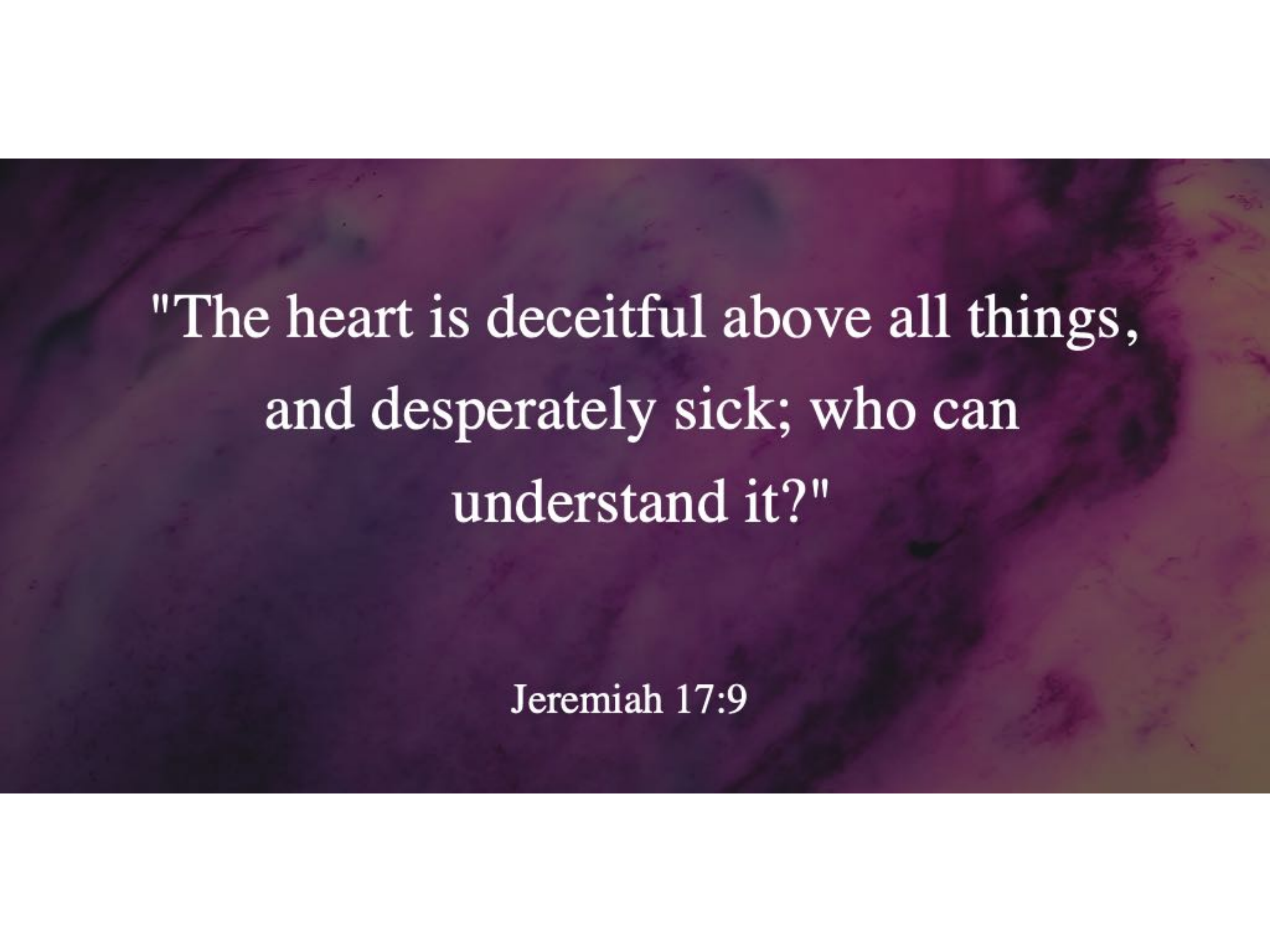
A dark, atmospheric landscape with a mountain peak and a winding path. The scene is dimly lit, with a prominent mountain peak on the left and a winding path or stream leading towards the right. The overall mood is somber and contemplative.

2. EMOTIONS ARE TAINTED BY  
SIN AS MUCH AS ANY OTHER  
PART OF OUR PERSONALITY




"For my people have committed two evils: they have forsaken me, the fountain of living waters, and have hewed out cisterns for themselves, broken cisterns that can hold no water."

Jeremiah 2:13



"The heart is deceitful above all things,  
and desperately sick; who can  
understand it?"

Jeremiah 17:9



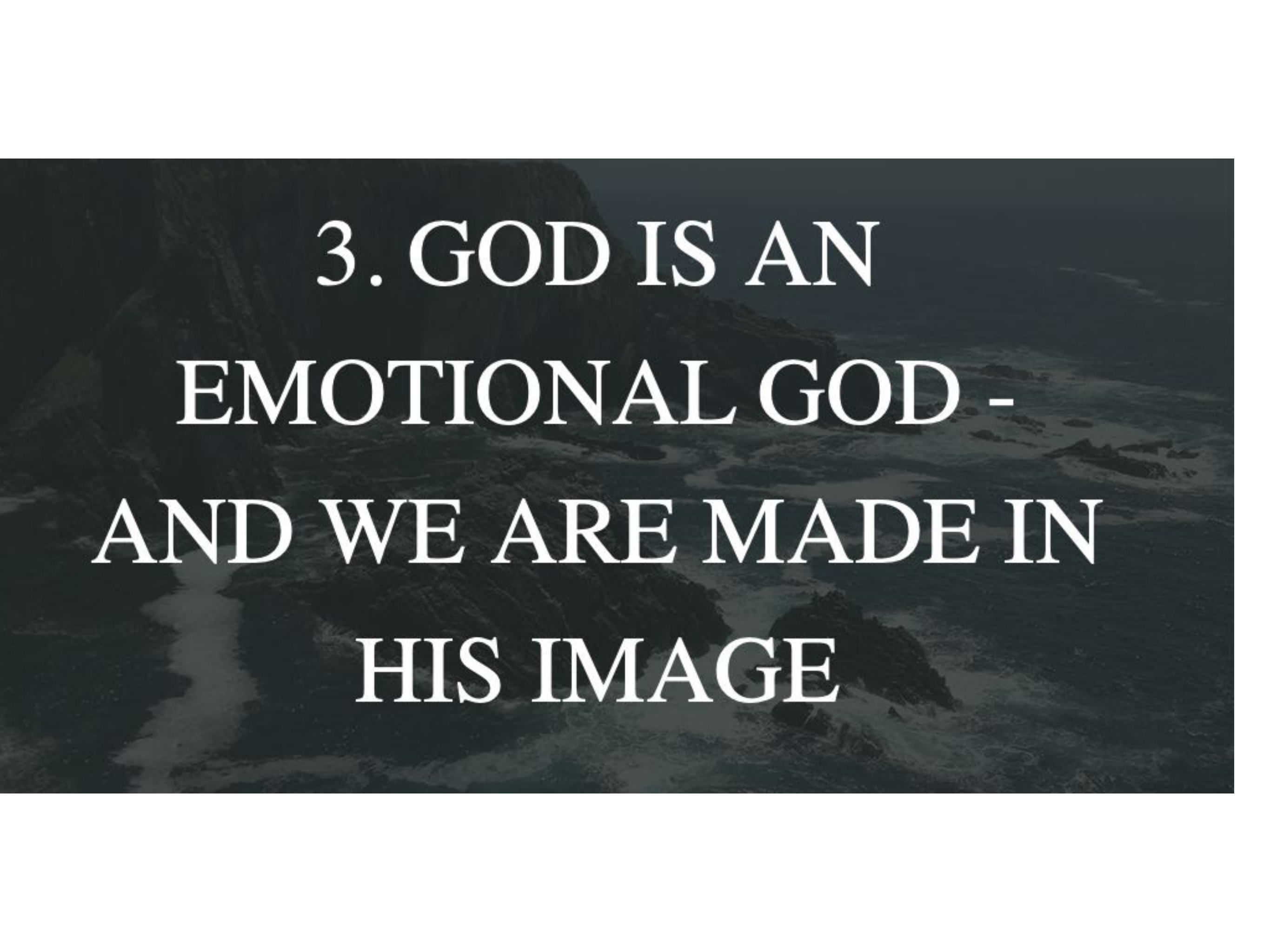
"Blessed are the poor in  
spirit, for theirs is the  
kingdom of heaven."

Matthew 5:3

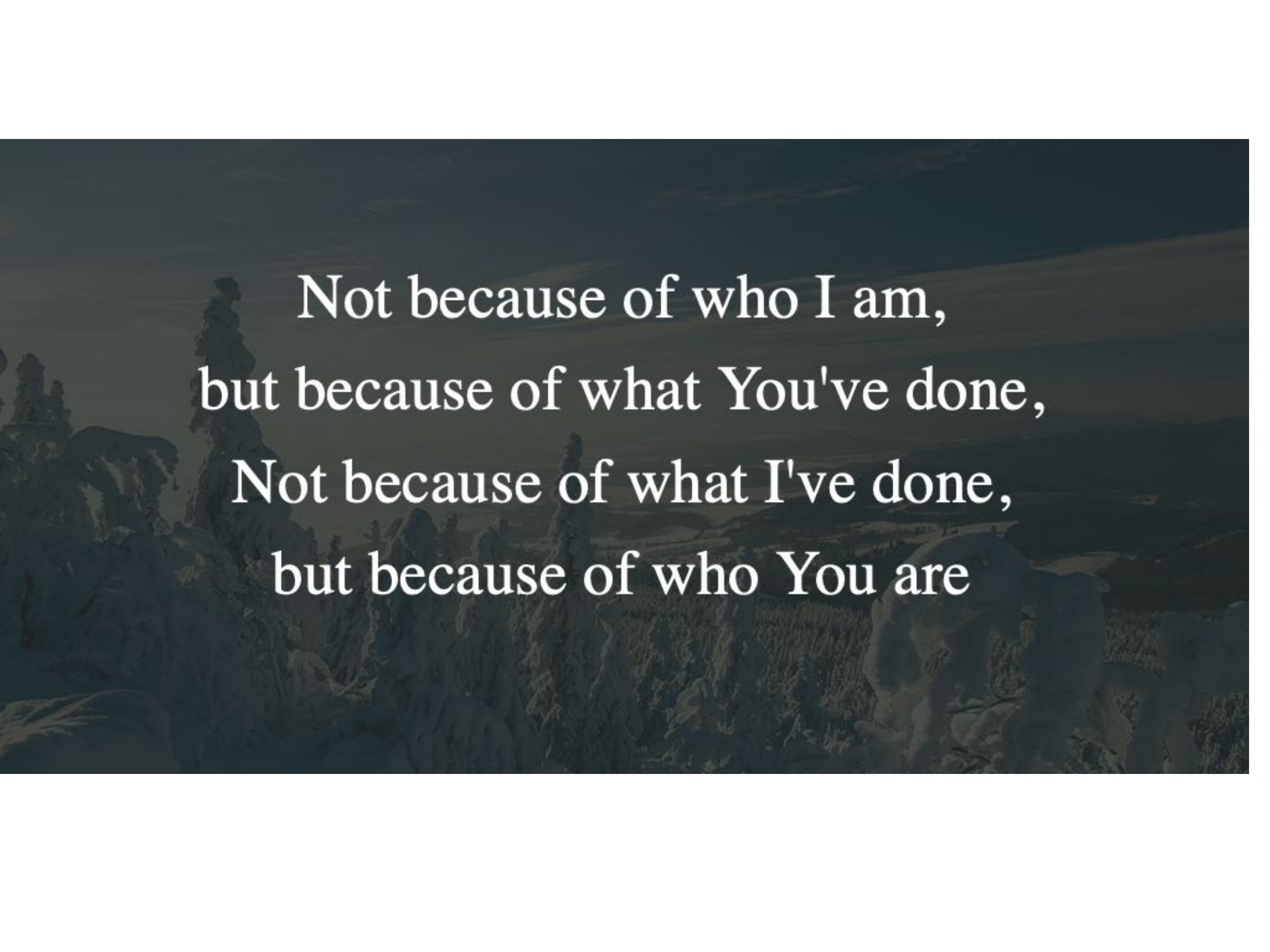


Love Joy Peace  
Patience  
Kindness Goodness  
FAITHFULNESS  
Gentleness  
SELF-CONTROL



A dark, atmospheric landscape with a winding path and a large rock formation. The scene is dimly lit, with a path leading through a rocky terrain. A large, dark rock formation is visible in the foreground, and the background shows a hazy, mountainous landscape under a dark sky.

3. GOD IS AN  
EMOTIONAL GOD -  
AND WE ARE MADE IN  
HIS IMAGE



Not because of who I am,  
but because of what You've done,  
Not because of what I've done,  
but because of who You are

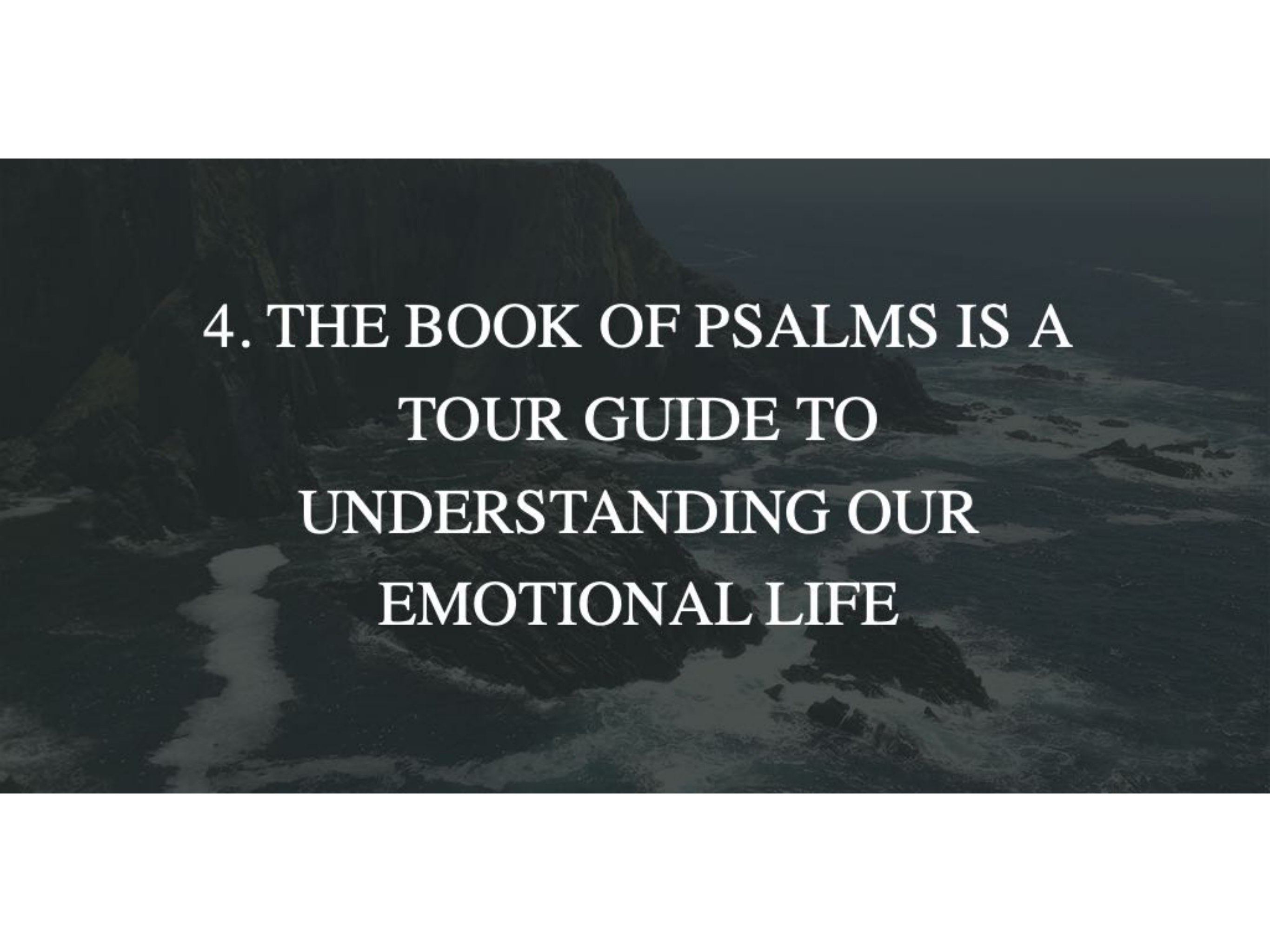
**“There are six things that the LORD hates,  
seven that are an abomination to him:  
haughty eyes, a lying tongue, and hands  
that shed innocent blood, a heart that  
devises wicked plans, feet that make  
haste to run to evil, a false witness who  
breathes out lies, and one who sows  
discord among brothers.”**

*-Proverbs 6:16-19*



"God does not love the sinner and is angry at the sin. Rather, God loves the sinner and is angry at the sinner when he sins."

Matthew Elliott



4. THE BOOK OF PSALMS IS A  
TOUR GUIDE TO  
UNDERSTANDING OUR  
EMOTIONAL LIFE

**"I cried out to God for help; I cried out to God to hear me. When I was in distress, I sought the Lord; at night I stretched out untiring hands, and I would not be comforted. I remembered you, God, and I groaned; I meditated, and my spirit grew faint."**

*-Psalm 77:1-3*



**“Surely God is good to Israel, to those who are pure in heart. But as for me, my feet had almost slipped; I had nearly lost my foothold. For I envied the arrogant when I saw the prosperity of the wicked.”**

*-Psalm 73:1-3*

**“You have taken from me my closest friends and have made me repulsive to them. I am confined and cannot escape; my eyes are dim with grief. I call to you, LORD, every day; I spread out my hands to you. Do you show your wonders to the dead? Do their spirits rise up and praise you? Is your love declared in the grave, your faithfulness in Destruction?”**

*-Psalm 88:8-11*

Laments are acts of hope that believes no situation falls outside of God's responsibility.





5. EMOTIONS ARISE IN  
THE CONTEXT OF  
RELATIONSHIPS

<b>Relational Movement</b>	<b>Fight Response</b>	<b>Flight Response</b>
<b>Attack (against)</b>	Anger	Fear
<b>Abandonment (away)</b>	Jealousy	Despair
<b>Love (toward)</b>	Contempt	Shame

**Dan B. Allender & Tremper Longman III**

A dark, atmospheric landscape with a mountain peak and a winding path. The scene is dimly lit, with a prominent mountain peak in the background and a winding path or stream in the foreground. The overall mood is somber and contemplative.

6. EMOTIONS MAKE US  
REALIZE WE ARE NOT  
AT HOME



“Why, my soul,  
are you downcast?  
Why so disturbed  
within me? Put  
your hope in God.



**Psalm  
42:11**