

🕒 30 min

Engaging Our Emotions through Scripture

Following Jesus is good, hard work. Our health is important to God, including our emotional health. What does it look like to have a relationship with God that is honest about the anger, frustration, joy, and delight that exist in our walks with Him? This worksheet will help you to grow in intimacy with God, increase your emotional awareness, and bring Scripture to life.

PREPARE YOUR BODY AND MIND | 5 min

Calm Your Body

Find a comfortable place to sit. Place both feet flat on the floor with hands resting comfortably as well. Pay attention to your body. Where are you holding tension? Where is there pain or discomfort? Take ten slow deep breaths with your eyes closed. As you breathe, ask for the peace of the Lord.

Calm Your Mind

Answer these questions prayerfully to help you gain an awareness of what's going on internally.

Bring these things before the Lord. He is present with you, and His desire is to carry these things with you.

1. What do I feel sad about?
2. What do I feel glad about?
3. What do I feel mad about?
4. What do I feel anxious about?

REFLECT ON SCRIPTURE | 25 min

Word

Where do you need God to meet you? Perhaps there are quite a few places, but focus on one. From the list on the right, select one Scripture that resonates with you and ask three questions:

1. What does this passage say about you and other people?
2. How is this different from what you believe about yourself and others?
3. What does this passage say about God?

Passage List

Psalm 88 & 13: Pain, Grief, Anger, Sadness
 Psalm 51 & 103: Confession/Forgiveness/Repentance
 Psalm 139 & Romans 8: Identity and Receiving the Love of God
 Psalm 91: God's Promises for Protection
 John 15: Enter Into God's Joy
 John 17: Prayers for the church/other believers

Active Response

Grab a notebook and using the passage that you chose, write a version that invites Jesus into your lived and felt reality.

Bring your whole self to God! He is not surprised or judgmental. Jesus is with us in our hurt as well as our joy and delight!

For example, if you rewrote Romans 8:



"There is no shame or condemnation for those in Christ Jesus."



"There is no shame or condemnation for me in Christ Jesus."

Additionally, you may want to be more specific, like this example from Psalm 88:



"I am overwhelmed with troubles and my life draws near to death."



"My mother and father are getting divorced; I am failing school and I feel lonely all the time. I feel so overwhelmed and like God, you're not even there."

Share with Someone

Find someone who you can share your Scripture reflection with. Ask them to:

- Listen actively (no phones or headphones while you're talking)
- Practice empathy by sharing where they resonate and affirming they understand what you're saying
- Pray for you that you may continue to press into God's presence

Then do the same for them. If you are doing this at a large group or worship gathering, be open with time. Give folks permission to be heard and don't cut it short. At the end, share the following:

"You might be feeling vulnerable after sharing. We see you. We're still here. Your emotions are valid and you matter - to me, to God, and to one another. If someone said something that resonated with you, take the time to thank them for sharing."

Close the time with prayer and agree to meet again to follow up on what was shared.

After you pray, if there was something particularly difficult or traumatic that was shared, it may be helpful to seek out a professional counselor or therapist to process. If needed, please consult your campus directory or campus chaplain.