

Keeping Your Cool - Feelings: How To Be Emotionally Healthy -

1. **Allow myself to feel. “Jesus wept”.** - *John 11:35*
Hebrews 4:14-16; Matthew 26:36-37

2. **Name my feelings. “A feeling named is a feeling tamed.”** - *Matthew 26:38-41*

3. **Process my pressure. “He freed me from all my fears”.**

- *Psalm 34:4*

- **Process in prayer.** *Matthew 26:42-43*
- **Process with a partner.** *James 5:16*
- **Process the past.** *Matthew 26:44-46*
- **Process for posterity.** *Hebrews 12:2b-3; 2 Corinthians 1:3-4; Psalm 34:4-8*

Next Week’s Reading Guide:

Galatians 5:13-26
Philippians 2:1-18
Romans 12:9-18
James 1:19-27
Romans 15:1-7
Ephesians 5
1 Corinthians 13

Discussion Questions:

1. How well do you embrace feelings? How aware are you of how you feel? When is the last time you felt something strongly?
2. Name a feeling you have felt and describe the situation. How did naming the feeling help you?
3. Have you ever spent some time processing the past? Describe the process. What were some of the things you discovered and processed?