



Assignments for Session 7: Awareness of Our Emotions

Key Words for you to know & explain

1. Emotion Intelligence
2. Emotion
3. Feeling
4. Affect
5. 12 Categories of Emotions
6. Abandonment
7. Shame
8. Fear
9. Powerlessness
10. Tainted
11. Invalidation
12. Hopelessness
13. Confusion

Read my document “Awareness of Our Emotions”

Reading Plan & Personal Study

Read these Scriptures and consider what they mean to you.

- For the choir director; according to Jeduthun. A Psalm of Asaph. My voice rises to God, and I will cry aloud; My voice rises to God, and He will hear me. In the day of my trouble I sought the Lord; In the night my hand was stretched out and did not grow weary; My soul refused to be comforted. When I remember God, then I am disturbed; When I sigh, then my spirit grows faint. Selah. (Psalm 77: 1-3)
- Why are you downcast, O my soul? Why the unease within me? Put your hope in God, for I will yet praise Him, my Savior and my God. (Ps 42:11).
- Psalm 88
- I sat there in despair, my spirit draining away, my heart heavy, like lead. (Ps 143:4)
- I am weary with my sighing; Every night I make my bed swim; I flood my couch with my tears. My eye has wasted away with grief; It has become old because of all my adversaries. (Psalm 6:6-7).
- Why are you in despair, O my soul? And why have you become disturbed within me? Hope in God, for I shall yet praise Him, The help of my countenance and my God (Ps 42:11)



KMI-503 Restoring & Healing Our Souls
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- I will change their shame into praise and renown in all the earth” (Zeph 3:19).
- Whoever believes in him will not be put to shame (Isaiah 28:16)
- And ye shall eat in plenty, and be satisfied, and praise the name of the LORD your God, that hath dealt wondrously with you: and my people shall never be ashamed. And ye shall know that I am in the midst of Israel, and that I am the LORD your God, and none else: and my people shall never be ashamed. (Ps 55:22)
- But if you have bitter jealousy and selfish ambition in your heart, do not be arrogant and so lie against the truth. This wisdom is not that which comes down from above, but is earthly, natural, demonic. (James 3:14-15)
- For God has not given us a spirit of fear, but of power and of love and of a sound mind (2 Timothy 1:7).
- Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be known to God. (Philippians 4:
- May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope. (Romans 15:13).

Reflection Exercises

- God created us with emotions! Why did He do this?
- What was helpful to you in the reading assignment about emotions?
- Do you have trouble identifying the emotion you are feeling?
- What do you think is the underlying cause of your inability to feel your emotions?
- Do you have panic attacks or nightmares?
- What emotions are you afraid of?

Spiritual Action Steps

1. Identify the emotions you feel this week.
2. How did they manifest themselves?
3. Ask yourself: What is it I believe that produced that emotion in me?
4. What was the emotion you felt most often?
5. How are your emotions connected to your beliefs?
6. What are the wounds beneath these emotions: Fears? Abandonment? Shame? Powerlessness? Hopelessness? Invalidation? Take time to pray for healing.
7. List your fears and anxieties.
8. How are your fears affecting your relationship with God?
9. What are the courageous actions you need to overcome your fears?
10. Bring your fears to Jesus. Let Him speak and minister to you.