

Dealing With Our Emotions God's Way &
Christ God's Answer to Your Fear

1. The Bible teaches that our emotions come from within us, from the inner person or _____.
2. When the Bible refers to the _____, it refers to the soul or spirit, the immaterial you.
3. Because God does not have a physical body, His image in us is seen in our inner person, our soul or _____.
4. If we are created in the image of God (Imago Dei) do we always resemble Him in our emotions?
_____. Why?
5. When Adam and Eve sinned in the garden of Eden, their action caused _____ not only to their physical body, but also to the inner person, the spiritual _____.

Because we live in a world cursed by sin and because all of mankind are sinners, bad things happen. Most of our fears are not outside the realm of possibility.

Romans 5:12

6. Spiritual death is a separation or _____ from the Creator.
7. Spiritual death means that our hearts are _____ to the things of God and all our _____ faculties are skewed by sin's deceptions.
8. Research _____ on your own this week. How does that shape your view of grace?
9. The image of God in us was _____ by sin; our ability to emote without sinning has been _____ as well.
10. Where is our hope? _____; the good news of Jesus Christ.

Christ left the glories of heaven to be born in human flesh, be tempted, mocked, crucified, and forsaken by His Father; all to buy you back from the slave market of sin and give you His righteousness. He arose from death to life and has power over death and hell. He is able to give you spiritual life (born of the spirit John 3) the indwelling of the Helper. He is at work in you to restore you to His image to bring Him glory until you meet face to face. He has not withheld the greatest gift from you and He has promised His hope and help to free you from enslaving sins.

Ephesians 2:3-10

Ezekiel 36:26

11. Even though we are granted spiritual life and are now justified (declared right) we still _____. And we will continue to sin with our _____ until we are glorified. But there is hope for growth.

There are habitual responses still engrained in our hearts, even as Christians. But, the difference now is that the power of sin is broken in our lives.

“God has a plan not only for restoring our relationship with Him, but also for restoring His image in us. His goal is that we become holy or pure, like He is, in our inner person, the heart. This gradual restoration of His image within us is called sanctification.” (Pg 80)

12. If we want to see what God’s perfect image in us should look like, we can look to _____. “He is the radiance of the glory of God and the exact imprint of His nature.” (Hebrews 1:3)

The Biblical Understanding of Emotional Responses

13. Typically we blame our _____ for evoking certain emotions.

14. Situations simply serve to _____ the things we are thinking about, desiring, and planning.

Questions to ask ourselves:

1. What captivates my thoughts when I am tempted to fear?

2. In what ways do I allow fear to paralyze me and keep me from fulfilling my God-given responsibilities?

3. When I am tempted to succumb to a sinful fear, what is my heart craving more than Christ? Am I seeking relief, escape, approval, acceptance, or comfort?

4. Are there ways I have sought to manipulate or control others because of my fear? Are there payoffs I gain from nurturing my fear?

5. What am I believing about God when I am afraid?

15. God wants to use our emotions like a _____ to show what is going on in our hearts.

James 1:23-25

16. In order to be more like Christ, we need to examine our hearts in light of _____.

17. We also need to consider the _____ of God.

18. Trusting in God’s sovereign _____ over the world and our lives is one of the ways we change in our inner person and thereby change our emotional responses.

I believe God loves me and that all His plans for me are good; He demonstrated this to me on the cross. I want to obey Him more than give into my fear.

19. We must _____ to think right.

20. Because our emotions are always the _____ of our thoughts, we cannot change our emotional _____ until we change the way we think.

Begin to break the habit of wrong thinking one thought at a time. Make truth “ruts” rather than fear “ruts”. Replace sinful fear with holy fear. Combat your sinful fear with the fear of God. Stand in awe of Him. This kind of fear is the beginning of wisdom. (Proverbs 9:10)

21. We must _____ to act right.

22. Right thinking is important when it come to our emotions, but right thinking _____ will not ensure we make right choices.

23. _____ alone does not make us holy.

24. In order to change from _____ to godly emotions, we need to _____ to do right. True repentance includes a willingness to do the right thing.

Out of reverence for God's great love we need to repent or turn from everything we're trusting in to save us from our fears and trust in Christ's rescue alone. To repent means to stop trying to hide from our fears or manipulate situations so that we need not feel afraid, and instead, seek to discover God's will in every circumstance.

"We make choices based on what we desire most. We do what we do because we want what we want. We must ask ourselves, 'What is ruling my heart? What or who am I worshipping?' We can *know* that what God says is right, yet still want what is wrong!"

25. This can only happen by His _____, only as we choose to live in submission to God rather than as _____ to our emotions.

"Thus says the LORD, He who created you, O Jacob, He who formed you, O Israel: Fear not, for I have redeemed you; I have called you by name; you are mine. When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; When you walk through fire you shall not be burned, and the flame shall not consume you. For I am the LORD Your God, the Holy One of Israel, your Savior.

Fill in the blanks~

1. Heart
2. Heart
3. Heart
4. No
5. Death, heart
6. Disunion
7. Dead, inner
8. Total Depravity
9. Shattered, shattered
10. The gospel
11. Sin, emotions
12. Jesus
13. Circumstances
14. Expose
15. Mirror
16. Scripture
17. Sovereignty
18. Control
19. Choose
20. Result, responses
21. Choose
22. Alone
23. Knowledge
24. Sinful, choose
25. grace, slaves

