



### Personal reflection 1

*in this reflection: I want you to feel that your emotions are a good signaling system that God has created, and (if you don't already), it is good to notice and name the emotions we are experiencing.*

Read Psalm 13, reflect on what emotions are being expressed here.



Just like traffic lights, our emotions are a signaling system. Feelings are designed by God as a good gift to help us. Red is like feelings that tell us to stop; Orange would be feelings that tell us to slow down; and Green, feelings that say, 'Go'.

Put these feelings next to the traffic light colour you feel they best fit with:

RED

●shocked

●happy

●resentful

●curious

ORANGE

●powerless

●ashamed

●dismayed

●compassionate

GREEN

●satisfied

●absorbed

“...emotions reveal our beliefs and values (or lack thereof), they give us insight into our hearts. Most important of all, they tell us how we are doing with God. they tell us if we *really* believe God's word is true, and if we *really* value what God values. Emotions are not the final source of truth, but they do *tell the truth* about us.” (C. Mahaney & N. Whitacre, True Feelings, p47)

What feelings do you most notice in yourself when you think about your connection with God?

What would you say those feelings are revealing about your heart?

What do you think God would say about those feelings?

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Heavenly Father, thank you for creating me with feelings, even though sometimes I don't understand them. Please help me to pay attention to what my feelings might be telling me, and most importantly show me how what you say about me can shape my emotions and move me closer to you. Amen.