Personal reflection 2

in this reflection: I want us to reflect on the unhealthy responses of venting (this is when emotions are on the throne of our lives) and suppressing (when we think we have banished emotions – we haven't really, as they usually seep out somewhere).

Bring to mind the two people who know you best. How would they answer this question, about you?

Where are you on this line:

Stifling	Favouring
Suppressing	Venting

(Use Group Time 3, question 8 for some examples)

> "To become emotionally balanced we must guard against these two main errors. On the one hand, we must not despise God's good gift of emotions by stifling how we feel… On the other hand, we must not favour or exalt our emotions… we should appreciate and apply our minds and wills in equal measure."
>
> (C. Mahaney & N. Whitacre, True Feelings, p40)

How might your tendency (to suppress or to vent) cause hurt or harm to others?

In what way could your tendency be limiting your relationship with God?

Consider how Paul handles feelings:
"We are

hard pressed on every side	*but not*	*crushed;*
perplexed	*but not*	*in despair;*
persecuted	*but not*	*abandoned;*
struck down	*but not*	*destroyed."* (2 Cor 4.8&9)

What emotion words would you choose to put in these spaces:
I am _____ but not _____
I am _____ but not _____
(Reflect for a few minutes on how you decided on those words.)

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Heavenly Father, you love me so much that you sent the Lord Jesus to be my savior. Please forgive me for putting my emotions in the wrong place. Teach me, by your Spirit, how to apply my will and my thinking and my feelings in equal measure. And help me start today. Amen.