

Discipleship Groups — Level 7
WEEK 2
Life Check: Emotions

Hello dear women, and welcome again to our second week of discipleship. Today we will talk about **our emotions and what God's Word says about them.**

Psalm 34:18 Says:

"The Lord is near to those who have a broken heart; He saves those who are crushed in spirit."

This verse shows us something very important: in times of pain, God does not move away. Instead, He draws near to comfort us and exchanges our pain for His healing.

However, in some legalistic environments, people are taught that expressing emotions is a sign of weak faith or spiritual immaturity. We often hear things like:

- "You shouldn't feel this way"
- "That's a lack of faith"
- "You need to trust God more"
- "You're speaking negatively"
- "That's sin, you need to repent"
- "If you truly prayed, you wouldn't feel like this"
- "You are in disobedience"
- "You should always be joyful"
- "That's carnality"

Even if these words come from a desire to help, they can dismiss a person's emotional reality and lead to guilt and condemnation.

God does not call us to hide behind a false image of spirituality and pretend that everything is fine. But instead, He invites us to come to Him in honesty with everything we feel. Emotions are part of how He created us, and they are valid.

So, how should we respond when someone shares his/her feelings?

The Bible teaches in **James 1:19** that we should be quick to listen and slow to speak. Instead of correcting immediately, we are called to listen, to be present, and to create a safe space.

And as we listen quietly, we should be asking the Holy Spirit's guidance and wisdom on what to say that would give comfort and truth.

Some simple responses can be:

- “Thank you for trusting me and sharing this.”
- “I’m really sorry you’re going through this—you’re not alone.”
- “I hear you.”
- “I understand this is difficult.”
- “Let’s pray about this together.”

Instead of dismissing their emotions, we are affirming that:

- God is present with them.
- What they feel is real and can be brought to Him
- They do not have to carry it alone

God often uses emotions as internal signals—not to control us, but to alert us and draw us closer to Him.

Let me share a personal testimony:

In 2010, after giving birth to my youngest son, I had to return to the hospital a couple of days after the birth due to facial paralysis. Thank God, I recovered after two weeks, but I was left with a ringing in my right ear.

One day in church, they prayed for me, and God touched me. Over time, the sound disappeared. However, I noticed that whenever I became anxious or overwhelmed, the ringing would return. Then I realized it was like an internal alarm, reminding me to release my worries and rest in God.

In the same way, emotions can reveal what is happening inside of us:

- Anxiety may show a need to surrender the control to God
- Sadness may point to pain that needs to heal
- Fear may reveal a need for trust and security in God
- Guilt may indicate something that needs to be brought into the light for repentance or restoration

But here is the key: ***Emotions are signals, not the authorities to rule over us.***

What would Jesus do?

In Matthew 26:38, Jesus was in Gethsemane with his disciples, just hours before His crucifixion. He told them: *“My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.”*

Jesus didn’t hide His emotions from the disciples. He openly shared His sorrow with them. Here He reveals to us a powerful truth: that we are never to carry pain alone.

God gave us a community “the CHURCH” to provide support, healing and spiritual covering. We are called to walk with one another and carry each other’s burdens.

Jesus Prayed

In Matthew 26:42, we see Jesus in prayer. Jesus came to the Father with honesty, He said Father I do not want to go through this pain that is ahead, “*but not my will, but yours be done.*”.

Jesus did not allow His emotions to determine or change His decision to go to the cross. He fulfilled the Father’s will in submission and obedience, empowered and led by the Holy Spirit.

Galatians 5:16 says: “*Walk by the Spirit...*”

To walk by the Spirit means to surrender the impulses of our human nature. It does not mean we stop being human, but that we choose to live under God’s guidance. As a result, the Holy Spirit produces His fruit in us (Galatians 5:22–23), helping us respond with self-control, peace, and balance instead of reacting impulsively.

When we feel the emotions rising, we are to:

- Acknowledge the feeling.
- Identify the belief behind the feeling.
- Surrender the emotions to God in prayer.
- Declare what God’s Word says regarding the situation.

And follow Jesus’s example

- Do not deny your emotions, but do not stay controlled by them either.
- Trust the Holy Spirit to help you to make the right decisions.
- Bring everything to the Father in prayer.
- Find someone trustworthy to talk to.
- Let God’s Word renew your mind and fill your heart with His peace.

God bless you.