



**ALL**



**FEEELS**

**UNDERSTANDING OUR  
EMOTIONS THROUGH  
THE PSALMS**

# MATTHEW 26

(PAGE 486 IN OUR BIBLES)

**ALL** *the* **FEELS**

IT IS NOT POSSIBLE FOR A CHRISTIAN TO  
BE **SPIRITUALLY MATURE** WHILE  
REMAINING **EMOTIONALLY IMMATURE.**

**PETE SCAZZERO**

**ALL** the  
**FEELS**



**ALL** *the* **FEELS**

# APPROACHES TO EMOTIONS:

**ALL** *the* **FEELS**

# APPROACHES TO EMOTIONS:

1. SUPPRESS THEM.

**ALL** *the* **FEELS**

# APPROACHES TO EMOTIONS:

1. SUPPRESS THEM.

2. OBEY THEM.

**ALL** *the* **FEELS**

LET NOT SIN THEREFORE REIGN IN YOUR MORTAL BODY, TO MAKE YOU **OBEY ITS PASSIONS**. DO NOT PRESENT YOUR MEMBERS TO SIN AS INSTRUMENTS FOR UNRIGHTEOUSNESS, BUT PRESENT YOURSELVES TO GOD AS **THOSE WHO HAVE BEEN BROUGHT FROM DEATH TO LIFE...**

**ROMANS 6:12-13**

**ALL** *the*  
**FEELS**



# APPROACHES TO EMOTIONS:

1. SUPPRESS THEM.

2. OBEY THEM.

**ALL** the  
**FEELS**

# APPROACHES TO EMOTIONS:

1. SUPPRESS THEM.
2. OBEY THEM.
3. PRAY THEM.

**ALL** *the* **FEELS**

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**ALL** *the* **FEELS**

**FEBRUARY 10**  
**ANGER &  
CONTEMPT**

**FEBRUARY 17**  
**PAIN &  
SUFFERING**

**FEBRUARY 24**  
**FEAR &  
ANXIETY**

**MARCH 3**  
**LONELINESS  
& ISOLATION**

**MARCH 10**  
**CONFUSION  
& DOUBT**

**MARCH 17**  
**DEPRESSION  
& DESPAIR**



**ALL** *the*  
**FEELS**