



Emotions vs Biblical Perspective

Shock /Disbelief	Peace	Scripture
"This can't be true"	Surrender to God's will and yield to His control	Isaiah 26:3; John 16:33
Fear	Courage	
" I don't want to die"	Knowing that God has given me the strength to face any situation and that He is in complete control	Deuteronomy 31:6; Joshua 1:9
Anxiety	Security	
"What caused this?"	Trusting God for my daily needs, I know I can put my trust in His promises.	Psalm 16:8-9; Job 11:18
Grief	Joy	
"I'm not going to be the same anymore"	Happiness that is dependent on who Jesus is rather than my circumstances	Proverbs 15:13; Psalm 73:26
Sadness	Happiness	
"No one understands"	Enthusiasm in my spirit when my soul is in fellowship with the Lord	Psalm 37:23-24; Isaiah 41:10
Loneliness	Hospitality	
"Will others understand?"	A willingness to share, with discernment, what God has done with those He brings into my life	Romans 12:13; Luke 6:38
Loss of Control	Patience	
"I feel helpless"	Accepting God's difficult situation without putting a time limit on His removal	Romans 5:3-4; 2 Timothy 1:7
Overwhelmed	Surrender	
"I don't have the time to deal with this right now"	Recognizing and embracing God's Sovereignty	Proverbs 3:5-6; Romans 8:28
Uncertainty	Confidence	
"I'm confused. How do I deal with this?"	Relying on God for His provisions realizing that I am not responsible for the results – only my obedience	Philippians 4:13; James 1:5
Resentment	Contentment	
"I was just starting to feel better, now this"	Accepting whatever answers God provides and being satisfied with them	Philippians 4:11; Hebrews 13:5
Guilt	Forgiveness	
"I'm sorry that things are going to get more difficult"	Realizing how much God has forgiven me, enabling forgiveness for the things that are done to me.	Ephesians 4:32; Colossians 3:13
Fatigue	Refreshing	
"I wear out easily because little chores are big chores now"	Allowing God to breathe life back into my life as I seek His strength and guidance	Galatians 6:9; Matthew 11:28-30
Insomnia	Relax/ Rest	
"If I could get a decent night's sleep, I may feel better"	Remembering that nothing takes God by surprise, I will rest confidently in Him, having faith that He will work all things for my good	Isaiah 40:31; Psalm 46:10
Anger	Calm	
"I'm already dealing with --- I don't want to deal with this too."	Acknowledging that there will be challenges in the journey and considering how it can be used for God's glory	Isaiah 43:2; James 1:19
Doubt/Worry	Hope	
"How am I going to handle this?"	Accept the challenge and know that God has His hands on your life	Romans 15:13; Jeremiah 17:7

