



Fearfully & Wonderfully

The role of mental health in God's Kingdom

EMOTIONS



EMOTIONS

- Proverbs 14:13

Even in laughter the heart may ache,
and the end of joy may be grief.

- Ecclesiastes 3:4

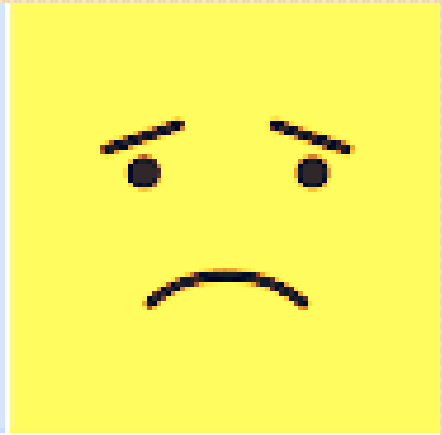
A time to weep and a time to laugh;
A time to mourn and a time to dance

We were created to FEEL

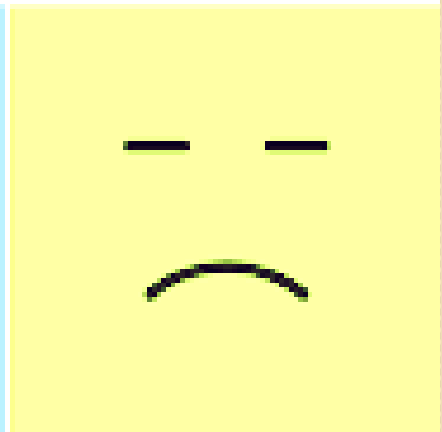
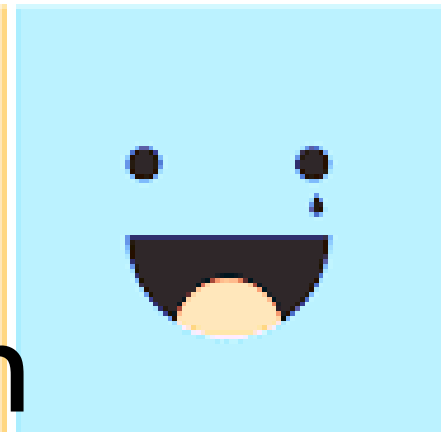
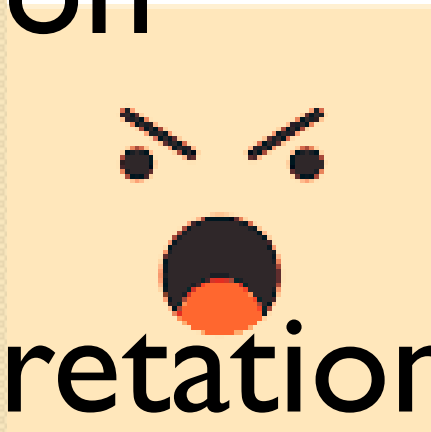
- Compassion (Matthew 9:36; 14:14; 20:34; Mark 1:40-41; 8:2; Luke 7:13)
- Amazement (Matthew 8:10; Mark 6:5-6)
- Anger (Mark 3:5; 10:4)
- Grief (Matthew 26:38; John 11:33-38; 13:21)
- Joy (Luke 10:21; John 15:11; 17:13)
- Love (Mark 10:21; John 11:3; 15:13-14)

EMOTIONS

- Response



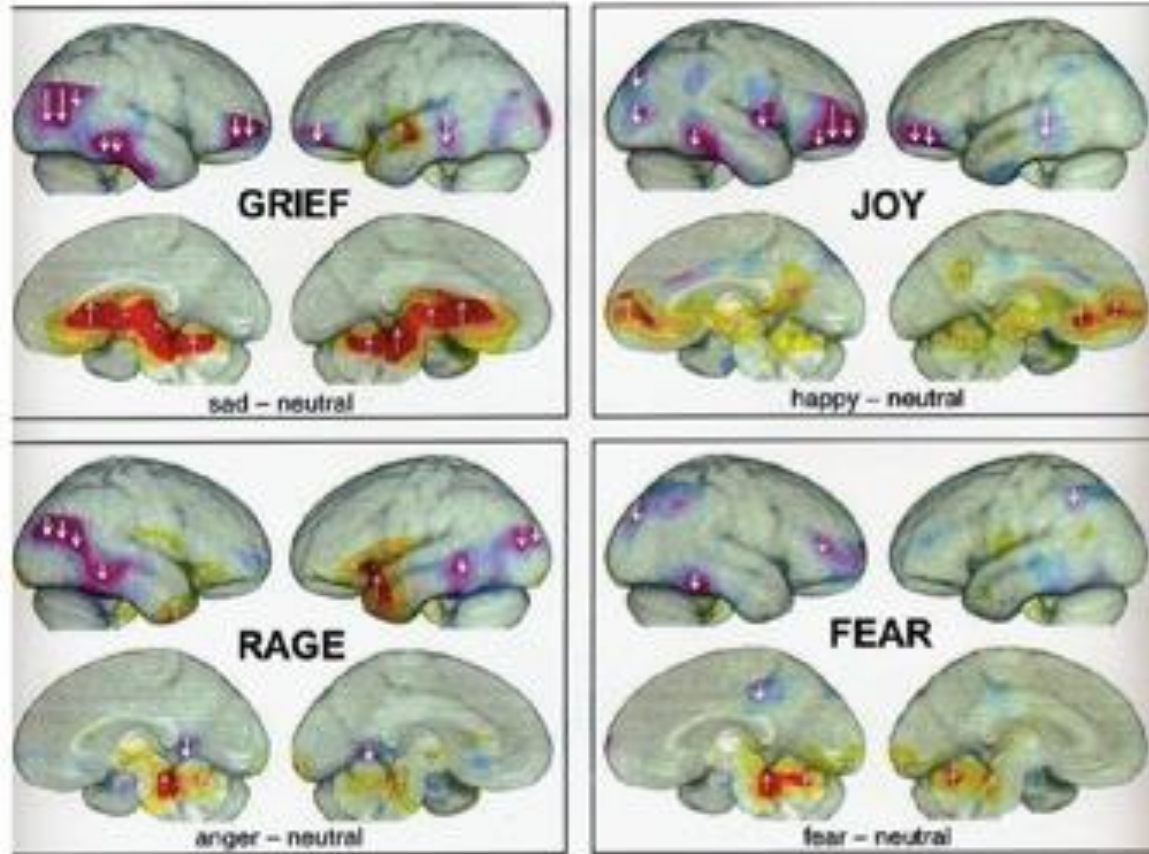
- Reaction



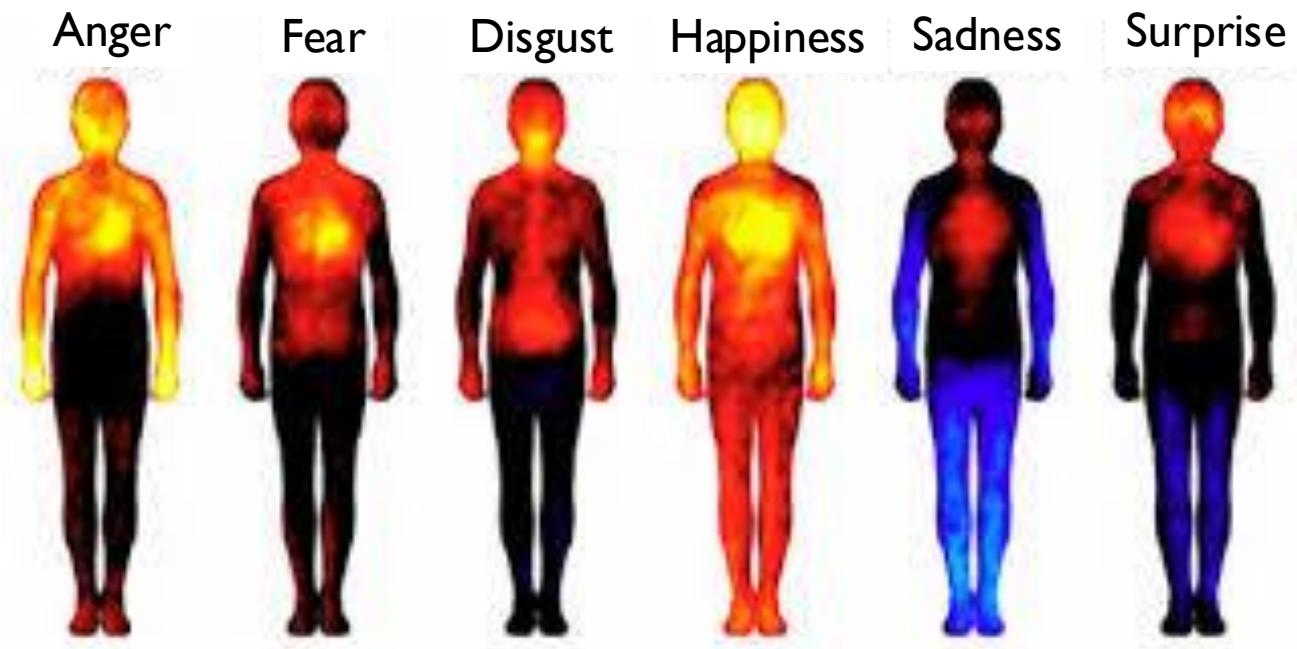
- Interpretation

- Emotions and the Brain

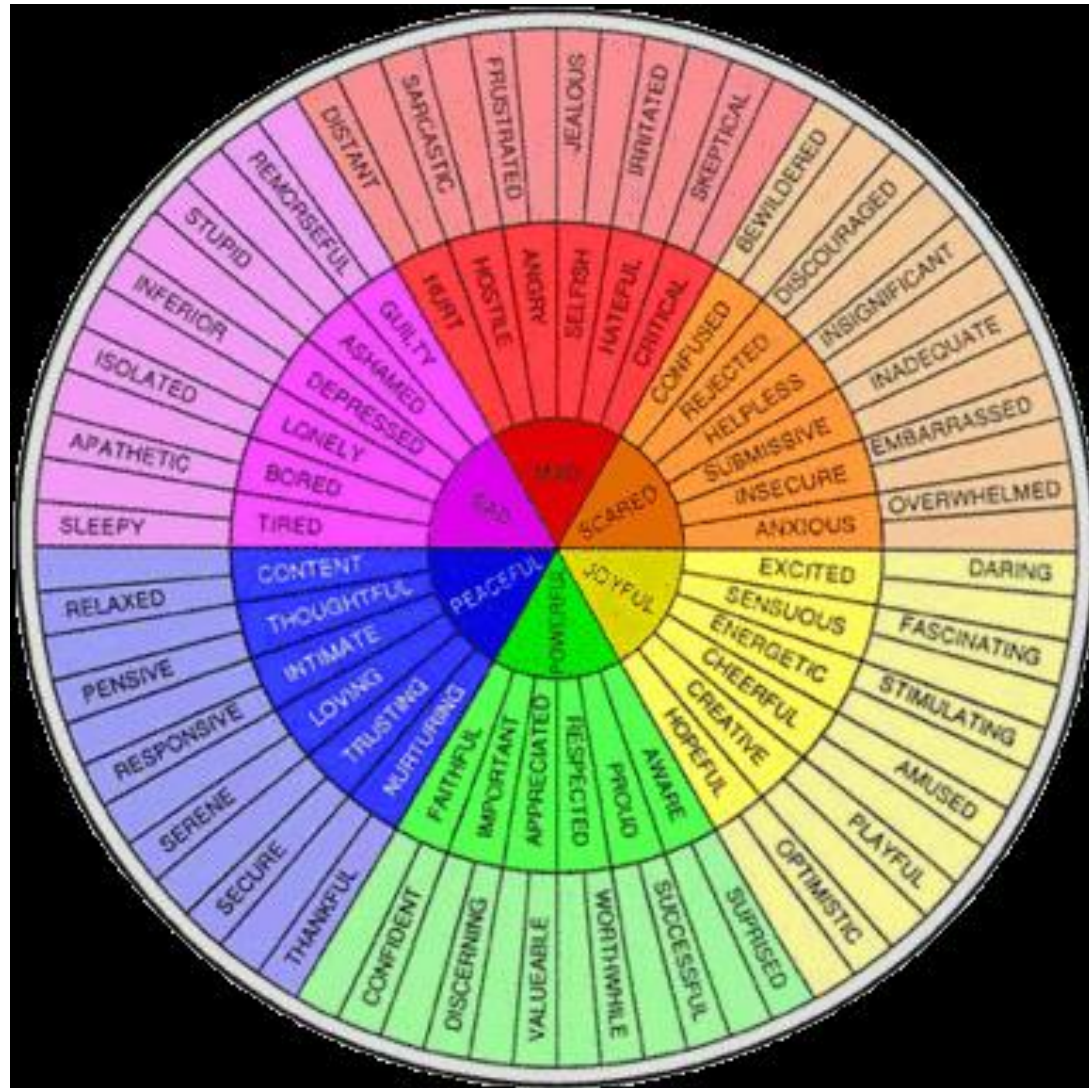
It starts in the brain...



...and moves to a physical response



EMOTIONS





A Periodic Chart of Human Emotions

Kris Girrell

Joy 1 J 1.001																	Peace 2 P 1.111				
Love 3 L 3.141	Adoration 4 A 4.000															Hope 5 H 4.41	Blessing 6 B 5.001	Bliss 7 Bl 5.555	Delight 8 DI 9.250	Contentment 9 Ah 10.000	Happiness 10 Ha 12.365
Care 11 C 22.19	Empathy 12 U 22.222															Reflection 13 Rf 22.686	Solemnity 14 So 23.001	Gratitude 15 Gr 24.700	Elation 16 El 28.960	Excitement 17 Ex 29.501	Ecstasy 18 X 30.000
Humor 19 Ho 32.021	Giddiness 20 Gd 33.333	Playfulness 21 Pf 33.950	Creativity 22 Cv 35.101	Awe 23 Oo 38.838	Reverence 24 Rv 39.222	Spirituality 25 St 40.000	Worthiness 26 Wo 42.012	Beloved 27 Lv 48.111	Satisfaction 28 Sa 49.019	Humility 29 Ge 50.050	Pride 30 Pr 51.600	Grace 31 Gc 52.050	Astonishment 32 As 52.995	Amazement 33 Az 53.010	Surprise 34 Su 54.000	Jubilation 35 Ju 55.555	Cheer 36 Ch 55.950	Eagerness 37 Ea 56.950			
Enthusiasm 38 En 57.001	Exhilaration 39 Eh 58.100	Optimism 40 Op 59.782	Sexiness 41 Sx 60.001	Sensuality 42 Sn 62.420	Pleasure 43 Mm 62.555	Innocence 44 In 63.141	Anticipation 45 At 64.995	Bravery 46 Bv 68.241	Certainty 47 Au 69.002	Longing 48 Ln 71.000	Impatience 49 Im 72.727	Determination 50 Dt 77.777	Confusion 51 Hm 78.257	Distant 52 Ds 79.001	Comfort 53 Cm 80.008	Nostalgia 54 N 84.123	Tranquility 55 Tq 88.888	Relief 56 Rx 90.000			
Lethargy 57 Lg 93.041	Disappointment 58 Bm 96.096	* Passion 59-73	Frustration 74 Fr 152.44	Exaggeration 75 Ep 151.86	Anxiety 76 Ax 158.22	Fear 77 Fe 169.01	Terror 78 Tr 174.97	Shock 79 Sk 178.48	Shame 80 Sh 180.95	Vulnerability 81 Vu 183.84	Exposure 82 Ed 188.89	Disgrace 83 Dg 191.02	Humiliation 84 Hu 192.66	Hurt 85 Ow 192.86	Embarrassment 86 Em 195.0	Remorse 87 Rm 197.23	Contempt 88 Co 198.96	Guilt 89 Gu 199.99			
Unhappiness 90 Uh 200.01	Sadness 91 Sa 201.86	** Depression 92-106	Grief 107 Gf 202.89	Pessimism 108 Ps 205.11	Boredom 109 Bd 205.68	Envy 110 Ev 210.55	Anger 111 An 211.22	Agitation 112 Ag 215.95	Aggravation 113 Av 220.88	Tension 114 Tn 228.28	Stress 115 Ss 232	Apprehension 116 Ap 245.01	Doubt 117 Db 257.11	Hesitation 118 Hs 277.11	Homesick 119 Hk 285.21	Loneliness 120 Lo 291.01	Grouchiness 121 Sa 296.22	Denial 122 Dn 296.22			

* Passion Series	Rapture 59 Ra 98.600	Infatuation 60 In 99.999	Lust 61 Lu 100.00	Obsession 62 Ob 104.02	Desire 63 De 110.01	Arousal 64 Ar 121.212	Jealousy 65 Jl 124.241	Rejection 66 Re 132.99	Resentment 67 Rs 138.91	Bitterness 68 Bt 140.01	Loathing 69 Lo 141.29	Hatred 70 Ht 144.99	Wrath 71 Wr 145.01	Fury 72 Fu 148.28	Rage 73 Rg 150.96
** Depression Series	Melancholy 92 Ml 1001.0	Withdrawal 93 Wd 1010.0	Isolation 94 li 1011.0	Abandonment 95 Ab 1100.0	Condemnation 96 Cd 1101.0	Despair 97 Ug 1221.12	Devastation 98 Ono 1348.0	Empitness 99 Ep 1500.0	Worthlessness 100 Wt 1929.0	Depression 101 Dp 2000.1	Misery 102 Ms 2290.1	Hopelessness 103 Hi 2470.1	Gloom 104 Gm 2525.1	Dread 105 Dd 6.0x10 ²⁴	Numbness 106 Mu 0000

PRIMARY

- Joy
- Fear
- Sadness
- Hurt/Shame



SECONDARY

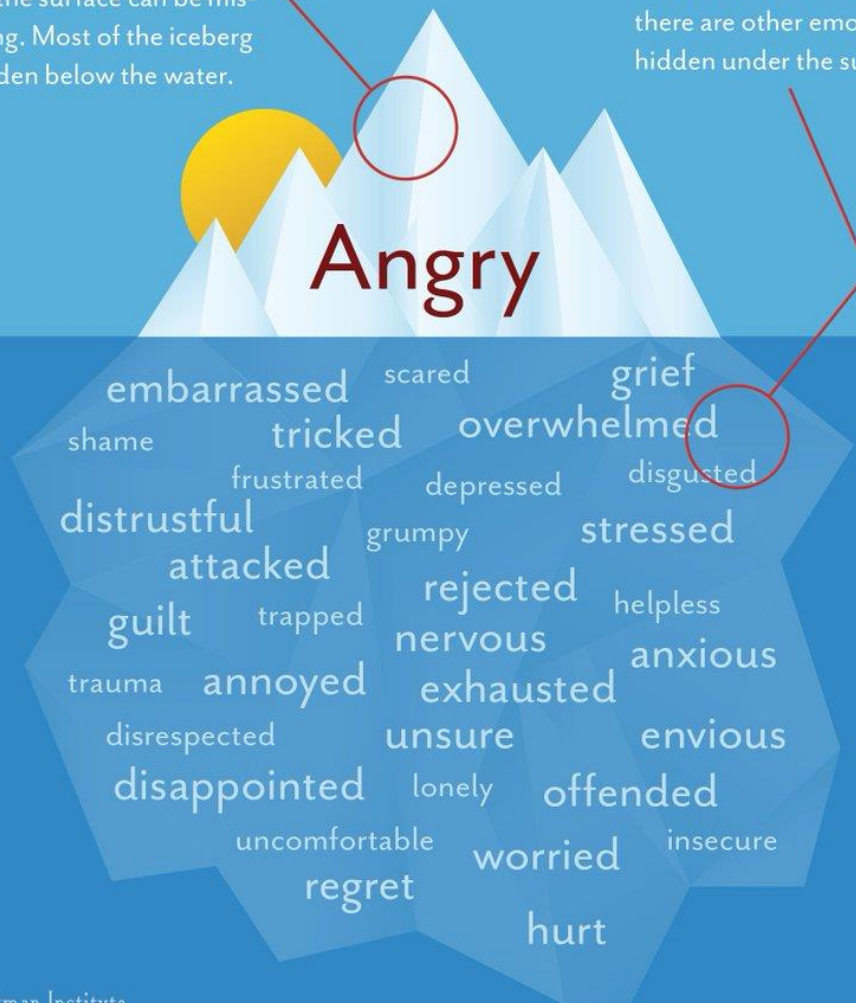
JOY	SADNESS	FEAR	HURT/SHAME
Happy	Glum	Worried	Embarrassed
Excited	Blue	Nervous	Ashamed
Satisfied	Down-in-the-dumps	Anxious	Humiliated
Good	Discouraged	Apprehensive	Heartbroken
Smug	Depressed	Cautious	Punished
Confident	Despondent	Skeptical	Shunned
Calm	Bored	Afraid	Bad
Relaxed	Apathetic	Terrified	Dirty
Rested	Lonely	Scared	Worthless

Where's Anger?

Anger Iceberg

Icebergs are large pieces of ice found floating in the open ocean. What you can see from the surface can be misleading. Most of the iceberg is hidden below the water.

This is how anger works. Often when we are angry, there are other emotions hidden under the surface.



Managing Emotions

- Select the Situation- Prov 22:3
- Modify the Situation- Prov 3:5-6
- Shift your Focus- Col 3:2; Heb 13:6
- Change your Thoughts- Phil 4:7
- Change your Response- Ps 33:20-21

PSALMS 37

- ¹ Do not fret because of those who are evil
or be envious of those who do wrong;
² for like the grass they will soon wither,
like green plants they will soon die away.
³ Trust in the LORD and do good;
dwell in the land and enjoy safe pasture.
⁴ Take delight in the LORD,
and he will give you the desires of your heart.
⁵ Commit your way to the LORD;
trust in him and he will do this:
⁶ He will make your righteous reward shine like the dawn,
your vindication like the noonday sun.
⁷ Be still before the LORD
and wait patiently for him;
do not fret when people succeed in their ways,
when they carry out their wicked schemes.
⁸ Refrain from anger and turn from wrath;
do not fret—it leads only to evil.

(NIV)