



## Inside Out

Sunday, October 9, 2016

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Stepping Stones Community Church

### Introduction:

- God at the movies
- Joy, Sadness, Disgust, Fear, Anger

## Emotions - Who needs them?

*Why can't we just feel JOY all the time?*

### 1. Don't deny your emotions - Jesus didn't

*He looked around at them angrily and was deeply saddened by their hard hearts.* **Mark 3:5** NLT

<sup>11</sup> *When the Pharisees heard that Jesus had arrived, they came and started to argue with him. Testing him, they demanded that he show them a miraculous sign from heaven to prove his authority.* <sup>12</sup> *When he heard this, he sighed deeply in his spirit and said, "Why do these people keep demanding a miraculous sign?"* **Mark 8:11-12** NLT

*Jesus wept.* **John 11:35** NLT

*He prayed more fervently, and he was in such agony of spirit that his sweat fell to the ground like great drops of blood.*

**Luke 22:44** NLT

*At that same time Jesus was filled with the joy of the Holy Spirit...* **Luke 10:21** NLT

### 2. Embrace your emotions in the moment

<sup>20</sup> *I tell you the truth, you will weep and mourn over what is going to happen to me, but the world will rejoice. You will grieve, but your grief will suddenly turn to wonderful joy.* <sup>21</sup> *It will be like a woman suffering the pains of labor. When her child is born, her anguish gives way to joy because she has brought a new baby into the world.* **John 16:20-21** NLT

### Next Steps:

- I will embrace my emotion of \_\_\_\_\_ and let it help me to grow closer to God
- I struggle to allow certain emotions in my life. I ask God to help me to feel in the moment
- I ask God to help me to experience joy in life through his Holy Spirit
- Attend the rest of "At the Movies" series
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