

## Emotions in Suffering

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Understanding our Emotions

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Definition of emotions:

**“A response involving thoughts, beliefs, judgments, and perceptions, to an internal or external experience that leads to some feeling that signals the body to react.**

Why did God created emotions...

- They help us \_\_\_\_\_ about God
- They serve as \_\_\_\_\_
- They can propel us to \_\_\_\_\_ God

### I. The Reality of Suffering Emotions

- Matthew 26:38

- Psalm 34:18

- Hebrews 4:15

### II. What Suffering Reveals

- ways we felt \_\_\_\_\_
- ways we felt \_\_\_\_\_
- ways we felt \_\_\_\_\_

### III. Christ's Response to Suffering

- Matthew 26:38-42

- He \_\_\_\_\_

### IV. Our Response to Suffering

Look at Paul handled suffering...

- Romans 5:3-5

- Romans 8:16-18

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- 2 Corinthians 4:16-18

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- Ecclesiastes 3:11

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- Revelation 21:5