

PODCAST REFLECTION GUIDE

Episode 4: The Emotions Lies Carry



Opening Reflection

Take a slow, deep breath and invite God into this time.

*“Lord, help me to embrace Your beautiful invitation to come and pour my heart out before You. Regardless of what I have been taught about my emotions, enable me to begin appreciating them as a gift **from You** to experience deeper intimacy **with You.**”*

Part 1: Listening Reflection

As you listened to this episode, what stood out most to you?

How does it make you feel that the enemy has pursued you in a very strategic, methodical way—that you have been conditioned to negatively think and feel about yourself and God in particular ways long before you ever understood the Gospel?

Part 2: Feeling vs. Shutting Down

Complete the sentences honestly:

Identify the belief you most relate to regarding your emotions.

_____ Conceal; don't feel; don't let it show. (avoidance)

_____ Just blurting out how you really feel regardless of the impact on others.

_____ I want to learn how to manage my emotions better and use them to draw closer to God.

What contributed to your seeing your emotions this way?

Part 3: Exploring the Power of Story

In the last episode, you identified a lie that was embedded in your heart through some painful experience or verbal exchange. Perhaps you still wrestle with it today. If so, identify that lie or false belief below again.

What emotions do you feel when you think of that lie or false belief? Where do you feel it in your body?

Can you identify where that false belief began? When did you first hear that lie or suggestion?

Part 4: Your Story Matters

We see God's display of emotions in the Garden of Eden after Adam and Eve turned away.

Reflect gently:

- Were you surprised to learn God did not speak in anger but in lament to them?
- Why do you think that is so?
- Have you ever thought when God asks, "Where are you?" He is actually wanting you to locate yourself in relationship to Him?

Write whatever comes to mind without judging it.

Part 5: Experiencing Truth

In this episode, Anita gave us a biblical understanding of our emotions and how they can actually draw us into deeper intimacy with God.

Read this verse slowly and prayerfully:

Gen. 3:10b *"I was afraid because I was naked, so I hid myself."*

Ps.42: 5, 9a *"Why are you in despair, oh my soul? Why have you become disturbed within me? I will say to God my Rock, 'Why have You forgotten me?"*

Heb.4:15, KJV *"For we have not a high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted as we are, yet without sin. Let us therefore come boldly into the throne of grace...."*

Reflection

How would it feel to you to be able to come before God and express your true feelings so honestly to Him like these Scriptures above?

Can you receive God's invitation to "come boldly into His presence" just as you are?

Do you feel you must hide from God? If so, why?

Part 6: A Guided Prayer

Read slowly and pause where needed.

Jesus,

It is astounding to me that You desire for me to come into Your presence exactly as I am, without any pretense. I have felt I have always needed to pretend and hide my true feelings from You and others.

You know exactly why I feel that way.

Would You gently show me that Your love is too great to judge the feelings that I honestly bring before Your presence.

You desire truth in my innermost being. Reveal all the locked places in my heart and mind that I have been too ashamed for anyone to see, not even You.

*Help me to begin to comprehend this extravagant invitation of coming before you **just as I am** and to begin to understand You will not turn me away. You will not weaponize my feelings against me, but rather feel all of them **with me**.*

*Thank you for loving me so lavishly.
Amen.*

Part 7: Closing Reflection

Sit quietly for a moment with this statement:

“Beloved, I want You to come confidently into My presence in whatever condition you are in. I am always ready to welcome You in.”

What happens inside you as you read those words?

This Week's Invitation

Rather than avoiding how you really feel or disassociating from your true feelings, practice simply becoming aware of them and try to begin naming your feelings to God and to yourself.