

Emotions Video Notes

The heart is made up of the _____, _____,
_____, and the _____.

Every _____ is an act of _____.

Our emotions reflect our judgment of a situation or circumstance.

Write out Proverbs 4:23

Just because you have a _____ emotion does not mean you have to
_____ it.

Write out 2 Corinthians 10:3-5 and Philippians 4:8

What do you learn about thoughts?

Think back through your day or week. When did you experience a strong emotion and respond sinfully?

What truth from God's word would have helped you think rightly about your circumstance?