**Series: Emotionally Healthy You**

**Today: Look Beneath the Surface**

**Speaker: Ronnie Norman**

1. **Emotional and Grateful**

<https://donherron.com/wp-content/uploads/2015/02/Mr-Spock-mr-spock-10874060-1036-730.jpg> -- IMAGE OF MR. SPOCK

1. **Emotions are gifts from our emotional God.**
2. **Emotions range from joy to sorrow and all have a legitimate place.**

***James 5:13***

*Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise.*

1. **Emotions are e-motions.**
2. **Emotions are not infallible.**
3. **Jesus our Template**

***Matthew 26:36-39***

*36Then Jesus went with his disciples to a place called Gethsemane, and he said to them, “Sit here while I go over there and pray.” 37He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. 38Then he said to them, “My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.”*

*39Going a little farther, he fell with his face to the ground and prayed, “My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.”*

1. **Jesus is aware of his emotions.**
2. **Jesus knows why he feels what he feels.**
3. **Jesus takes it all to his heavenly Father.**
4. **Looking Below Our Waterline**
5. **Develop awareness for what you are feeling and doing.**
6. **Ask “why” and “what’s going on” questions.**
7. **Jettison the pursuit for a glittering image.**

***1 John 1:8-10***

*8If we claim to be without sin, we deceive ourselves and the truth is not in us. 9If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. 10If we claim we have not sinned, we make him out to be a liar and his word is not in us.*

***James 5:16***

*Therefore, confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.*

1. **Connect the gospel of grace to your emotional health.**

***1 Peter 3:18***

*For Christ also suffered once for sins, the righteous for the unrighteous, to bring you to God. He was put to death in the body but made alive in the Spirit.*

***2 Corinthians 5:20-21 – The Message***

*Become friends with God; he’s already a friend with you. How? you ask. In Christ. God put the wrong on him who never did anything wrong, so we could be put right with God.*

*“In Christ”*