How Emotions Show Up in Our Lives

1.Naming our emotions is the first step. Don't bottle up the emotions, but instead…

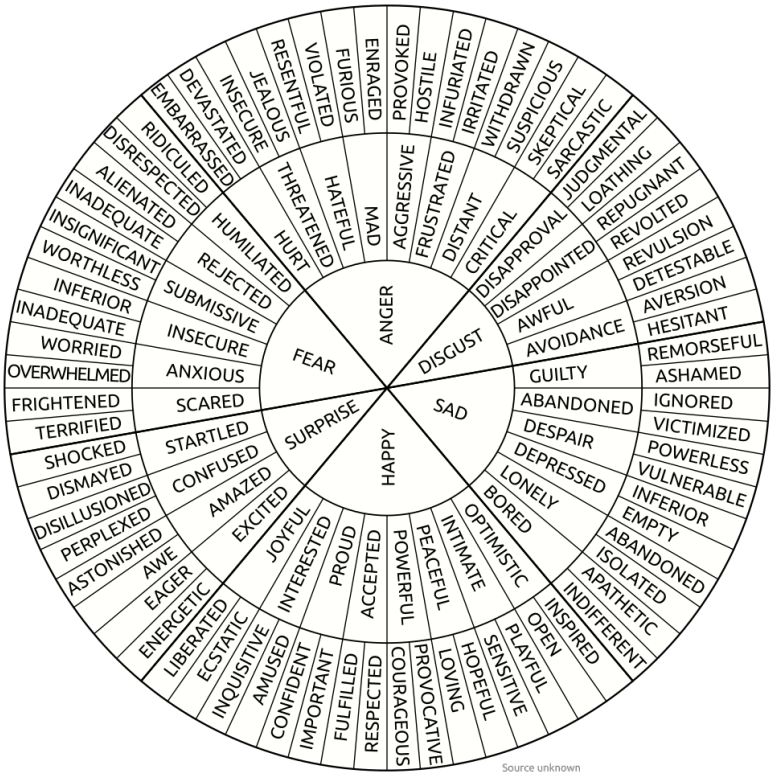
2. Pour out your heart to the Lord.

"Trust God, my friends, and always tell him each of your concerns. God is our place of safety." - Psalm 62:8 CEV

It could look like this…

Find a quiet spot.
Silence all lies in Jesus' name.
Ask Holy Spirit to speak.

Pause with each question.
Notice what comes to your awareness.
Journal…



Source unknown

Prayer:

God, thank you that you are here with me, that you invite me to seek your wisdom.
In Jesus' name, I silence all lies. Holy Spirit, speak your truth, I'm listening…

God, I feel… (pour it all out… Don't rush.)

God, what do you want me to know?
God, how do you want to BE what I need?
God, how are you inviting me to pray?
God, is there anything you're inviting me to do?

Give thanks to the Lord for what He reveals.
Pray as He invites you to.
Walk out what He asks you to do.
Share with a trusted friend and pray together.

Need help walking through this? Visit: www.merriellen.com or www.coachinginfreedom.com
Learn more in the book: "God, Show Me More of You" / www.merriellen.com/showmemore