

## Week Nine “Heartwork”: Emotional Issues

*Emotions! How do you describe yours? “Like a roller coaster” or “an out-of-body experience”? Many of us feel at the mercy of our emotions...or is it more accurate to say the people around us are at the mercy of our emotions?! The men in our lives complain about (and claim to be baffled by) our emotions. Feminine emotional meltdowns provide comedians with easy material for stand up routines and sit-coms. Bottom line, women and their emotions don’t have a positive reputation even among women. In fact, some of us have come to distrust our emotions and work hard to stifle and keep an iron grip of self-control on our feelings. What the truth? Are emotions good, bad, or just plain UGLY? What’s at the heart of our emotions?*

Observation: Pray and read the following passage. List your observations (aim for 20). You may find it helpful to read in one or two different translations.

### Philippians 4:4-9

**4** Rejoice in the Lord always. I will say it again: Rejoice!

**5** Let your gentleness be evident to all. The Lord is

near. **6** Do not be anxious about anything, but in

everything, by prayer and petition, with thanksgiving,

present your requests to God. **7** And the peace of

God, which transcends all understanding, will guard

your hearts and your minds in Christ Jesus. **8** Finally,

brothers, whatever is true, whatever is noble,

whatever is right, whatever is pure, whatever is lovely,

whatever is admirable--if anything is excellent or

praiseworthy--think about such things. **9** Whatever you

have learned or received or heard from me, or seen

in me--put it into practice. And the God of peace will

be with you.

Interpretation: Sum Up what you saw in a sentence or two.

Personal Application: Use the SPECK method to find at least one way to apply this passage in your life, considering especially the perspective you gained on “the heart” of your emotions.