

# A Canary in a Coal Mine

## Handling Emotions in a Biblical Way and Learning to Counsel Yourself in the Lord

Lamentations 3:1-24



Why are emotions so important:

- they are \_\_\_\_\_
- they lead to \_\_\_\_\_
- if not handled correctly, they will lead us into \_\_\_\_\_ and not \_\_\_\_\_

Emotions Ground Rules:

1. There is a difference between \_\_\_\_\_ an emotion and an emotion \_\_\_\_\_ me.
2. We can experience an emotion without \_\_\_\_\_ but we need to take time to process it and emerge from that with maturity and grace.
3. Emotions are a \_\_\_\_\_ response but the difference is I am \_\_\_\_\_. I will always \_\_\_\_\_ so I must learn to \_\_\_\_\_ to \_\_\_\_\_ and \_\_\_\_\_ my \_\_\_\_\_.
4. Our emotions must be tied to the \_\_\_\_\_ of \_\_\_\_\_.
5. Safe places to process emotions are through \_\_\_\_\_ and \_\_\_\_\_.

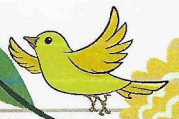
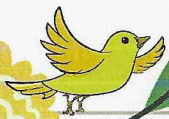
## A Practical Emergency Action Plan

1. Being a \_\_\_\_\_ of the Word, and not just a \_\_\_\_\_ of the Word - James 1:22-25, 2 Peter 1

Determining what God says about this emotion or situation (bitterness, anger, discouragement, guilt and shame, expectations, etc...) and actively seeking to obey His Word and "add to my faith".

2. The Corral of \_\_\_\_\_ 2 Cor. 10:4-5, Phil. 4:8

It is our responsibility to bring every thought into captivity to the obedience of Christ. Identify sinful thought patterns that you battle with over and over. Spend some time journaling and answer questions such as when did this thought process first begin, what are the triggers of these thoughts, and what are the results of your behavior because of them. Take time to confess them and deliberately and prayerfully set out to change them. You have the mind of Christ!



# A Canary in a Coal Mine

Handling Emotions in a Biblical Way and Learning to Counsel Yourself in the Lord  
Lamentations 3:1-24



3. \_\_\_\_\_ Plan/\_\_\_\_\_ Plan/\_\_\_\_\_ Plan John 10:10

The thief wants to destroy you but God wants to give you an abundant life through Christ. We have to always make sure that “our plan” is always lining up with God’s plan. The devil and my own heart are master deceivers.

4. Making \_\_\_\_\_ about what is \_\_\_\_\_ about my God and His character

Job, Psalm 18:1-3 - Write out truth about God’s character in this emotion/trial and what you will do (I will trust, I will pray, I will wait, etc...) and post it where you can read it daily.

5. Processing life through a \_\_\_\_\_ Mentality 2 Cor. 1:3-4

When I go through trials and God comforts me, I am now qualified to help a hurting heart. God never wastes pain, and He wants to use us as His hands and feet to our family of God and to this lost world. Put on your Jesus glasses to see the needs of those around you.

Notes:

---

---

---

---

---

---

---

---

---

---

Resource - Full Disclosure: Real Talk about Raw Emotions by Mrs. Amy Edwards



# A Canary in a Coal Mine

Handling Emotions in a Biblical Way and Learning to Counsel Yourself in the Lord  
Lamentations 3:1-24



*Sit still my Daughter by J.D. Smith - Streams in the Desert*

Sit still, my daughter! Just sit calmly still! Nor deem these days—these waiting days—as ill! The One who loves thee best, who plans thy way, Hath not forgotten thy great need today! And, if He waits, 'tis sure He waits to prove To thee, His tender child, His heart's deep love.

Sit still, my daughter! Just sit calmly still! Thou longest much to know thy dear Lord's will! While anxious thoughts would almost steal their way, Corrodingly within, because of His delay - Persuade thyself in simple faith to rest That He, who knows and loves, will do the best.

Sit still, my daughter! Just sit calmly still! Nor move one step, not even one, until His way hath opened. Then, ah then, how sweet! How glad thy heart, and then how swift thy feet. Thy inner being then, ah then, how strong! And waiting days not counted then too long.

Sit still, my daughter! Just sit calmly still! What higher service could'st thou for Him fill? 'Tis hard! ah yes! But choicest things must cost! For lack of losing all how much is lost! 'Tis hard, 'tis true! But then—He giveth grace  
To count the hardest spot the sweetest place.

## Counseling Resource: The Corral of Obedient Thoughts

adapted from *Full Disclosure: Real Talk about Raw Emotions* by Amy Edwards

Thoughts lead to emotions and emotions lead to action. God has given us clear guidance for our thoughts (Phil.4:8). It is our responsibility to bring every thought into captivity to the obedience of Christ. (2Cor. 10:4-5). Label the outside marbles with sinful thought patterns that you battle with over and over. Spend some time journaling and answer questions such as when did this thought process first begin, what are the triggers of these thoughts, and what are the results of your behavior because of them. Take time to confess them and deliberately and prayerfully set out to change them. You have the mind of Christ!



Wandering Thought:

Emotion:

Action:



Wandering Thought:

Emotion:

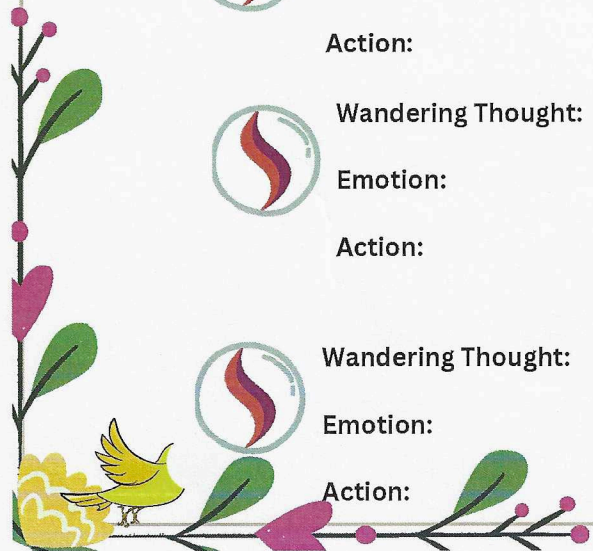
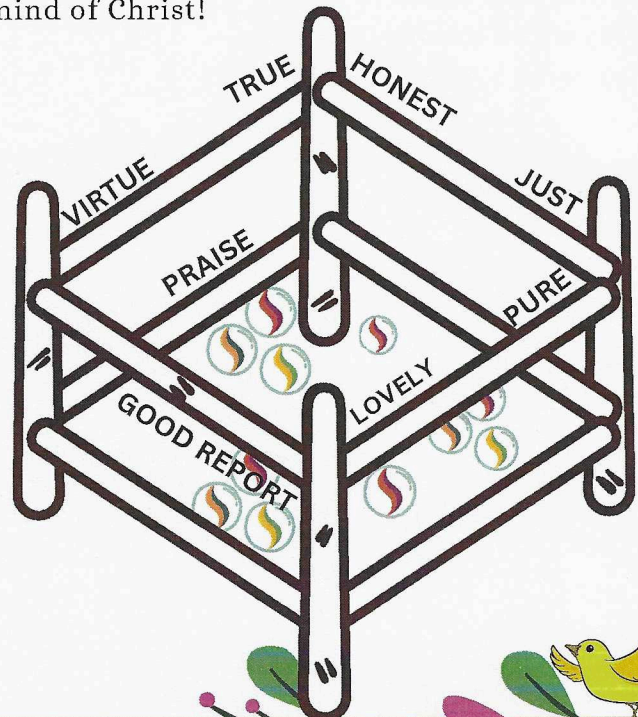
Action:



Wandering Thought:

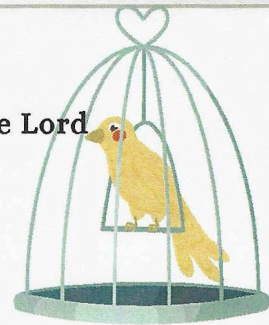
Emotion:

Action:



# A Canary in a Coal Mine

Handling Emotions in a Biblical Way and Learning to Counsel Yourself in the Lord  
Lamentations 3:1-24



## Counseling Resource: God's Plan, Satan's Plan, My plan

In any situation that we face, God has a plan for our life, Satan has a plan for my life, and I have a plan for my life. The Devil's plan is to steal, kill, and destroy. God's plan is to give us abundant life. (John 10:10). Learn to recognize if your plan is lining up with God's plan. Scripture is our final authority. Victory will come if we keep taking obedient steps and following the orders in God's Word. Here is a sample of this method with the theme of Be Courageous

### GOD'S PLAN

Fear God and seek to please Him alone Pr. 29:25-26, Gal. 1:10, Eccl. 3:12

Find strength in waiting on the Lord and being of a good courage Pr. 27:14

Confessing sin and moving forward through failure, pressing on for Christ Pr. 24:16, IJohn 1:9, Phil. 2:12-14

Make bold choices to stand up for God and live a holy life, stand before God one day with joy 2 Peter 1

### MY PLAN

-----

-----

-----

-----

### SATAN'S PLAN

Fear of man, people pleasing

Manipulate situations to fit my wants/desires, self-pity, despair, depression

Let failure paralyze me and define my life, continue to focus on past failures and hurts

Live distracted, defeated, apathetic, stand before God one day as a pauper

