

St. Paul AME Church's WInGS (Women In God's Service)

Women In God's Service Bible Study
SERIES: Preparing to Serve in a Deeper Way in 2022

Rev. Robert Hodges, Pastor * Sis. Delores Hodges, First Lady
P. E. (Ret.) Ella Samuels, Teacher * Rev. Barbareta McGill, Assistant to the Teacher

Teleconference
Women's Bible Study
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Ph. #: 716-427-1082
Code: 506451
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"Going Deeper to
Go Further"



In the Lord This Year!

it's time
to
PRAY
With
Rev. Brenda Finkley

Managing our Emotions

Feelings and Emotions

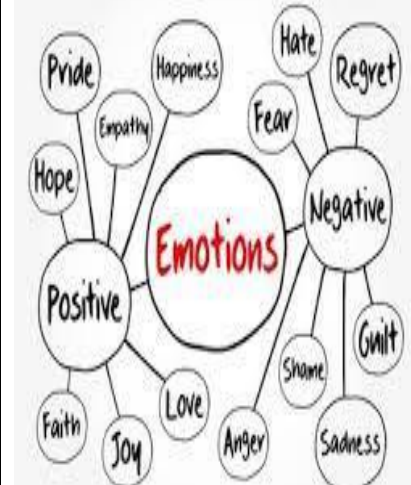
What are feelings?

Feelings are something that we feel from within or inside ourselves. Feelings never remain the same for too long. They keep changing. There are different kinds of feelings that we experience.

What are emotions?

Emotions are the names given to our feelings. They describe the way we feel at different times and enable us to process the situation we are in and how we are responding to it.

Can you identify yours?



Please be prepared to read other scriptures when needed.
Sis. Carol Dorsey
Ephesians 2:10
Matthew 11:28; Psalm 34:18

Please be prepared to read other scriptures when needed.
Sis. Lille Harris
1Thessalonians 5:23
1Peter 5:7; Psalm 23:4



Review of January 08, 2022

1. Complete the following: Negative emotions keep us from: _____
2. Complete: As a man thinks in his heart _____
3. Complete: John said he would that _____ but if we do, we have _____ who is _____.
4. When God forgives us, what does He do with our sins? _____
5. What does Revelation 12:10 call the devil? _____
6. What does John 8:32 promise us? _____
7. What does 2Corinthians 13:5 tell us to do? _____
8. When Satan tries to destroy us, James 5:9 tells us we must _____
9. When people receive salvation, they enter into a _____ with the _____
10. When we become save, we become a part of _____

The Introduction to Today's Lesson on Emotions

Sis. Mary Mullins

How to Manage Emotions Biblically

Written by Heather Farrington

Published in: GenuineChristineWomen.com

Have you ever wondered how God would have you to manage your emotions? As Christian women, we understand that we shouldn't allow our emotions to control our actions or rule our inner world. Imagine if we acted on ever emotional whim? Yikes! But this doesn't mean that we shouldn't process our emotions – and deal with them.

Generations before us believed strong women should stuff their emotions and lock them away, and to some degree, we still believe that today. We think we're stronger if we push through to the other side. But the truth is – there is no other side. The emotions stay with us, even if they're locked in a memory closet. And the big problem is that they influence our actions and decisions if we don't realize it.

On the other hand, today's culture tells us to live according to our feelings- let the top pop and the emotions flow. We deserve to express ourselves no matter what! So, how's that working out for us? Our emotional eruptions can spew all over everyone at any time. It tends to create more problems than it solves, and more importantly, if we allow our emotions to rule us, then there is little room for Holy Spirit leadership in our lives. So, how does God want us to manage our emotions?

Our Emotions Are Our Soul's Response to Life.

God created us with a plan and a purpose. **(Sis. Carol read Ephesians 2:10)** As Christians, we understand that God didn't make any mistakes when He shaped our souls. Sure, sin and circumstances have taken their toll, but God's stunning handiwork remains.

When we're growing spiritually, we're also slowly transforming into the woman He always intended for us to be. It's like gradually becoming free. The Bible calls it "sanctification" or separation from sin. **(Sis. Lillie read 1Thessalonians 5:23)** As this happens, our hearts become more like the heart of Christ, and we are freer to be the women God made us to be.

When we ignore our emotions, we're burying a message from our soul to our conscious mind. Our soul might say, "Hey, this news makes me sad." An unhealthy response would be: "I don't have time to be sad. It's not a big deal. Just forget it." A healthy response would be: "Yes, I am sad. This is heartbreaking news. As soon as I can, I will pray about this and try to process it." Which one attends to the soul; involves God; offers freedom? *When we process our emotions, we honor ourselves as God's daughters and we honor Him as our Father. Whatever our emotions spring from, we must acknowledge them and address them. Emotions that are suppressed, or not acknowledged, might not sound damaging, but they can actually pose a health risk.>(*My addition)

Lesson for Today

Managing Our Emotions Is Good for our Health

Foundation Scriptures:

Matthew 11:28; 1Peter 5:7; Psalm 34:18; Psalm 23:4

Taught by: Presiding Elder Ella Samuels (Retired)

Let us join Sis. Selena Parker

In

Prayer

As we prepare to depart, let us share in the Peace

Presiding Elder Samuels: "The peace of God be with you."

Class: "And also with you."