

St. Paul AME Church's WInGS (Women In God's Service) <b>Women In God's Service Bible Study</b> <b>SERIES: Preparing to Serve in a Deeper Way in 2022</b>		
Rev. Robert Hodges, Pastor * Sis. Delores Hodges, First Lady P. E. (Ret.) Ella Samuels, Teacher * Rev. Barbareta McGill, Assistant to the Teacher		
<p> <i>Teleconference</i>  <i>Women's Bible Study</i>  <i>Ella Samuels, P. E. (Ret.), Teacher</i>  <i>Ph. #: 716-427-1082</i>  <i>Code: 506451</i>  <b>January 08, 2022 @10:40AM</b> </p>  <p> <b>LET'S</b>  <i>Go</i>  <b>DEEPER</b> </p>  <p><b>In the Lord This Year!</b></p>	<p> <u><b>Managing our Emotions</b></u>  <b>Feelings and Emotions</b>  <u><b>What are feelings?</b></u> </p> <p>           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.         </p> <p> <u><b>What are emotions?</b></u>            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.         </p>	<p>           A man without self-control is like a city broken into and left without walls.            Proverbs 25:28         </p> 
<p> <i>it's time to PRAY</i>            With  <b>Pastor Minnie Pitts</b> </p>	<p>           Please be prepared to read other scriptures when needed.  <u><b>Sis. Panya Porter</b></u>  <b>Matthew 25:21-23</b>  <b>Psalms 136:26</b>  <b>Romans 1:18</b>  <b>Luke 19:41</b> </p>	<p>           Please be prepared to read other scriptures when needed.  <u><b>Sis. Barbara Walker</b></u>  <b>John 3:16</b>  <b>Psalms 37:12-13</b>  <b>Genesis 6:6</b>  <b>Proverbs 25:28</b> </p>



1. Complete this sentence: Emotions are the names given to \_\_\_\_\_
2. What happens when we ignore our emotions?
3. What is the ultimate outcome of depression? \_\_\_\_\_
4. What did Ruth want the people to call her? \_\_\_\_\_
5. What did this new name, Ruth chose to be called, mean? \_\_\_\_\_
6. Complete: Jeremiah felt the pain of \_\_\_\_\_.
7. Complete: Jeremiah was called the \_\_\_\_\_ Prophet.
8. Complete: Jeremiah regretted the day he was \_\_\_\_\_.
9. To whom is Romans 8:28 speaking? \_\_\_\_\_

*The Introduction to Today's Lesson on Emotions*  
*Read by Sis. Daphne Wright*

Can you imagine life without emotions? I really can't, especially not a meaningful, interesting life. Why do we humans have the range of emotions that we have? The Bible shows that we have emotions because we were created in the image of God. God feels joy **(Sis. Panya Porter: Matthew 25:21-23)** It gives God joy when we are faithful. God loves **(Sis. Barbara Walker: John 3:16)** He loved us so much He sent His only begotten Son into the world to pay for our sins, by dying on the cross. **(Sis. Panya Porter: Psalm 136:26)** His love for us endures or remains forever. He laughs **(Sis. Barbara Walker: Psalm 37:12-13)** He sees what the wicked is doing and He laughs because He knows what their end is going to be. He knows that His day is coming when He will judge the wicked and assign punishment. He gets angry. **(Sis. Panya Porter: Romans 1:18)** God's wrath is against sin. He grieved in His heart **(Sis. Barbara Walker: Genesis 6:6)**. And Jesus even wept. **(Sis. Panya Porter: Luke 19:41)** And we also have like emotions. The existence of emotions is undeniable, but it is also particularly hard to define with words. We respond to what we think, to what others think of us, to reality and fantasy, and to the things we experience throughout our lives, with feelings that we call emotions. These feelings are felt in the body, but also, they seem to transcend the body and mind; they are something we experience with our soul, or spirit. Of course God does not have a body like ours, or a mind like ours. However, the Bible makes it clear that God is an emotional being, who feels and responds with emotions. God created us with a wide range of emotions, and He doesn't want us to stifle them and act like robots. He wants us to express them as He does—deeply, but always under control, always for good. God doesn't want our emotions to lead us to wrong or foolish actions. He wants us to express our emotions in a vibrant and healthy manner. God doesn't want us to give in to powerful emotional responses without thinking. He wants us to learn to recognize emotional responses that will be damaging to us and others and, with His help, redirect them and control them. God gives us the wonderful gift of emotions to color life. He is a feeling God, and those made in his image are not robots. But while feelings are wonderful servants, they are terrible gods. When they flow — ungoverned by God's Spirit and God's Reality — they make us hazards both to others and to ourselves. **(Sis. Barbara Walker: Proverbs 25:28)**

*Lesson for Today*  
*Managing Our Emotions Is Good for our Health*  
*Taught by: Presiding Elder Ella Samuels (Retired)*  
*Foundation Scriptures*

*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.”**