

“They were speaking well of him and were amazed by the gracious words that came from his mouth; yet they said, “Isn’t this Jospheh’s son?”

- Luke 4:22

**What is emotion?**

Subjective Experience

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Physiological Response

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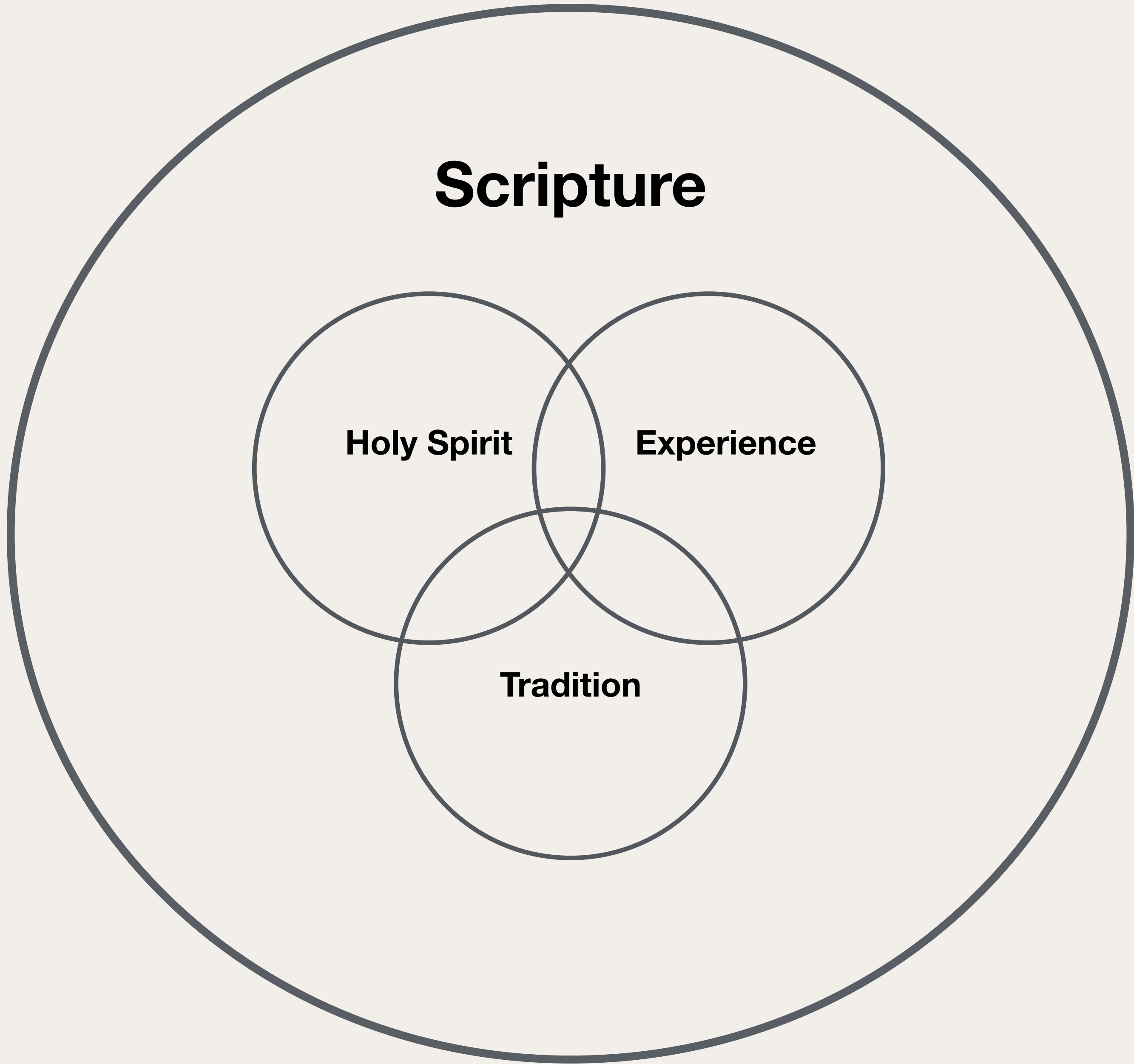
Behavioral or Expressive Response

**Scripture**

**Holy Spirit**

**Tradition**

**Experience**



**Scripture**

**Holy Spirit**

**Experience**

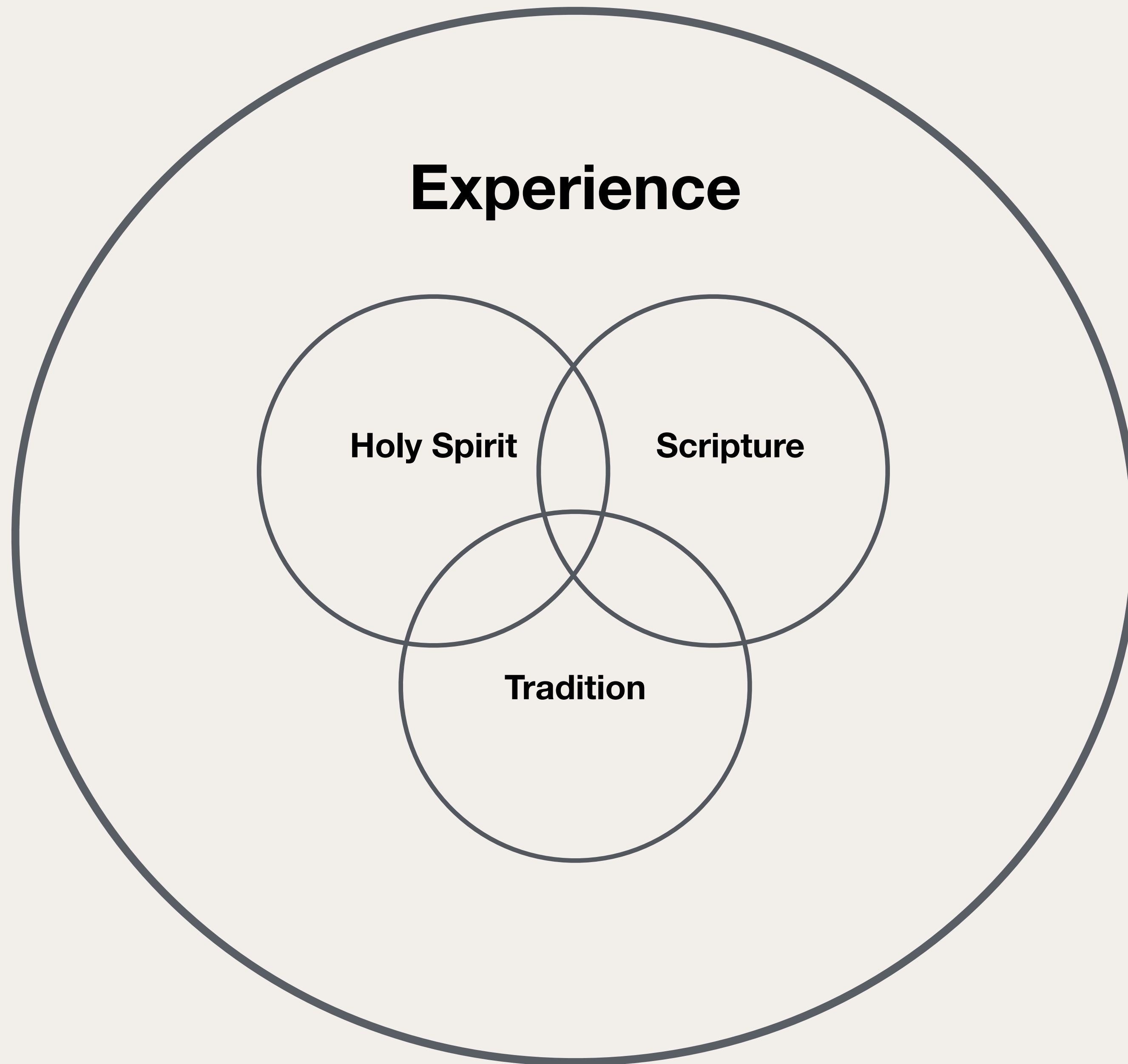
**Tradition**

# Experience

Holy Spirit

Scripture

Tradition



# Good and Beautiful Creation

# Sin, Wounds, and Lies



Therefore, rid yourselves of all malice, all deceit, hypocrisy, envy, and all slander. Like newborn infants, desire the pure milk of the word, so that by it you may grow up into your salvation.

- 1 Peter 2:1-2

# Curiosity | Foundation

Name what you're experiencing. Share it with a trusted friend.







# Scripture List

- Psalm 37:3-5
- Psalm 16:5-6
- Psalm 19:14
- 1 Peter 2:23
- 1 Peter 3:9
- Psalm 23:1

Pay close attention to your life and your teaching; persevere in these things, for in doing this you will save both yourselves and your hearers.

- 1 Timothy 4:16

# Awareness | Responsibility

Connect what you experience to your story.

# Emotional Wounds

- Betrayal: When someone you depend on to respect your needs and help safeguard your well-being violates your trust.
- Injustice: When your basic rights and needs are ignored (not heard, considered, or respected)
- Humiliation: When you experience shame caused by disapproval, rejection, or harsh criticism.
- Abandonment: When a person who is significant to you dismisses you, devalues you, stops acknowledging you, or discards you.
- Rejection: When you experience active or passive exclusion where you had hoped to find belonging.

# Surrender | Come Home

Root your lived story in the eternal story.