

SERMON OUTLINE

EMOTIONS UNDER GOD'S CARE

Main Scripture: Psalm 34:18 (NIV) - "The Lord is close to the brokenhearted and saves those who are crushed in spirit."

I. Emotions Are Part of Our Humanity

- **Scriptural Insight:** Recognize that experiencing emotions is a natural part of being human, created in God's image (**Genesis 1:27**).
- **Biblical Example:** Jesus in the Garden of Gethsemane (**Matthew 26:36-39**) - His deep emotional struggle shows that even the Son of God experienced sorrow and distress.

II. Navigating Our Emotions with God

- **Scriptural Insight:** Encourage bringing our emotions to God in prayer, trusting Him to help us process them (**Philippians 4:6-7**).
- **Biblical Example:** Hannah's Prayer (**1 Samuel 1:9-20**) - Hannah poured out her anguish to God, demonstrating that it's okay to express our feelings honestly before Him.

III. Responding to Emotions with Wisdom

- **Scriptural Insight:** Emphasize the importance of responding to our emotions wisely, rather than reacting impulsively (**James 1:19-20**).
- **Biblical Example:** David's Response to Saul (**1 Samuel 24:8-12**) - David chose to respond with grace instead of anger when confronted with Saul's threats, showcasing thoughtful emotional management.

Conclusion: Encourage the congregation to accept their emotions as part of their spiritual journey, seeking God's guidance in navigating them. Close with a prayer for emotional healing and wisdom.