

## Perspectives: A Changed Perspective

### Week 3: Freedom to Feel

#### Created in the Image and Likeness of God *(Genesis 1:26-27)*

<sup>26</sup> Then God said, “Let us make mankind in our \_\_\_\_\_, in our \_\_\_\_\_, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals, and over all the creatures that move along the ground.” <sup>27</sup> So God created mankind in his own image, in the image of God he created them; male and female he created them.

When man was created, **we were created to fully resemble God**. Man was created to work, to be fruitful and increase in number, to have authority over. To be in God’s likeness, man would have the capacity for reason, morality, language, personality, and purpose and the ability to understand, experience and express love, truth, beauty, and **emotion**.

Emotions are \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

Humans can experience around \_\_\_\_\_ emotions.

#### Emotions of God in the Bible

<b>Regret and Anxiety</b> – Genesis 6:6	<b>Anger</b> - Numbers 12:9	<b>Compassion</b> – Matthew 14:14
<b>Jealousy</b> - Exodus 34:14	<b>Pleasure</b> – 1 Kings 3:10	<b>Sorrow</b> – John 11:35
<b>Displeasure</b> – Numbers 11:1	<b>Hate</b> – Proverbs 6:16	<b>Love</b> – John 15:9

#### Challenging Perspectives:

Perspective 1	Perspective 2
Having “negative” emotions is a sin.	<b>All</b> emotions come from God and have been felt by God.
Expressing “negative” emotions is a sin.	Emotions can be expressed in many ways, including bodily reactions. <b>Sin is a choice</b> .
Our “negative” emotions can hurt people.	Our “negative” <b>actions</b> can hurt people.
Certain emotions must be avoided.	Emotions are <b>natural, instinctive, and intuitive</b> .
Just pray about your negative emotions.	Managing intense emotions requires work. “Prayer is a weapon, therapy is a <b>strategy!</b> ” *

*\*Quote by: “Prayer is a weapon, therapy is a strategy.” Dr. Anita Phillips, Trauma therapist & host of “In the Light Podcast”*  
*Listen to roundtable discussion on emotional health and biblical relevancy with Dr. Anita Phillips on CeCe Winans Presents...Generations [LINK](#)*

We are made in the image and likeness of God. As God feels and has emotions, we too have the “freedom to feel.” The work is not to stop feeling or expressing our emotions, but to ensure that we are expressing our emotions in the right way and seeking direction/assistance when we are unable to do so.

Next week, our topic is “The Abundant Life.”

## Perspectives: A Changed Perspective Freedom to Feel – Biblical References

It's important to stand on biblical truths. Reflect on the scriptures below and ask God to give you discernment to fully understand and apply these truths to your life.

**Genesis 6:6 NIV** – “The Lord **regretted** that he had made human beings on the earth, and his heart was deeply **troubled**.”

**Exodus 34:14 NIV** – “Do not worship any other god, for the Lord, whose name is Jealous, is a **jealous** God.”

**Numbers 11:1 KJV** – “And when the people complained, it **displeased** the Lord: and the Lord heard it; and his **anger** was kindled; and the fire of the Lord burnt among them, and consumed them that were in the uttermost parts of the camp.”

**Numbers 12:9 KJV** – “And the **anger** of the Lord was kindled against them; and he departed.”

**1 Kings 3:10 NIV** – “The Lord was **pleased** that Solomon had asked for this.”

**Proverbs 6:16 NIV** – “There are six things the Lord **hates**, seven that are **detestable** to him:”

**Matthew 14:14 NIV** – “When Jesus landed and saw a large crowd, he had **compassion** on them and healed their sick.”

**John 15:9 NIV** – “As the Father has **loved** me, so have I **loved** you. Now remain in my **love**.”