

Biblical Analysis of the Feelings Wheel

Emotions:

- AFRAID

- Insecure

- **Exodus 4:10-12** But Moses said to the LORD, “Oh, my Lord, I am not eloquent, either in the past or since you have spoken to your servant, but I am slow of speech and of tongue.” Then the LORD said to him, “Who has made man's mouth? Who makes him mute, or deaf, or seeing, or blind? Is it not I, the LORD? Now therefore go, and I will be with your mouth and teach you what you shall speak.”

- **See also: 1 Cor. 1:26-31; 1 Cor. 12:12-30**

- **Summarizing Point:** While you may feel insecure, God has created you with your flaws in mind (Exodus 4:10-12). He uses what is deemed as flawed, weak, and foolish to accomplish His purposes (1 Cor. 1:26-31). God has purposefully and thoughtfully equipped each believer with gifts to serve in the body of Christ (1 Cor. 12:12-30).

- Anxious

- **Proverbs 12:25** Anxiety in a man's heart weighs him down, but a good word makes him glad.

- **See also: 1 Peter 5:6-7; Matthew 6:25-34**

- **Summarizing Point:** Anxiety is like a heavy weight (Prov. 12:25) which God asks us to lay on Him instead of carrying it alone (1 Peter 5:6-7). When we do this, it frees us to focus on God's kingdom knowing that He cares for us and will provide for us (Matthew 6:25-34).

- Vulnerable

- **2 Cor. 12:8-10** Three times I pleaded with the Lord about this, that it should leave me. But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.

- **Summarizing Point:** Your feeling vulnerable is a God-given opportunity to be a recipient of His strengthening grace.

- Scared

- **Psalm 56:3-4** When I am afraid, I put my trust in you. In God, whose word I praise, in God I trust; I shall not be afraid. What can flesh do to me?
- **See also: Matthew 10:29-31**
- **Summarizing Point:** When you are fearful, turn to God and trust in Him because He values your life.

● ANGER

- Frustrated
 - **Ephesians 4:26** Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil.
 - **See also: Proverbs 19:11**
 - **Summarizing Point:** Deal with your frustrations before you stumble into sin (Eph. 4:26). Better than being frustrated and giving yourself over to anger is to have good sense in situations that frustrate you and to exercise forgiveness to those who frustrate you (Prov. 19:11).
- Annoyed
 - **1 Corinthians 13:5** [Love] is not irritable or resentful
 - **See also: Proverbs 19:11**
 - **Summarizing Point:** Our feeling annoyed reveals a lack of genuine Christian love, for love has no connections with irritability.
- Envious
 - **Proverbs 14:30** A tranquil heart gives life to the flesh, but envy makes the bones rot.
 - **See also: 1 Peter 1:22-2:1**
 - **Summarizing Point:** Envy, which points to a lack of peace in the heart, attacks your own flesh with a rotting effect (Prov. 14:30). In light of the message of the gospel, put off the sin of envy (1 Peter 1:22-2:1).
- Mad
 - **Proverbs 29:22** A man of wrath stirs up strife, and one given to anger causes much transgression.
 - **See also: Ephesians 4:31**
 - **Summarizing Point:** Indulged anger can yield sin (Prov. 29:22); therefore, we want to put off our anger (Eph. 4:31).

● ASHAMED

- Awkward/Embarrassed
 - **Genesis 3:7** Then the eyes of both were opened, and they knew that they were naked. And they sewed fig leaves together and made themselves loincloths.
 - **See also: Genesis 2:25; Genesis 3:31**

- **Psalm 42:5** Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.
 - **Summarizing Point:** We are not slaves to our apathy but can talk to and move our hearts to invigorated feeling, thinking, and acting.
 - Repulsive
 - **2 Corinthians 7:10-11** For godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death. For see what earnestness this godly grief has produced in you, but also what eagerness to clear yourselves, what indignation, what fear, what longing, what zeal, what punishment!
 - **Summarizing Point:** True repentance involves directing one's feelings of repulsion against sin.
 - Contempt
 - **Luke 18:9-14** He also told this parable to some who trusted in themselves that they were righteous, and treated others with contempt: "Two men went up into the temple to pray, one a Pharisee and the other a tax collector. The Pharisee, standing by himself, prayed thus: 'God, I thank you that I am not like other men, extortioners, unjust, adulterers, or even like this tax collector. I fast twice a week; I give tithes of all that I get.' But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, 'God, be merciful to me, a sinner!' I tell you, this man went down to his house justified, rather than the other. For everyone who exalts himself will be humbled, but the one who humbles himself will be exalted."
 - **See also: Proverbs 18:3**
 - **Summarizing Point:** Contempt is sinful and springs from a prideful view of self.
- **INTRIGUED**
 - Engaged
 - **2 Timothy 2:7** Think over what I say, for the Lord will give you understanding in everything.
 - **Summarizing Point:** Believers are to exercise feelings of engagement as they think upon God's Word.
 - Fascinated
 - **Psalm 139:17-18** How precious to me are your thoughts, O God! How vast is the sum of them! If I would count them, they are more than the sand. I awake, and I am still with you.
 - **See also: Job 23:12**

- **Summarizing Point:** Thankfulness, including the feelings of gratitude that go in hand with it, are commended and commanded by God for believers to have.

● LOVING

- Affectionate
 - **Romans 12:10** Love one another with brotherly affection. Outdo one another in showing honor.
 - **Summarizing Point:** Christians are called to express feelings of affection towards each other.
- Adoration
 - **Psalm 100** Make a joyful noise to the LORD, all the earth! Serve the LORD with gladness! Come into his presence with singing! Know that the LORD, he is God! It is he who made us, and we are his; we are his people, and the sheep of his pasture. Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name! For the LORD is good; his steadfast love endures forever, and his faithfulness to all generations.
 - **Summarizing Point:** God calls His creation to make Him the object of their feelings of adoration.
- Connected
 - **Hebrews 10:24-25** And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.
 - **See also: Hebrews 3:12-13**
 - **Summarizing Point:** A sense of connection is best felt when God's people are actively working together in the body of Christ.
- Caring
 - **Galatians 6:2** Bear one another's burdens, and so fulfill the law of Christ.
 - **See also: Romans 12:15**
 - **Summarizing Point:** We experience and display care when we come alongside others to help them and meet them where they are at.

● PEACEFUL

- Content
 - **Hebrews 13:5-6** Keep your life free from love of money, and be content with what you have, for he has said, "I will never leave you nor forsake you." So we can confidently say, "The Lord is my helper; I will not fear; what can man do to me?"
 - **See also: Philippians 4:11; 1 Timothy 6:6**

acquitted. It is the Lord who judges me. Therefore do not pronounce judgment before the time, before the Lord comes, who will bring to light the things now hidden in darkness and will disclose the purposes of the heart. Then each one will receive his commendation from God.

- **Summarizing Point:** Your self esteem is not rooted in your own perception or the perception of others, but the declaration of God.

- Encouraged

- **2 Corinthians 1:3-7** Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God. For as we share abundantly in Christ's sufferings, so through Christ we share abundantly in comfort too. If we are afflicted, it is for your comfort and salvation; and if we are comforted, it is for your comfort, which you experience when you patiently endure the same sufferings that we suffer. Our hope for you is unshaken, for we know that as you share in our sufferings, you will also share in our comfort.

- **Summarizing Point:** The source of comfort and encouragement that Christians feel is from God who often uses others to spread comfort and encouragement.

- Powerful

- **Acts 1:8** But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem and in all Judea and Samaria, and to the end of the earth.

- **See also: Isaiah 40:28-31**

- **Summarizing Point:** We are not to feel powerful in ourselves but to know that any power we have comes from God to enable us to do what He calls us to do.

- **SAD**

- Depressed

- **Genesis 4:6-7** The LORD said to Cain, "Why are you angry, and why has your face fallen? If you do well, will you not be accepted? And if you do not do well, sin is crouching at the door. Its desire is contrary to you, but you must rule over it."

- See also **Psalm 88**

- **Summarizing Point:** Ask yourself, is my depression caused by sin? If so, repent (Gen. 4:6-7). If it is caused by something else, then keep turning to God even if you're in the darkness (Psalm 88).

- Pain & hurt

- **Psalm 69:29** But I am afflicted and in pain; let your salvation, O God, set me on high!
 - **See also: Genesis 3:16-17; Revelation 21:4**
 - **Summarizing Point:** Pain is a result of the curse because of sin (Gen. 3:16-17), yet when we are in pain, we take it to God (Psalm 69:29), knowing that a day is coming when He will wipe away all pain (Revelation 21:4).
 - Grief & sorrow
 - **Psalm 30:5** Weeping may tarry for the night, but joy comes with the morning.
 - **See also: Psalm 6:7; Revelation 21:4**
 - **Summarizing Point:** Grief and sorrow are real and a part of the human experience (Psalm 6:7). There are seasons of weeping (Psalm 30:5). However, there will be a day when sorrow is a thing of the past (Rev. 21:4).
 - Unhappy
 - **Ecclesiastes 1:13** And I applied my heart to seek and to search out by wisdom all that is done under heaven. It is an unhappy business that God has given to the children of man to be busy with.
 - **See also: Ecclesiastes 3:11**
 - **Summarizing Point:** Most of our lives are filled with “an unhappy business” (Ecclesiastes 1:13), and yet we take comfort that God takes every season of our lives and will make them beautiful in time (Ecclesiastes 3:11).
- **SURPRISED**
 - Astonished
 - **Galatians 1:6** I am astonished that you are so quickly deserting him who called you in the grace of Christ and are turning to a different gospel
 - **See also: Acts 4:13; 13:12**
 - **Summarizing Point:** It’s natural to be astonished, but we should feel astonished at several particular things: God’s Word (Acts 13:12), the transformative impact of the Spirit (Acts 4:13), and wandering away from the gospel (Galatians 1:6).
 - Distracted
 - **Luke 10:38-42** Now as they went on their way, Jesus entered a village. And a woman named Martha welcomed him into her house. And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. But Martha was distracted with much serving. And she went up to him and said, “Lord, do you not care that my sister has left me to serve alone? Tell her then to help me.” But the Lord answered her, “Martha, Martha, you are

anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.”

- **Summarizing Point:** Be wary of being and feeling distracted because it can take you away from your time with Christ which is of first importance. When you are distracted from spending time with God, you are more susceptible to wrong ways of thinking and acting.

- Startled

- **Isaiah 42:8-9** “I am the LORD; that is my name; my glory I give to no other, nor my praise to carved idols. Behold, the former things have come to pass, and new things I now declare before they spring forth I tell you of them.”
- **See also: Ruth 3:8; Luke 24:37**
- **Summarizing Point:** It is normal to be startled because humans are limited in awareness and knowledge, we are startled by the unexpected (Ruth 3:8) and the unexplainable (Luke 24:37). God, however, is never startled as he knows all things and controls the course of events (Isaiah 42:8-9).

- Overwhelmed

- **Matthew 11:28-30** “Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”
- **Summarizing Point:** When you feel overwhelmed, accept the invitation of Jesus. Go to Him because He gives rest.

- TRUSTING

- Assured

- **Psalms 20:7** Some trust in chariots and some in horses, but we trust in the name of the LORD our God.
- **See also: Isaiah 31:1**
- **Summarizing Point:** The basis of a believer’s life is his assurance in God, nothing else.

- Hopeful

- **Psalms 130:5** I wait for the LORD, my soul waits, and in his word I hope;
- **See also: Lamentations 3:17-24**
- **Summarizing Point:** Feelings of hopefulness can be found in the character and Word of God.

- Secure

- **Psalms 9:9-10** The LORD is a stronghold for the oppressed, a stronghold in times of trouble. And those who know your name put their trust in you, for you, O LORD, have not forsaken those who seek you.

- **See also: Luke 6:46-49**
- **Summarizing Point:** While we are not free from trials and troubles (Luke 6:46-49), we can still feel secure knowing that the Lord is both our refuge and foundation (Psalm 9:9-10).
- Confident
 - **1 John 2:28** And now, little children, abide in him, so that when he appears we may have confidence and not shrink from him in shame at his coming.
 - **See also: Romans 8:35-39**
 - **Summarizing Point:** A believer's confidence is anchored in the inseparable relationship he has with God.