

## PARTICIPANT'S GUIDE COURSE FORTY-NINE

# RESTORING THE SOUL, PART 3 FEELINGS AND EMOTIONS

### How to Use This Guide

This self-study guide is a companion document to the video course "Restoring the Soul, Part 3 - Feelings and Emotions"

This guide will help you understand the process for Restoring the Soul as it relates to your feelings and emotions

Each Glory to Glory Study guide is organized around five areas of learning:

1. **Synopsis of Key Learning** - The synopsis will provide summaries of key points from the video that are important for you to understand and serve as foundational knowledge for the next course in the learning series.
2. **Important Vocabulary and Concepts** - This study guide will provide explanation of important words or ideas that are critical to understanding biblical truth.
3. **Deeper Learning** - The more you know and understand about who God is and how He works, the deeper in love you fall. God wants to have a deep and abiding relationship with you. He desires for you to know Him. This section of guide will give you additional insights into the teaching from the video for you to study on your own. If you have questions, there will be mentoring moments in the online school for you to get your questions answered.
4. **Life Application** - God calls for us to not just be a hearer of His word, but a doer also. (James 1:22). This means that God expects for us to apply what we learn about Him in our everyday lives. This section of the study is to help you think about the ways to apply what you learn from the course to your everyday life.
5. **Memory Scriptures** - Scriptures that support key concepts in the course will be highlighted. We encourage you to memorize these scriptures by meditating on them until they are hidden in your heart. When you hide God's word in your heart, it makes it hard for the enemy to deceive you. In this way, you are less likely to sin against God. (Psalm 119:11)

### Introduction to Course Forty-Nine

Proverbs 15:1 tells us that *"A gentle answer deflects anger, but harsh words make tempers flare"*. Here we see that when we answer with gentleness instead of using harsh words we have the ability to de-escalate situations that may be volatile. Knowing how to identify which emotions are from God and which ones are from our flesh gives us the opportunity to grow and change the behaviors that are not godly.

Restoring the Soul, Part 3	
<b>Synopsis</b>	<p>The word emotions mean a natural instinctive state of mind deriving from one's circumstances, mood, or relationships with others.</p> <p>Your feelings are your emotional state or reactions and understanding this we can see how it is easy for us to come into a relationship with God and still have emotions and feelings that are not aligned with His word.</p> <p>There is however, a process that we can all go through that will help us to deal with these negative emotions and the bible clearly states what we can do to replace them with emotions that are from the Holy Spirit</p>
<b>Key Vocabulary/ Concepts</b>	<p><b>Hebrew Strong's Concordance - 7725</b></p> <p><b>Shub: To Restore, Turn Back, Return, repent</b></p>
<b>Deeper Learning</b>	<p>Here is the process of how the soul would be restored:</p> <ol style="list-style-type: none"> <li>1 The first step is to identify the emotion or feeling. Let's use shame as an example.</li> <li>2 If you are experiencing shame it means that you either did something that has caused you to be ashamed or something was done to you. You now would need to take this to God in prayer asking for a solution.</li> </ol> <p>Lord, I am feeling shame because of _____. Please help me to release this shame so that it is not attached to me.</p> <p>If you did something to cause the shame, you need to forgive yourself for that so that you release yourself and give yourself permission to move past it. Otherwise, you would be imprisoning yourself because of the unforgiveness. If something was done to you that caused you shame, the process is also the same in that you would need to move towards forgiving that person. I know this is difficult which is why this is a process.</p> <p>Once you have forgiven yourself and the other person now you can move into renewing your mind and restoring your soul from it. You do this by reading the word of God and meditating on scriptures that are related to</p>

	<p>shame. A lot of times shame can come with guilt so this process will help you with both.</p> <p><a href="#">Here is a link that will get you started with the scriptures.</a></p> <p>The key is to meditate on these scriptures, here is the video that teaches you how to do <a href="#">meditative scripture reading</a>.</p> <p>If you take the time, at least one per week to sit with these scriptures, before you know it you won't feel the guilt and the shame anymore because God's word heals.</p>
<p><b>Life Application</b></p>	<p>So what are the soulish feelings and emotions that you have? Follow the same outline used above and with consistently doing this exercise each week you will see that there are many changes in your life.</p> <p>Once you get to level ground on all of this, your next step is now to meditate on the characteristics of Christ. This is when you will begin to soar in the realm of the spirit. The emotions associated with the Holy Spirit are:</p> <ul style="list-style-type: none"> <li>Love</li> <li>Joy</li> <li>Peace</li> <li>Patience</li> <li>Kindness</li> <li>Goodness</li> <li>Gentleness</li> <li>Faithfulness</li> <li>Self - Control</li> <li>Humility</li> <li>Meekness</li> <li>Truth</li> <li>Holiness</li> <li>Purity</li> <li>Grace</li> <li>Forgiveness</li> </ul>

	<p>While this may seem difficult to achieve, remember it is just going from one level of glory to another. So, start with showing kindness to yourself with this process, be patient with yourself, love yourself, be good to yourself. You'll see that once you are all of these things to yourself it is so much easier for you to be that for others as well.</p> <p>It's a process, so when you fall down, you get right back up and try again. One day you will look back and see how far you have come.</p>
<p><b>Memory Scriptures</b></p>	<p><i>(Isaiah 61:7) "Instead of your shame you will receive a double portion, and instead of disgrace you will rejoice in your inheritance"</i></p>
<p><b>Prayer</b></p>	
<p><i>Lord Jesus Christ,</i></p> <p><i>I am most grateful to You that there is a plan for my restoration. I thank you that all these feelings and emotions that are not pleasing to You can be changed. Help me to fall in love with Your Word and in so doing fall in love with You, Jesus, as I know it is the pathway to my restoration, In the name of Jesus, Amen</i></p>	