



ALL THE FEELS | Week 1
Bill Bush | 04.10.2021

BIG IDEA: FEELINGS ARE *GUIDES* NOT THE *GOAL*.

Proverbs 29:11 (NKJV)

A fool vents all his feelings,
But a wise man holds them back.

Definition of Emotion:

A strong feeling that arises spontaneously.
(*Latin – To set in motion.*)

How do I manage my emotions...

1. The Why Question: Why am I feeling this way, and why can't I control it?
2. The What Question: What truth am I missing, misunderstanding, or misapplying?

Definition of Anticipation:

To foresee and act in advance of, *from the Latin 'anticipare', meaning 'taking into possession beforehand.'*

Definition of a psalm:

A sacred song or hymn.

ANTICIPATE THAT...

God is my helper.

Psalm 121:1-2 (NLT)

A song for pilgrims ascending to Jerusalem.

¹ I look up to the mountains—
does my help come from there?

² My help comes from the Lord,
who made heaven and earth!



God is my protector.

Psalm 121:3-6 (NLT)

- ³ He will not let you stumble;
the one who watches over you will not slumber.
- ⁴ Indeed, he who watches over Israel
never slumbers or sleeps.
- ⁵ The Lord himself watches over you!
The Lord stands beside you as your protective shade.
- ⁶ The sun will not harm you by day,
nor the moon at night.

God will keep me from evil.

Psalm 121:7-8 (NLT)

- ⁷ The Lord keeps you from all harm
and watches over your life.
- ⁸ The Lord keeps watch over you as you come and go,
both now and forever.