

## What Do I Do with My Emotions? Engaging Your Emotions

Two bad approaches to dealing with emotions

Feelings are everything

Keep a stiff upper lip

A Third way: Engage your emotions *by* engaging with God

Three ways to engage your emotions *with* God

Take your body seriously

Turn down bad streams from your heart

Don't stew

Don't vent

Repent

Think different thoughts

Turn up good streams from your heart

Cultivate *good* negative emotions

Altars

Corporate Worship

Listen

Worship in *every* emotion