

Why Do I Feel How I Feel?

What Emotions are: overflow of love

Phil 2:25–29

Matt 6:21

Why we have emotions: we were made in God's image

Emotions *evaluate*

Emotions *enliven*

Emotions *energize*

Why emotions are confusing

Emotions don't come in single file

Our bodies are complicated

What we most need to know: God is a redeemer