

Mixed **EMOTIONS**



CIRCUMSTANCES

FRUIT
EMOTIONS
ACTIONS
REACTIONS



UNBELIEF

WHAT DO I
LOVE?
WORSHIP?
FEAR?

ROOT

IDENTIFY: What emotions am I feeling?

EXAMINE: What is this emotion revealing about my heart?
What am I fearing, loving, or worshipping?

EVALUATE: Pause. What patterns of thought are associated with this emotion? What do I know is actually true about God in this situation? How is He drawing near to me right now?

ACT: How is this emotion a gift from God to draw me closer to God right now? What will a godly response look like? Will I do it?

Identify | Examine | Evaluate | Act

A large white rectangular area with rounded corners, containing 20 horizontal dotted lines for writing.