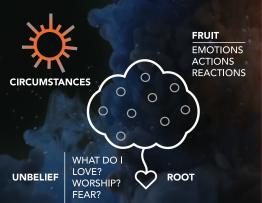
## Mixed MOTIONS



**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?

FAITH
COMMUNITY
CHURCH

Identify   Examine   Evaluate   Act
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