

Dealing with Emotions

Fear, Grief, Love, and Anger

Biblical examples for a faithful response



Faith in the middle of our feelings

We can bring our emotions to God and choose a faithful response.

Scripture makes room for emotions

David admits fear. Jesus weeps.
Joseph runs away.
Nehemiah feels anger.

Our response matters

We learn to trust, receive comfort,
serve others, and seek repair.

Fear: David turns to God

Psalm 56:3

THE EXAMPLE

Psalm 56 places David in Gath. Under pressure, he names his fear and puts his trust in God.

OUR RESPONSE

Name the fear in prayer.
Ask God for help with the next step.
Remember his care with thanks.

Grief: Jesus weeps with mourners

John 11:35

Room for sorrow

Mary brings her pain to Jesus.
He shares the mourners' tears.
We can grieve honestly before God.

Hope within sorrow

Jesus points Martha to resurrection.
We can receive comfort from others
while holding on to hope in him.

Lust: Joseph refuses temptation

Unchecked desire can draw us into sin.
Joseph refuses temptation and leaves the situation.

James 1:14–15
Genesis 39:8–12

Our response

Recognize temptation.
Leave compromising
situations.
Seek God's help.

Anger: Nehemiah seeks repair

Ephesians 4:26

1. He hears the cry

Nehemiah becomes angry at the people's suffering.

2. He considers

He reflects before confronting the leaders.

3. He seeks repair

He calls for restoration. The leaders agree.

Our response: pause, listen carefully, and address the wrong with a clear request for repair.

Respond to emotions Biblically

Which emotion needs your attention?

Fear Turn one specific fear into a prayer.

Grief Share one sorrow with God and a trusted person.

Love Choose one act of humble service.

Anger Pause before responding and seek a fairness.

A faithful response can begin while the feeling remains.