

BIBLE STUDY SERIES:

TRUSTING THE FATHER

SOUL (EMOTIONS & FEELINGS)

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INTENTION:

Emotions are not to be ignored or treated as “not from God”. The Lord has the same emotions He Created in us. How we respond (feel) from the emotions can be a sign of what is in you, and a choice on how to act on that feeling.

Don't deny them, push into them with the help of the Holy Spirit to guide you.

I. TOPIC:

We want to look at the Soul (Emotions & Feelings).

I am using two often interchangeable words (Emotions and Feelings), to define two aspects of what goes on in our soul.

As we had previously studied regarding the Body, Mind, Soul, Heart, and Spirit (*Lessons 012 – 017*), we learned that the soul was the seat of our emotional realm. And on each end of the soul are the heart and the mind gateways (doorways)—our soul being influenced by the heart and the mind, and them likewise influenced by the soul.

I have found that in my reading of the Bible, I never really focused on how real our soul (emotional) wellbeing is to the Lord. To me, I grew up that all those emotions I felt were “bad” and were destructive; and that to be the best “Christian” I needed to be (Vulcan I wanted to be) was to be as “emotionless” as Jesus and the disciples. But, I have come to see that both Jesus and the disciples experienced the same emotions that I do—and that I actually CAN relate those to the Lord, others in the Bible, and them to me!

Part of me not being able to grasp and handle my emotions and feelings was that no one taught me (nurtured in me) from childhood the proper tools to handle both the emotions, but also the feelings stemming from those emotions.

This is where I like to distinguish the two aspects of Emotions and Feelings; having come to understand them as:

1. Emotions are the natural-occurring, God-designed, responses to both the world around us (in from the body, through the mind, into the soul) and to the Spirit in us (out from the Spirit, through the heart, into the soul).
2. Feelings are what we then do from those emotions. In essence, our “emotional” response and actions:
 - a. Example: a person yells at me. This brings about an emotion in us—one often of hurt and anger. The emotions you feel are neither right nor wrong... they just are. Our feelings in those emotions (from the event) are the things that want to create a response in those emotions... do we now ‘feel’ like punching them (violence / retaliation), ‘feel’ like dismissing them (not standing up for ourselves), ‘feel’ like speaking about it with them (seeking understanding, rectification, and standing up for ourselves), or ‘feel’ like forgiving them (releasing any bitterness and anger and letting the Lord help in the matter).

Emotions don’t lie, but sometimes we can mis-interpret them. This mis-interpretation can be because we don’t yet have an understanding of what emotions are, have the proper words to describe them, or can react to a “surface-level” emotion that may be covering many other emotions beneath it—especially if they are rooted in unhealed areas of our life / past / childhood. It can be that, in order to interpret them better, we have to sit with what they are, question them, and look for what is lying beneath the surface of them.

Because of the filters / veils (our programming / strongholds) we develop, what we feel like doing is often influenced in those emotional situations. When we heal those parts of ourselves, we often remove those hindrances in our being. This freedom that we experience from healing is us “loving the Lord with all your heart, soul, mind, and strength” ([Mark 12:30](#))—us removing those “fleshly” filters. And when we do remove them (heal), instead of reacting from that unhealed space (such as from trauma / a survival-response / our abandonment-wounds), we can then react in a healthy way (which is just saying the way the Lord desires us to out from the Spirit).

Where this conflict occurs is in our soul-realm (flanked by the doorways of the Heart and Mind). The soul become the battleground between the Spirit in us (through the heart) and the Flesh that is trained by this world (though the mind). As such, this constant internal battle is often draining and can manifest itself in heartache, emotional distress, mental illness, and even sickness in our bodies—especially when we have unresolved hurts and traumas in our life.

We can even view this world as constantly having unresolved trauma from what Adam did to bring that to our own lives. The Lord didn’t want us to suffer as we do, but He, knowing the suffering we would face, chose to face the same suffering as well. He is more hurt than we could ever be from our oft rejection of Him (purposeful or not).

Yet emotions are of the Lord—we must never reject or numb them, but use them as a means to approach the Lord (as Jesus Himself did). He has the same emotions as we do—for we are created in the Lord’s exact Likeness. Jesus

faced all the same emotions we did, and it forced Him (He used them) to turn to His Father. He showed the full spectrum of emotions (including one's we may not want to have): joy, happiness, anger, tears, frustration, emotional hurts from the constant accusations against Him, rejection, unjustness, and more.

Jesus showed us that we can both embrace the emotions that manifest, and also react to them in a healthy way (our 'feelings' in those emotions)—this is like His frustration we see ([John 8](#)); tempted with suicide ([Matthew 4:5-7](#)), and in the darkest (strongest) depression in the Garden praying ([Mark 14:32-39](#)).

Paul also shared his emotional turmoil with the many persecutions and physical beating he took—and thus, it is not surprising he too suffered depression, defeat, and contemplated life / death.

But what we can often dismiss or think of as ungodly in our emotions (soul) and play it down, the Lord actually plays it UP. Our emotions and feelings are Biblically real! We cannot ignore their reality and the effect it can have on us in this world. And as we ARE affected by this world's reality, we do not have a Saviour that does not relate to our soul!

When researching the term soul ([G5590](#): *psychē* - the seat of the feelings, desires, affections, aversions), I found that it is much more prevalent of a topic than most Bible translations give credit and meaning to. This we will tackle at the end to see where the word 'soul' has been changed in translation.

*I do understand that the definitions from the Greek of this word also include parts that are other than "emotions and feelings", but I do believe that the soul (psyche) is the seat of emotions and feelings, and not the word "life" as is typically used in these translations—for there are specific Greek words for this: living ([G2198](#): *zaō* – to live and breathe) and life ([G2222](#): *zōē* – one blessed, devoted to God). And soul is also different than what is defined as the body ([G4983](#): *sōma*), mind ([G1271](#): *dianoia*), heart ([G2588](#): *kardia*), spirit ([G4151](#): *pneuma*), and flesh ([G4561](#): *sarx*).*

With this being said, I want to help reveal how much God the Father, Jesus Christ, and Holy Spirit truly recognise our soul (emotions and feelings) and their importance! He Himself also demonstrating that He had a soul and dealt with the same emotions and feelings we do now. And it is with the conclusion of His faith in us, that our soul-realm is actively saved in both the 'here-and-now' and in the 'eternity to come' (per [1 Peter 1:9](#) in the reading below).

For this lesson, study the emotions being revealed, how it made them feel, and their reaction to them. And from that: what emotions would come up in you going through what they did and how would you feel to respond?

II. **READING:** [1 Peter 1:3-25](#) (RSV) {PoG}

Blessed be the God and Father of our Lord Jesus Christ! By his great mercy we have been born anew to a living hope through the resurrection of Jesus Christ from the dead, 4 and to an inheritance which is imperishable, undefiled, and unfading, kept in heaven for you, 5 who by God's power are guarded through faith for a salvation ready to be revealed in the last time. 6 In this you rejoice, though now for a little while you may have to suffer various trials, 7 so that the genuineness of your faith, more precious than gold which though perishable is tested by fire, may redound to praise and glory and honour at the revelation of Jesus Christ. 8 Without having seen him you love him; though you do not now see him you believe in him and rejoice with unutterable and exalted joy. 9 As the outcome of your faith you obtain the salvation of your souls {refer also [Hebrews 12:2a](#)}.

10 The prophets who prophesied of the grace that was to be yours searched and inquired about this salvation; 11 they inquired what person or time was indicated by the Spirit of Christ within them when predicting the sufferings of Christ and the subsequent glory. 12 It was revealed to them that they were serving not themselves but you, in the things which have now been announced to you by those who preached the good news to you through the Holy Spirit sent from heaven, things into which angels long to look.

13 Therefore {be prepared, calm, and collected in the core of your thinking; having a expectant, confident, and hopeful trust of} the grace that is coming to you at the revelation of Jesus Christ. 14 As obedient children, do not be conformed to the passions of your former ignorance, 15 but as he who called you is holy, be holy yourselves in all

your conduct; 16 since it is written, “You shall be holy, for I am holy.” 17 And if you invoke as Father him who judges each one impartially according to his deeds, conduct yourselves with {reverence} throughout the time of your exile. 18 You know that you were {redeemed and liberated} from the futile ways inherited from your fathers, not with perishable things such as silver or gold, 19 but with the precious blood of Christ, like that of a lamb without blemish or spot. 20 He was destined before the foundation of the world but was made manifest at the end of the times for your sake. 21 Through him you have confidence in God, who raised him from the dead and gave him glory, so that your faith and hope are in God.

22 Having purified your souls by your obedience to the truth for a sincere love of the brethren, love one another earnestly from the heart. 23 You have been born anew, not of perishable seed but of imperishable, through the living and abiding word of God; 24 for

“All flesh is like grass and all its glory like the flower of grass.

The grass withers, and the flower falls, 25 but the word of the Lord abides for ever.”

That word is the good news which was preached to you.

III. RELATED VERSES AND QUESTIONS:

- A. We must never think or believe we have a “God” that is distant or who cannot relate to what we are facing each and every day in our emotional battles. Not only are we Created in the Lord’s exact likeness (emotions and all), but He made Himself into a Human being to demonstrate that He can and does relate to us. No other person can relate to us the way He does. Though it is needed for us to share our own experiences with others, and others to us; He knows every miniscule detail that makes up our reality (piercing between soul and spirit, joints and marrow, discerning the thoughts and intents of the heart). Moreso, because He knows the ends from the beginnings ([Isaiah 46:9-10](#)), He also knows all the actions of all the people from Adam leading up to where and why the “now” exists in our lives and the lives of every person. Jesus cares for you and me in a way that is unmatched. Hence why we can honestly, openly, and completely rely on Him!

[Hebrews 4:12-16](#) (RSV) {PoG}

For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and spirit, of joints and marrow, and discerning the thoughts and intentions of the heart. 13 And before him no creature is hidden, but all are open and laid bare to the eyes of him with whom we have to do.

14 Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. 15 For we have not a high priest who is unable to sympathize with {our weakness, sickness, and soul trials}, but one who in every respect has been tempted as we are, yet without sin. 16 Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

Question: Do you really believe the Lord can relate and understand fully what you are facing right now?

Response:

- B. The Lord KNOWS, throughout our entire life, we will constantly face conflict in our soul from the world around us. Often the anxiety we face is not just the “stress and worry” tomorrow may bring, but we just wake up and exist in anxiety. Some of you (like me) face that consistent reality. The Lord says to “come to me”; because being “heavy laden” is to have that anxiety (burdened and loaded down with unregulated behaviour and thoughts).

Part of our load being lifted, is that Jesus proved we never had to add to our load in having to please and appease God—which are dead works. That we don't have to waste energy trying to earn our worth with Him, allows us to use that saved energy to just battle the world that is our everyday. And then to be yoked with Jesus, is that we get to share that load with Him and He that load with us. And that wherever we go (us leading or Him leading) He can never separate Himself from us; nor us from Him—He will forever share our load. How much can our soul rest without religion, and with knowing He is always with us wherever we are.

[Matthew 11:28-30](#) (RSV) {PoG}

“Come to me, all who labour and are heavy laden, and I will give you rest {G373: to cease from labour in order to recover and collect strength; of calm and patient expectation}. 29 Take my yoke upon you, and learn from me; for I am gentle and lowly in heart, and you will find rest {G372: intermission, rest, recreation} for your souls. 30 For my yoke is easy, and my burden is light.”

Question: How can we learn from Jesus how we can find any specific form of “rest” in Him?

Response:

- C. Sometimes, the things of this world take hold in our lives as a natural process of existing in this world. We can grow up with thinking that the way to succeed or have is a certain way. But, if we are not careful, those things can be part of the “labour and heavy laden” we carry. Often it can be a religious trap, trying to live a way of life we think is the “right way”. But we can see with a group of followers of Christ, they let go of letting “things” define their value—having found a trust in the Lord for their personal wellbeing and survival.

[Acts 4:31-33](#) (RSV)

And when they had prayed, the place in which they were gathered together was shaken; and they were all filled with the Holy Spirit and spoke the word of God with boldness.

32 Now the company of those who believed were of one heart and soul, and no one said that any of the things which he possessed was his own, but they had everything in common. 33 And with great power the apostles gave their testimony to the resurrection of the Lord Jesus, and great grace was upon them all.

Question: Have you ever experienced possessing something you thought would make you happy or bring you peace, only to find it just caused greater trouble or conflict in your soul?

Response:

- D. Sometimes, when our soul is troubled beyond what we think we can bear—and just want to give up on life—we do have the Holy Spirit inside us to be able to dwell with Him, in the Lord, for the many fruits of the Spirit to manifest in life. Sometimes, we face injustice, are rejected by a loved one, lose a child, face financial trials, hunger, hatred, abandonment, betrayal, and so much more! It can come from those we know, trust, or are in authority above us. This feels unbearable. Yet the Lord knows we will face persecutions in this life unique to ourselves—it may not

even have anything to do with being a Christian, but because we live in a world which love constantly diminishes. Your persecution may be a stronghold in you or in someone else; someone's jealousy, guilt, shame, and anger coming at you; or just a legal system that disrespects you because of how you were born... a financial status, a skin colour, a gender, identity, and more. We will, Christian or not, face persecution—persecution being: to make run or flee, be hostile towards, harass, trouble, molest, mistreat, and suffer on account of something ([G1377](#)).

[Matthew 5:10-12](#) (RSV)

"Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. 11 "Blessed are you when men revile you and persecute you and utter all kinds of evil against you falsely on my account. 12 Rejoice and be glad, for your reward is great in heaven, for so men persecuted the prophets who were before you".

[Luke 21:12-19](#) (RSV) {PoG}

"But before all this they will lay their hands on you and persecute you, delivering you up to the synagogues and prisons, and you will be brought before kings and governors for my name's sake. 13 This will be a time for you to bear testimony. 14 Settle it therefore in your minds, not to meditate beforehand how to answer; 15 for I will give you a mouth and wisdom, which none of your adversaries will be able to withstand or contradict. 16 You will be delivered up even by parents and brothers and kinsmen and friends, and some of you they will put to death; 17 you will be hated by all for my name's sake. 18 But not a hair of your head will perish. 19 By your endurance you will {obtain your soul}."

Question: What persecution have you faced in life? Has your persecution been from "Christians" or "Church"?

Response:

- E. God cannot violate our free will to be the one persecuting. In that sense, he cannot fully protect you from those who will persecute you. This was Paul's "thorn in the flesh" persecution ([2 Corinthians 12:7-10](#)) by Alexander the coppersmith ([2 Timothy 4:14](#)). Remember God's Grace and Mercy—"vengeance is His" is that He will provide the same immutable Grace and Mercy to both you and the one persecuting you. All this persecution affects the wellbeing of our soul as it seems to have "power" over us—it often creates "unwanted" emotions in us; yet we are also given instructions as to respond in a way that we may not often feel like responding.

[Romans 12:14-21; 13:1](#) (RSV) {PoG}

Bless those who persecute you; bless and do not curse them. 15 Rejoice with those who rejoice, weep with those who weep. 16 Live in harmony with one another; do not be haughty, but associate with the lowly; never be conceited. 17 Repay no one evil for evil, but take thought for what is noble in the sight of all. 18 If possible, so far as it depends upon you, live peaceably with all. 19 Beloved, never avenge yourselves, but leave it to the wrath of God; for it is written, "Vengeance is mine, I will repay, says the Lord." 20 No, "if your enemy is hungry, feed him; if he is thirsty, give him drink; for by so doing you will heap burning coals upon his head." 21 Do not be overcome by evil, but overcome evil with good.

{1 Everyone's soul is subject to a higher power (of choice, physical and mental power, authority, government, or crown). For there is no power except from God (being those who *actually* have been appointed by God).}

Question: Have you been the person doing the persecuting (I have)? Do you feel like responding to persecution as this suggests? What "powers" have influenced your soul?

Response:

- F. The Apostle Paul was not immune to such turmoil in the soul. He battled the realms of the flesh and Spirit in his soul—trying to figure out why “he did the things he didn’t want to do, while also not doing the things he wanted to do” ([Romans 7:4-25](#)). He was both the persecutor and the one persecuted. Though he did his utmost to focus on the “greater good” that was sharing the Gospel of Christ under extreme persecution, he too questioned the will to live in this world of hurt and pain! But Paul also lets us know we do have the Lord comforting us ([G3874](#): strengthening, encouraging, and even calling us to His side).

[2 Corinthians 1:3-11](#) (RSV) {PoG}

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, 4 who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God. 5 For as we share abundantly in Christ’s sufferings, so through Christ we share abundantly in comfort too. 6 If we are afflicted, it is for your comfort and salvation; and if we are comforted, it is for your comfort, which you experience when you patiently endure the same sufferings that we suffer. 7 Our hope for you is unshaken; for we know that as you share in our sufferings, you will also share in our comfort.

8 For we do not want you to be ignorant, brethren, of the affliction we experienced in Asia; for we were so utterly, unbearably crushed {depressed} that we despaired of life itself. 9 Why, we felt that we had received the sentence of death; but that was to make us rely not on ourselves but on God who raises the dead; 10 he delivered us from so deadly a peril, and he will deliver us; on him we have set our hope that he will deliver us again. 11 You also must help us by prayer, so that many will give thanks on our behalf for the blessing granted us in answer to many prayers.

Question: Do you feel you can get through anything that comes your way that feels so unbearable at the time?

Response:

- G. Jesus suffered too—and suffered the most! The persecution and soul-torment we face is REAL to both us humans and to God. We cannot ignore that our soul (emotional realm) suffers. Anxiety and Depression are real forces that can manifest in our soul from nature (parable of the lost sheep: [Luke 15:3-7](#)), circumstances (parable of the lost coin: [Luke 15:8-10](#)), and choices (parable of the lost brother: [Luke 15:11-32](#)). To think that, just because Jesus was God, does not deny His humanity. He faced utmost turmoil in his soul! The Bible denotes depression, and Jesus faced the highest form of depression.

[Mark 14:32-39](#) (RSV) {PoG}

And they went to a place which was called Gethsem’ane; and he said to his disciples, “Sit here, while I pray.” 33 And he took with him Peter and James and John, and began to be greatly distressed {struck with terror} and troubled {depressed ([G85](#): *the highest form of depression in the Greek*)}. 34 And he said to them, “My soul is very

sorrowful {so exceedingly much to even cause death}; remain here, and watch.” 35 And going a little farther, he fell on the ground and prayed that, if it were possible, the hour might pass from him. 36 And he said, “Abba, Father, all things are possible to thee; remove this cup from me; yet not what I will, but what thou wilt.” 37 And he came and found them sleeping, and he said to Peter, “Simon, are you asleep? Could you not watch one hour? 38 Watch and pray that you may not enter into temptation; the spirit indeed is willing, but the flesh is weak.” 39 And again he went away and prayed, saying the same words.

Question: What times have you felt such depression that you longed for death, thought you might even die from the depression, or just wanted to literally give up (even moments of self-harm or suicidal)?

- Refer also: <https://cbadenhorst.blogspot.com/2023/10/suicide-awareness-prevention.html>

Response:

- H. As Jesus Himself faced and overcame depression, so can we. Often, we feel that God is the one bringing it on; but in reality, in it, He is showing and renewing us to who we are in His Identity. When the “old us” is confronted by the “new (Born-Again) us”, we can feel that conflict in the soul. But it is not literal scourging, but figurative—it just feels like we are being beaten on our insides. We typically only know the type of discipline we receive in this world from others: i.e., punishment—but this is not God. God Loves His Children, not through “tough love” and punishment, but through His wisdom. His discipline means: *He helps us see things about ourself that we are not able to see on our own.* To me, this is often the revealing of who I am under all that this world has encrusted me over with. As I heal (the removal of the strongholds) the more I expose Christ in me (representing my healed self). Thus, whatever we face that this world throws at us, we too can overcome—just as Jesus overcame!

Hebrews 12:1-13 (RSV) {PoG}

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with perseverance the race that is set before us, 2 looking to Jesus the pioneer and perfecter of our faith {refer also 1 Peter 1:9}, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

3 Consider him who endured from sinners such hostility against himself, so that you may not {grow weary, become sick, exhausted, tired out, despondent, or fainthearted in your soul}. 4 In your struggle against sin you have not yet resisted to the point of shedding your blood. 5 And have you forgotten the exhortation which addresses you as sons?—

“My son, do not regard lightly the discipline of the Lord, nor lose courage when you are punished by him.

6 For the Lord disciplines him whom he loves, and chastises every son whom he receives.”

7 It is for discipline that you have to endure. God is treating you as sons; for what son is there whom his father does not discipline? 8 If you are left without discipline, in which all have participated, then you are illegitimate children and not sons. 9 Besides this, we have had earthly fathers to discipline us and we respected them. Shall we not much more be subject to the Father of spirits and live? 10 For they disciplined us for a short time at their pleasure, but he disciplines us for our good, that we may share his holiness. 11 For the moment all discipline seems painful rather than pleasant; later it yields the peaceful fruit of righteousness to those who have been trained by it.

12 Therefore lift your drooping hands and strengthen your weak knees, 13 and make straight paths for your feet, so that what is lame may not be put out of joint but rather be healed.

[James 1:12-21](#) (RSV)

Blessed is the man who endures trial, for when he has stood the test he will receive the crown of life which God has promised to those who love him. 13 Let no one say when he is tempted, “I am tempted by God”; for God cannot be tempted with evil and he himself tempts no one; 14 but each person is tempted when he is lured and enticed by his own desire. 15 Then desire when it has conceived gives birth to sin; and sin when it is full-grown brings forth death.

16 Do not be deceived, my beloved brethren. 17 Every good endowment and every perfect gift is from above, coming down from the Father of lights with whom there is no variation or shadow due to change. 18 Of his own will he brought us forth by the word of truth that we should be a kind of first fruits of his creatures.

19 Know this, my beloved brethren. Let every man be quick to hear, slow to speak, slow to anger, 20 for the anger of man does not work the righteousness of God. 21 Therefore put away all filthiness and rank growth of wickedness and receive with meekness the implanted word, which is able to save your souls.

Question: Jesus resisted the Cross in sweating blood in the Garden (this is extremely rough)—what rough times have you faced in your soul that (in just enduring it) you got through to the other side of it? Since the Lord is not the one bringing the trial / test / temptation / offense, what does discipline mean to you?

Response:

- I. The Lord does not want us to have to hold onto the weight of the pain and suffering we experience in this world. He has shown us He wants to take that on for us—that we give it to Him, just as Jesus gave it to His Father (our Father in Heaven). He also understands that our mental and physical health is affected by the health of our soul (our emotional health). Let’s keep watch of our soul in sharing our emotional realm / struggles with Him and one-another. Sometimes, it is a sin we need to be set free of that troubles our conscience; and in accepting we had already been forgiven, our soul is healed (therefore also healing other areas of our physical or mental state). Similarly, just speaking about our emotions and feelings with someone (family, friends, therapist, counsellor, etc) can bring understanding and freedom.

[James 5:13-16; 19-20](#) (RSV) {PoG}

Is anyone among you suffering? Let him pray. Is any cheerful? Let him sing praise. 14 Is any among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord; 15 and the prayer of faith will save the sick man, and the Lord will raise him up; and if he has committed sins, he will be forgiven. 16 Therefore confess your sins to one another, and pray for one another, that you may be healed. The prayer of a righteous man has great power in its effects.

19 My brethren, if any one among you wanders from the truth and someone brings him back, 20 let him know that whoever brings back a sinner from the error of his way will save his soul from death {misery} and will cover {hinder the knowledge of} a multitude of sins.

[3 John 1:2](#) {PoG}

Beloved, I pray concerning you: prosperity (that you are granted a prosperous, speedily, efficient, and successful journey) in your health, according to *this same* prosperity of your soul.

Question: Have you experienced a decline to your overall health in relation to what is going on inside your soul?

Response:

IV. FURTHER THOUGHT:

Following are several passages that use the word 'soul' in the Greek, but were translated to a different word. I am using the RSV translation here, but with Provisions of Grace {PoG} corrections, input, and interpretations. Pay attention to the context around the use of the word soul regarding direct aspects of emotions and feelings.

Study-out and ponder the soul (emotions and feelings), making it personal to you in your own life journey.

[Matthew 6:25-34](#) (RSV) {PoG}

"Therefore I tell you, do not be anxious {(troubled) in your soul}, what you shall eat or what you shall drink, nor about your body, what you shall put on. Is not {your soul (greater and superior) than (*literal or figurative*) food / nourishment}, and the body more than clothing? 26 Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? 27 And which of you by being anxious can add one cubit to his span of life? 28 And why are you anxious about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin; 29 yet I tell you, even Solomon in all his glory was not arrayed like one of these. 30 But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O men of little faith? 31 Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32 For the Gentiles seek all these things; and your heavenly Father knows that you need them all. 33 But seek first his kingdom and his righteousness, and all these things shall be yours as well.

34 "Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Let the day's own trouble be sufficient for the day."

[Matthew 10:34-39](#) (RSV) {PoG}

"Do not think that I have come to bring peace on earth; I have not come to bring peace, but a sword. 35 For I have come to set a man against his father, and a daughter against her mother, and a daughter-in-law against her mother-in-law; 36 and a man's foes will be those of his own household. 37 He who loves father or mother more than me is not worthy of me; and he who loves son or daughter more than me is not worthy of me; 38 and he who does not take his cross and follow me is not worthy of me. 39 He who {obtains his soul} will render it useless}, and he who {renders his soul useless} for my sake will {obtain} it."

[Matthew 16:24-26](#) (RSV) {PoG}

Then Jesus told his disciples, "If any man would come after me, let him deny himself and take up his cross and follow me. 25 For whoever would save his {soul, will render it useless}, and whoever {renders his soul useless} for my sake will {obtain} it. 26 For what will it profit a man, if he gains the whole world and {damages his soul}? Or what shall a man {exchange in order to keep his soul}?"

[Matthew 20:25-28](#) (RSV) {PoG}

But Jesus called them to him and said, "You know that the rulers of the Gentiles lord it over them, and their great men exercise authority over them. 26 It shall not be so among you; but whoever would be great among

you must be your servant, 27 and whoever would be first among you must be your slave; 28 even as the Son of man came not to be served but to serve, and to give his {soul} as a ransom for many.”

[John 12:23-28](#) (RSV) {PoG}

And Jesus answered them, “The hour has come for the Son of man to be glorified. 24 Truly, truly, I say to you, unless a grain of wheat falls into the earth and dies, it remains alone; but if it dies, it bears much fruit. 25 He who loves his {soul, will render it useless}, and he who {detests his soul} in this world will keep it for eternal life. 26 If anyone serves me, he must follow me; and where I am, there shall my servant be also; if anyone serves me, the Father will honour him.

27 “Now is my soul troubled. And what shall I say? ‘Father, save me from this hour’? No, for this purpose I have come to this hour. 28 Father, glorify thy name.” Then a voice came from heaven, “I have glorified it, and I will glorify it again.”

[John 13:36-38](#) (RSV) {PoG}

Simon Peter said to him, “Lord, where are you going?” Jesus answered, “Where I am going you cannot follow me now; but you shall follow afterward.” 37 Peter said to him, “Lord, why cannot I follow you now? I will lay down my {soul} for you.” 38 Jesus answered, “Will you lay down your {soul} for me? Truly, truly, I say to you, the cock will not crow, till you have denied me three times.”

[John 15:8-13](#) (RSV) {PoG}

“By this my Father is glorified, that you bear much fruit, and so prove to be my disciples. 9 As the Father has loved me, so have I loved you; abide in my love. 10 If you keep my commandments, you will abide in my love, just as I have kept my Father’s commandments and abide in his love. 11 These things I have spoken to you, that my joy may be in you, and that your joy may be full.”

12 “This is my commandment, that you love one another as I have loved you. 13 Greater love has no man than this, that a man lay down his {soul} for his friends.”

[Acts 14:1-2](#) (RSV) {PoG}

Now at Ico’nium they entered together into the Jewish synagogue, and so spoke that a great company believed, both of Jews and of Greeks. 2 But the unbelieving Jews stirred up the Gentiles and {oppressed, afflicted, harmed, and maltreated their souls to cause bitterness and resentment} against the brethren.

[Colossians 3:23-24](#) (RSV) {PoG}

Whatever your task, work {from your soul}, as serving the Lord and not men, 24 knowing that from the Lord you will receive the inheritance as your reward; you are serving the Lord Christ.

[1 John 3:16](#) (RSV) {PoG}

By this we know love, that he laid down his {soul} for us; and we ought to lay down our {soul} for the brethren.

Thoughts: Having maybe a better understanding of what goes on in your soul, how do you find you react to the feelings generated from those emotions you experience (whether joy or pain)?

Bible Study: Lesson 042

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