

## LESSON 17: STRANGE FEELINGS AND EMOTIONS pdf

### 1: Facts, Faith, Feelings - Lesson 1 in Practical Christian Living

*We all have strong emotions at times, but preteens are experiencing the weight of their feelings in a new way. They might not even understand why they have started to feel more angry, sad, overjoyed or worried.*

Play a clip or YouTube video of a roller coaster simulation like the one mentioned above. Whether the kids appear to get into it or not, the leader should try to express a variety of emotions during the clip, from excitement to fear to overwhelm. When the clip ends, ask, "Okay, how did that feel?" Solicit as many answers as possible, and treat each one with acceptance. Suggest your own range of emotions once the students have had a chance to answer. You know, for your whole life, you are going to experience feelings that are a lot like the ones we have on a roller coaster. You might ace a report card and feel exultant joy, or your doctor might tell you that you grew two inches since your last checkup, and that could make you feel either happy or strange, or even frustrated. You could accidentally hit a younger kid with a dodgeball and feel shame, or you might find out another friend has been bad-mouthing you behind your back and feel anger. Make sure each student has a Bible to use or to share with someone else, and have them look up the passage before reading it aloud. Some may need assistance, so consider walking the whole group through the process of finding a book in the Table of Contents and turning to the correct page. Once everyone is in the right spot, ask them to follow along while the leader reads. Check out these verses from Ecclesiastes 3: What do you hear in this passage? Pause to listen to their answers. Unpack which verses in this passage make sense and which are confusing, which ones group members relate to the most, etc. God is there whether we feel love or hate, torn up or healed. Share your own experience of overwhelming feelings about something, either as a way to get discussions started or a way to transition to the next section. There is an example of every single human feeling in the Bible. Listen to what Psalm How can a young person stay on the path of purity? By living according to your word. I seek you with all my heart; do not let me stray from your commands. I have hidden your word in my heart that I might not sin against you. And when something negative happens and we need help, we know there are whole chapters about crying out to God. I want to tell you a story about a man named Dave. Dave remembers looking in shock from his quiet mom to his injured dad, and seeing that his dad was resting his head on the windshield while quoting out loud from Psalm He makes me lie down in green pastures, He leads me beside quiet waters, He refreshes my soul. Even though I walk through the darkest valley, I will fear no evil, for you are with me; Your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely your goodness and love will follow me all the days of my life, And I will dwell in the house of the Lord forever. This time, have the group recite Psalm Consider providing pens and paper and having the kids journal their responses first, then share their thoughts if willing. Did the second viewing of the roller coaster ride feel any different? How so, or how were both viewings the same? How have your emotions changed since last year? Do you feel more or less hopeful, angry, happy, sad, or worried? Can you name a time or place when the Bible talks about someone who dealt with big feelings? Why or why not? What verses do you already know that you can think about when life gets crazy? Is there a particular passage that we could choose to memorize as a group over the next few weeks?

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### 2: Lesson Lessons in Loneliness | [www.enganchecubano.com](http://www.enganchecubano.com)

*Beggan quaagh - A little strange. Lesson 17 - Describing people Lesson 18 - Feelings and emotions Lesson 19 - Colours and shapes.*

Emotions like these are part of human nature. Infants and young children react to their emotions with facial expressions or with actions like laughing, cuddling, or crying. As we grow up, we become more skilled in understanding emotions. Instead of just reacting like little kids do, we can identify what we feel and put it into words. With time and practice, we get better at knowing what we are feeling and why. This skill is called emotional awareness. It helps us build better relationships. Some people are naturally more in touch with their emotions than others. The good news is, everyone can be more aware of their emotions. It just takes practice. Emotional awareness is the first step toward building emotional intelligence, a skill that can help people succeed in life. Emotions Here are a few basic things about emotions: Emotions come and go. Most of us feel many different emotions throughout the day. Some last just a few seconds. Others might linger to become a mood. Emotions can be mild, intense, or anywhere in between. The intensity of an emotion can depend on the situation and on the person. There are no good or bad emotions, but there are good and bad ways of expressing or acting on emotions. Learning how to express emotions in acceptable ways is a separate skill – managing emotions – that is built on a foundation of being able to understand emotions. Other emotions can seem more negative – like feeling angry, resentful, afraid, ashamed, guilty, sad, or worried. Both positive and negative emotions are normal. All emotions tell us something about ourselves and our situation. But sometimes we find it hard to accept what we feel. We might judge ourselves for feeling a certain way, like if we feel jealous, for example. Emotional awareness simply means recognizing, respecting, and accepting your feelings as they happen. Building Emotional Awareness Emotional awareness helps us know and accept ourselves. So how can you become more aware of your emotions? Start with these three simple steps: Make a habit of tuning in to how you feel in different situations throughout the day. You might notice that you feel excited after making plans to go somewhere with a friend. Or that you feel nervous before an exam. You might be relaxed when listening to music, inspired by an art exhibit, or pleased when a friend gives you a compliment. Simply notice whatever emotion you feel, then name that emotion in your mind. Notice that each emotion passes and makes room for the next experience. Rate how strong the feeling is. After you notice and name an emotion, take it a step further: Rate how strongly you feel the emotion on a scale of 1–10, with 1 being the mildest feeling and 10 the most intense. Share your feelings with the people closest to you. This is the best way to practice putting emotions into words, a skill that helps us feel closer to friends, boyfriends or girlfriends, parents, coaches – anyone. Make it a daily practice to share feelings with a friend or family member. Just like anything else in life, when it comes to emotions, practice makes perfect! Remind yourself there are no good or bad emotions.

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Lessons in Loneliness Kate rolled over at the sound of the alarm, glanced at the clock, and wondered if she wanted to get up. The house was silent. All three of her children had left for college over the past two days, and their absence hung heavily in the air. To make matters worse, the family dog had died a month ago, and even his friendly little wagging form had been removed from her life. She wandered into the kitchen where her husband Hank was reading the sports page. She poured herself a cup of coffee and sat down at the window, staring at the September garden. Hank stretched and groaned, got up and headed for the closet. Grabbing his suit coat, he walked toward the front door. How would she fill another empty day? She turned on the TV, made her way around the channels, then flipped it off in frustration. Kate was caught in a tide of last-minute back-to-school shoppers, yet the crowds made her feel lonelier than ever. She fought off the idea that the world had somehow passed her by. She decided to fight off her depression by making his favorite meal, which she did. The sound of his car pulling into the driveway gave her a surge of hope. Her solitary confinement was over! Unfortunately, although Hank seemed to enjoy the dinner, he did so without comment. While she cleaned up the kitchen, Hank turned on the first in the series of sitcoms he would watch for the next three hours. Kate had a choice. She could sit at his side and watch with him. Either way, she would find no relief from the loneliness that seemed to follow her everywhere, dogging her steps like an unwelcome companion.

Lonely, But Not Alone Loneliness. What does it mean? Is being with people a solution? Is being married a remedy? Is having lots of friends a sure cure? Is being alone the same as being lonely? According to Les Carter, "Loneliness is a feeling of separation, isolation, or distance in human relations. Loneliness implies emotional pain, an empty feeling, and a yearning to feel understood and accepted by someone. Loneliness is feeling alone. It is a feeling of being disconnected, unplugged, left out, isolated. Like Kate, we can be married and lonely, yearning to be accepted as we are. This is one of the saddest kinds of loneliness there is. We can be at family gatherings and feel at a distance from other relatives. Loneliness is a feeling, not a circumstance. God called the prophet Jeremiah to live a very lonely life, and his loneliness came as a result of his commitment and obedience to God. In fact, that might be the very reason why some of us feel isolated and distanced from members of our families and some of our friends today. As we read in Jeremiah 1 and 2, God called Jeremiah to be a prophet, a spokesman for God. His messages were to be warnings of impending disaster, a judgment upon their rebellion against God and their worship of the pagan idols around them. We know Jeremiah was not courageous by nature; in fact he was timid and insecure. But God promised to make him strong and able to stand alone against the whole nation. It was clear from the beginning that Jeremiah would never be a popular preacher who told people nice things about themselves. Nobody ordered tapes of his messages. Instead, he made very powerful enemies. TO make matters worse, the Lord gave Jeremiah some very hard orders. We find them in chapter 15 of the book of Jeremiah: They will not be mourned or buried but will be like refuse on the ground. Before your eyes and in your days I will bring an end to the sounds of joy and gladness and to the voices of bride and bridegroom in this place" Jer. Jeremiah would never know the intimacy, comfort, and joys of marriage and family. God wanted his lonely life to be an object lesson for what would soon happen to the whole nation. Talk about isolation and loneliness! There was no safe place, humanly speaking, for Jeremiah to be loved, encouraged, and accepted. God gave His prophet a very tough assignment, and it lasted more than forty years, growing progressively worse. He had deep feelings. There were times when he mourned for his people and times when he bitterly complained about his lot in life, including his relationship with God. Here are just a few of his grievances: Is there no balm in Gilead? Is there no physician there? Why then is there no healing for the wound of my people? Oh, that my head were a spring of water and my eyes a fountain of tears! I would weep day and night for the slain of my people" Jer. I have neither lent nor borrowed, yet everyone curses me! Whenever I speak, I cry out proclaiming violence and destruction. He was angry, frustrated, fearful, uncertain, and depressed. He knew his enemies wanted to get rid of him. He felt

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sometimes that even God had deceived him. His life was so painful he wished he had never been born. The interesting thing is that he expressed his feelings. He told God what he was thinking. Some of his complaints were a mixture of good and bad. The reason Jeremiah was able to fulfill his mission for all those years was that he always came back to the Lord and remembered his promises to him. "Nothing is too hard for you" Jer. In the generations to follow, there would be no rebellion because God would bring His people under a new covenant that would be written on their hearts, not on tables of stone see Jer. He endured it because he knew he was doing what God told him to do, and he could see the big picture. He believed God would bring His people back to the land and to Himself. Some of us experience isolation and distance from husbands, mothers, fathers, sisters, and brothers, just because we are believers and are living in obedience to God. Jesus knew this would happen to those who trusted Him. He invited us to take an eternal perspective on what happens to us here for His sake, saying, "Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you" Matt. Just as Jeremiah demonstrated for his people what was in their future, Jesus modeled for us what we can expect when we choose the narrow road of faith and obedience. Imagine growing up with Jesus as a big brother—He must have been easy to live with, because He never sinned at all. He often felt isolation and lack of intimacy with His disciples in the three years He was training them. They were selfish, ambitious, unspiritual, and often unbelieving. Even when He needed them most as He prayed in the garden before His agony, they kept falling asleep, unable or unwilling to share that terrifying, heartbreaking time with Him. Jesus certainly knew what it was to have His closest friends betray, deny, disappoint, and abandon Him. And the worst part about His substitutionary death for us was enduring, in the hours He hung on the cross, a seeming eternity of separation from God—the penalty for sin. He endured separation from God, which is spiritual death, so we would never have to know it. He died to spare us the agony He experienced. And He lives today, willing to help us solve the problem of our lonely feelings.

**The Causes of Loneliness** There are three basic causes for feelings of loneliness or alienation: Separation from God God created us to live in fellowship with Him, but sin broke that fellowship. As human beings, we are born with a capacity to know God; but we are also born without the knowledge of God and without a relationship with Him. God loved His fallen race so much that He sent His Son, the Lord Jesus, to die for our sins so that we might be restored to fellowship with God through faith in Christ. Even those of us who have trusted Him and have been given new life experience times when we feel alienated from our heavenly Father. We may be lonely for people, for friends, for a mate, but if we have trusted the Lord Jesus Christ, we never have to be lonely for God again. We have His constant assurance that He is always with us and in us. Augustine rightly said, "Our hearts are restless, O God, until they find their rest in Thee. There are some practical ways we can do that: Take just fifteen minutes at the start of your day to read some Scripture and pray. Have verses available in your office desk so you can work on them at lunch or during your breaks.

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### 4: Lesson 19 - Colours and shapes | Learn Manx

*The Scripture Lady loves creating Bible lessons for kids! Here is one called "Bible People Had Feelings Too" to help learn about feelings. Emotions are a part of everyone's life.*

Facts form the foundation; faith rests on facts; and feelings come last. For most people, feelings are the guiding factor in life. If they feel something, they think it is real. If they do not feel anything, they think it is not real. Others try to put faith first. They think that if they have enough "faith," they can make anything come true. God wants us to have faith, but our faith must rest on His Word; otherwise it is of no value. We are going to consider each of these three aspects of the Christian life so we can better understand how they affect our lives. What is a Fact? A fact is something that is true. For example, two plus two equals four. This is a mathematical fact. It has always been true. It will always be true. It is true in this country, and it is true anywhere in the world. Your believing it does not make it true. It is true even if no one in the world believes it. We need to get this firmly fixed in our minds—facts are always true. You may not believe a fact, but it is still true. You may not feel that a fact is true, but it is still true. For example, we know that Jesus Christ died for our sins and rose again to be our living Savior. A person may or may not believe this, but it is still true. The word "faith" is used in the Bible times! This shows us the importance God places on faith. Faith is taking God at His word and acting on it. The Bible makes it clear that all the blessings of God come to us by faith. Without faith we cannot please God. The Bible says, "Without faith it is impossible to please Him; for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him. It must rest on something, and that "something" must be true. Jesus said, "Your word is truth. We cannot see God, but by faith we know that God is real. We cannot see Heaven, but by faith we know that there is a real place called Heaven. The Bible says, "Faith is the substance of things hoped for, the evidence of things not seen. They are true whether we believe them or not. Then what does our faith do? The Bible contains many wonderful promises of God. As we said before, it is a great fact that Jesus Christ died for our sins. God promises eternal life to all who believe on Him. But Christ does not become your Savior until you exercise faith in Him. When you believe that Jesus Christ died for your sins and you take Him as your Savior, you experience salvation. You can then say, "I am saved! Perhaps one of the best examples of this is Abraham. When Abraham and his wife, Sarah, were quite old, God promised them that they would have a son, and Abraham believed God. Humanly speaking, it was impossible for Abraham and Sarah to have a son. Yet Abraham continued to believe God. In due time God gave Abraham the son He had promised to him. The Bible says of Abraham, "He staggered not at the promise of God through unbelief; but was strong in faith, giving glory to God; And being fully persuaded that, what He had promised, He was able also to perform. True faith always results in obedience. True faith believes God and it obeys God. Faith that does not obey God is not living faith. The Bible says, "faith without works is dead. What can I do to increase my faith? A great man of God, D. Moody, prayed and prayed to God to give him more faith. But his faith did not seem to increase. Then one day he read this verse: He studied it carefully each day to see exactly what God was saying in His Word. He believed it and he applied it in his life. The result was that his faith grew and grew. Feelings are emotions such as joy, sorrow, happiness, and sadness. We should understand that feelings are quite different from facts in that facts never change, while our feelings are almost always changing. The state of our health affects our feelings. Our relationships with other people affect our feelings. Even a change in the weather can affect our feelings. You may wonder why we chose a football shape to represent feelings. The reason is that our feelings are so changeable. The next day, for no apparent reasons, you may be sad and depressed. The important thing to remember about feelings is this: Feelings are very changeable. For this reason we should never try to rest our faith on our feelings. A Christian lady was using the Bible to explain the way of salvation to a young girl. The girl was confused. She said, "I believe in the Lord Jesus, but I thought I had to wait for a certain kind of feeling or some burst of light or something. No matter how much our feelings may change, they do not affect facts. Facts are always true, and they are true regardless of our feelings. For example, suppose you get a letter from a reputable law firm advising you that a wealthy relative has died and left you a large sum of money.

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Suddenly you are rich! It has been left to you, and it is yours regardless of what your feelings may be. Many sincere people seek for salvation but they do not find it because they are looking for some kind of feeling. Feelings do have a place in the Christian life, but they do not come first. Instead, they follow facts and faith. The Bible says, "He who believes on the Son has the witness in himself. First, we believe; and then we have the witness of the Spirit in our heart. How to Handle your Feelings There are times in the life of every Christian when he feels discouraged and depressed. Even the great Apostle Paul went through times like this. In 2 Corinthians 1: Read and meditate on such wonderful passages as Psalm 23, Romans 8, and Philippians 4. As you give careful attention to what God says in His Word, you will find new faith and courage springing up in your heart. The Bible says, "Now the God of hope fill you with all joy and peace in believing, that you may abound in hope, through the power of the Holy Ghost. We are not saved by our feelings and we do not live the Christian life by our feelings. If we have enjoyable feelings, we thank God; if not, we go right on believing and obeying God. The Principle of Facts, Faith, Feelings We have discovered one of the great principles of the Christian life—the principle of facts, faith feelings. The principle is this: This is my fact. This is my faith. God fulfils it and I enjoy it: This is my feeling. Facts form the foundation; faith rests on facts; feelings come last.

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### 5: Facing Your Feelings | [www.enganchecubano.com](http://www.enganchecubano.com)

*10 Odd Emotions You May Have Experienced That desire to go back in time and talk to your younger self has a name. Posted Jun 27, Some of these strange feelings have names.*

Psychologists suggest that we are driven by two connected motivations: Most of us devote more energy to the latter than the former. Instead of being proactive and making choices for our happiness, we react to things that happen in our lives and fight or flee to minimize our pain. Instead of deciding to end an unhealthy relationship and open up to a better one, we may stay and either avoid confrontation or initiate one to feel a sense of control. Instead of leaving a horrible job to find one we love, we may stay and complain about it all the time, trying to minimize the pain of accepting the situation as real—and enduring until we change it. From a very young age, I felt overwhelmed by pain. As a pre-teen, I ate my feelings. As a teen, I starved them away. In college, I drank and smoked them numb. And in my twenties, I felt and cried my eyes red and raw. I shook and convulsed. After ten minutes of twisting, banging, and fighting, I finally threw it at a wall and broke down. You may think that was a sure sign I had emotional problems and assume there was some pill to help anesthetize that sadness. But the reality was a lot simpler: As unpleasant as it may sound, I needed to learn how to feel bad, but first I needed to understand why I felt bad so often. Developing emotional intelligence Learning to sit with negative feelings Creating situations for positive feelings Emotional Intelligence Researchers originated this idea as the missing link in terms of success and effectiveness in life. If you have a high EIQ, you likely regulate your emotions well; handle uncertainties and difficulties without excessive panic, stress, and fear; and avoid overreacting to situations before knowing the full details. Or in other words, you may feel bad far more often than you feel good. Understand what emotional intelligence looks like. Psychologist Daniel Goleman identified five elements to EI: Use meditation to regulate emotions. Take an honest look at your reactions. Do you frequently jump to conclusions without knowing all the facts? Do you assume you know what other people feel and take responsibility for that? Do you freak out over stressful situations, blaming other people, getting hard on yourself, and panicking over possible consequences? Practice observing your feelings and taking responsibility for them. Instead, try to pinpoint exactly what you feel—scared, frustrated, worried, ashamed, agitated, angry—and then pinpoint what might be the cause. Simply find the cause and effect, i. Once you know what you feel, you can now challenge both the cause and the effect. And then you can accept that there is an alternative—you can choose to interpret the situation a different way, soothe yourself, and then feel something different. No one else causes our feelings. Only we can choose and change them. Learn to Sit with Negative Feelings Even if you reframe a situation to see things differently, there will be times when you still feel something that seems negative. While not every situation requires panic, sometimes our feelings are appropriate for the events going on in our lives. We are allowed to feel whatever we need to feel. We can only minimize it by accepting it and dealing with it well. That means feeling the pain and knowing it will pass. No feeling lasts forever. It means sitting in the discomfort and waiting before acting. There will come a time when you feel healed and empowered. Pain is sometimes an indication we need to set boundaries, learn to say no more often, or take better care of ourselves. Create Situations for Positive Feelings This is the last part of the puzzle. Instead, we can take responsibility to create our own inner world. We can identify what we want to say yes to in life and choose that before struggling with whether or not to say no to someone else. If you love dancing, take a class. If your greatest passion is writing, start a blog. If you daydream about being a musician, start recording. Do it just because you love it. For me, this is theater. I performed all growing up, and yet I hardly ever did in my twenties. Last year I defied those beliefs and auditioned for Gypsy in San Mateo. And I felt a renewed sense of confidence when the director pulled me aside and said I should audition for the next show because my scene was powerful. I need more of that. We all need more of that. We need to do the things we love. If we choose to foster a sense of inner peace, challenge our perceptions and interpretations when our emotions could use some schooling, and learn to take responsibility for our joy, we can not only minimize pain; we can choose to be a source of pleasure, for ourselves and the people around us.

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### 6: 40 Words For Emotions You've Felt, But Couldn't Explain | Thought Catalog

*40 Words For Emotions You've Felt, But Couldn't Explain is cataloged in Beautiful Things, Feelings, Language, Phrases, The feeling when, Uncommon phrases, Words, Words for Emotions, Writing & Expression.*

### 7: Lesson 11 - Some pets | Learn Manx

*Need some help expressing your emotions in Chinese? How do you say you're happy or surprised, worried or embarrassed? After this free Rocket Chinese lesson you'll be able to talk about your feelings and those of the Chinese-speaking people around you.*

### 8: Understanding Your Emotions

*All of us have to express her feelings to others on a daily basis, and we also listen to others expressing their feelings to us. This video will help you understand more about how to describe.*

### 9: Dealing with Uncomfortable Feelings & Creating Positive Ones

*Rather than being a victim of emotions--by "stuffing" them or allowing them to run unchecked--women can learn to face their feelings and become stronger, more loving Christians. Facing Your Feelings offers specific advice for handling a variety of emotions with honesty and maturity, including: anger, unforgiveness, rejection, bitterness, and envy.*

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*Culturally responsive teaching: theory research and practice geneva gay Facsimile of letter from General Lafayette to David Ruggles. Scripture in the tradition Yahmaha pm5d owners manual Modern real estate practice Close er grade 12 Machine generated contents note: 1 Conversation in Budapest, 5 The Quest for Civil Order Knowledge management in retail : Li Fung The wild brier, or, Lays by an untaught minstrel Dance of darkness A propagandist for Josiah (615-609 ; the Battle of Megiddo (609) Editable survey grade 6 Sports Law and Regulation Urban schools and induction Human Services and the Full Service School Fire Fighter Brown Karma of materialism 2017 range rover sport hse owners manual On the Cauchy problem Ccna interview questions and answers 2015 Ahmed and the old lady Forward with the crowd Management and the arts 5th edition Moti nandi samagra Tools to extract pages from files The food and cooking of Vietnam and Cambodia Case Studies in Elementary Science Max Webers science of man John goes to congress The thief and the beanstalk Chemistry of wine flavor Building a China stock guru portfolio Colorado wildflowers The lemurian stone. V. 1. The education of a statesman, 1890-1916. Wave Motion, Intelligent Structures and Nonlinear Mechanics Tool to redact Digest of the law relating to juveniles and the courts Defensive moves and strategies to avoid medical malpractice suits in primary medical care and specialist*