

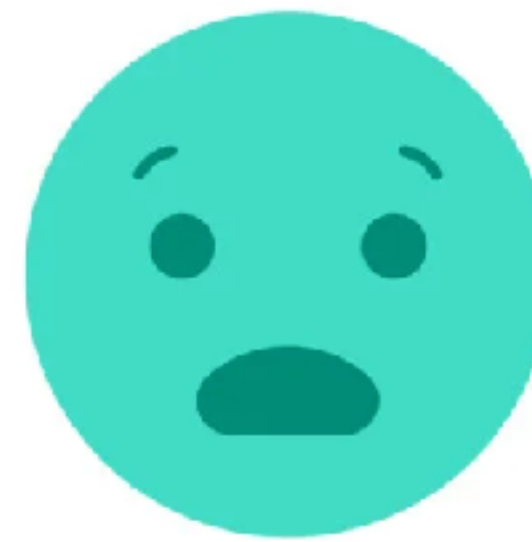
Good of Our Emotions



Joy



Trust



Fear



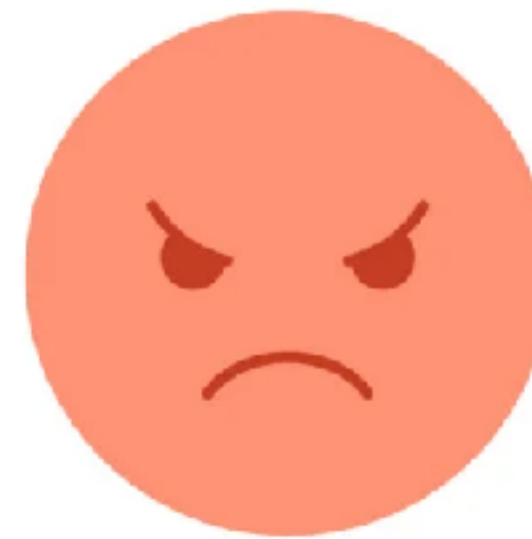
Surprise



Sadness



Disgust



Anger



Anticipation

1. We are emotional beings
who are created to be like
God (in his image).

MATT
9:36

"When [Jesus] he saw the
crowds, he had compassion for
them, because they were
harassed and helpless, like sheep
without a shepherd."

ZEPH
3:17

"The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing."

MARK
14:33


"And he took with him Peter
and James and John, and began
to be greatly distressed and
troubled."

1 KINGS
11:9

"The Lord was angry with
Solomon because his heart had
turned away from the Lord...

PSALM
103:8

"The Lord is compassionate and
gracious, slow to anger,
abounding in love."

A full-page background image of Alex Honnold free solo climbing El Capitan. He is wearing an orange t-shirt and a blue helmet, with a focused expression. The rock face is light-colored and textured, and the background shows a dense green forest.

"ALEX HONNOLD'S FREE SOLO CLIMB
SHOULD BE CELEBRATED AS ONE OF THE GREAT
ATHLETIC FEATS OF ANY KIND, EVER."

-The New York Times

LIVE BEYOND FEAR.


FREE SOLO

A FILM BY ELIZABETH CHAI VASARHELYI & JIMMY CHIN

NATIONAL GEOGRAPHIC DOCUMENTARY FILMS PRESENTS LITTLE MONSTER FILMS, ITINERANT MEDIA AND PARKES+MACDONALD/DVAGE NATION PRODUCTION
ALEX HONNOLD "FREE SOLO" BY MARCO BELTRAMI MUSIC BY BOB EISENHART ADDED BY JIMMY CHIN CLAIR POPKIN AND MIKEY SCHAEFER EDITOR TRACY MCKNIGHT
EXECUTIVE PRODUCERS WALTER PARKES LAURIE MACDONALD TIM PASTORE MATT RENNER PRODUCED BY SARAH REGAN DIRECTED BY ELIZABETH CHAI VASARHELYI JIMMY CHIN EVAN HAYES SHANNON DILL
PRODUCED BY ELIZABETH CHAI VASARHELYI AND JIMMY CHIN

IN THEATERS THIS FALL

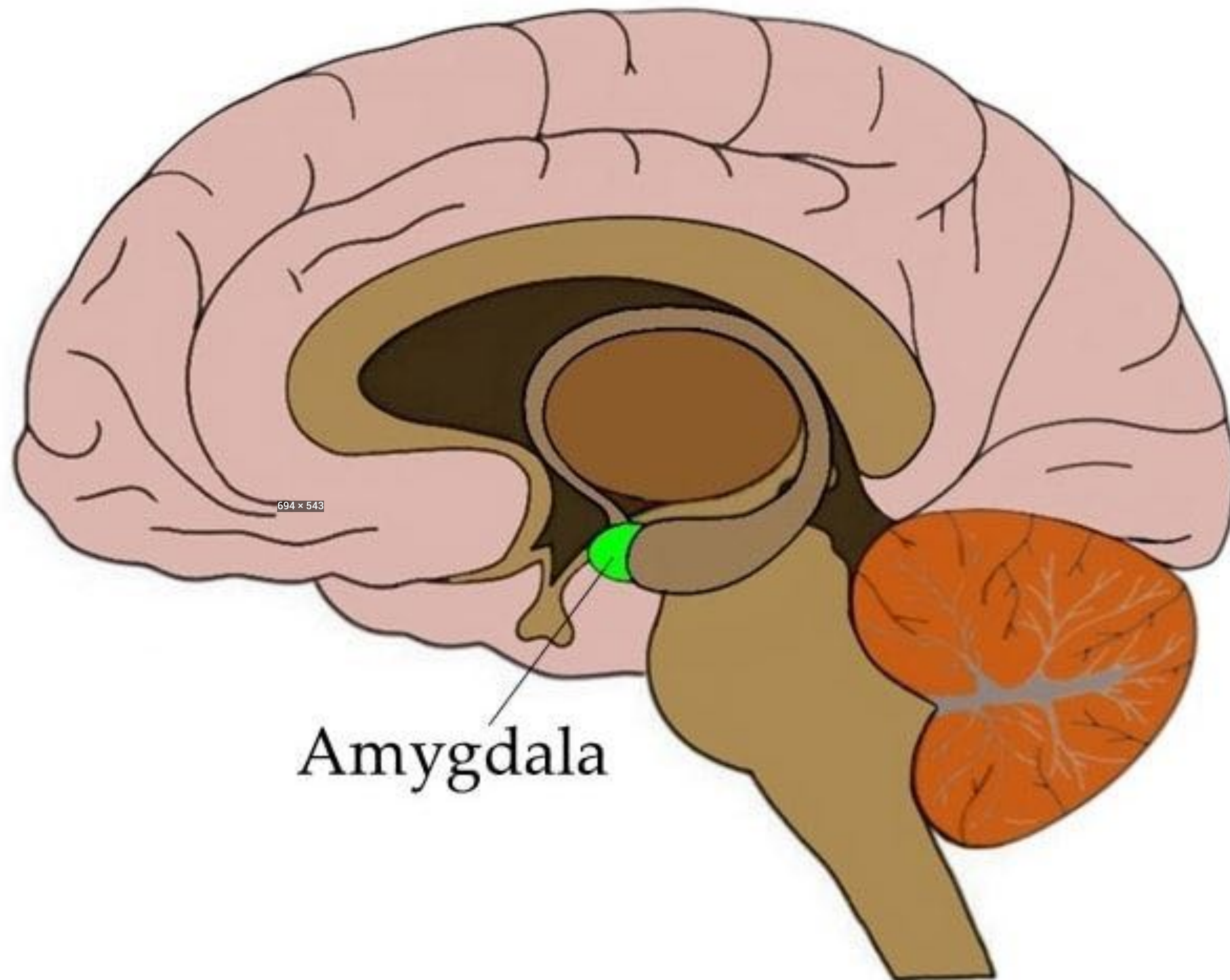
FreeSoloFilm.com

 NATIONAL
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FILMS

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Amygdala



2. It is good to name our emotions when we feel them, so we know what is happening inside our hearts.

PROUD



HAPPY



SCARED

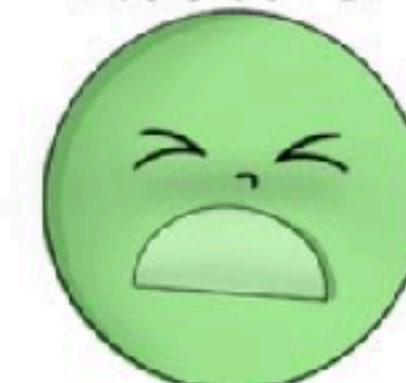


THIS IS
HOW I
FEEL
TODAY

MAD



DISGUSTED



SAD



NERVOUS



SURPRISED



EMBARRASSED



LONELY



[CREATED BY AINA RIVAS]



Back
to

Welcome School

PSALM
15:1-2

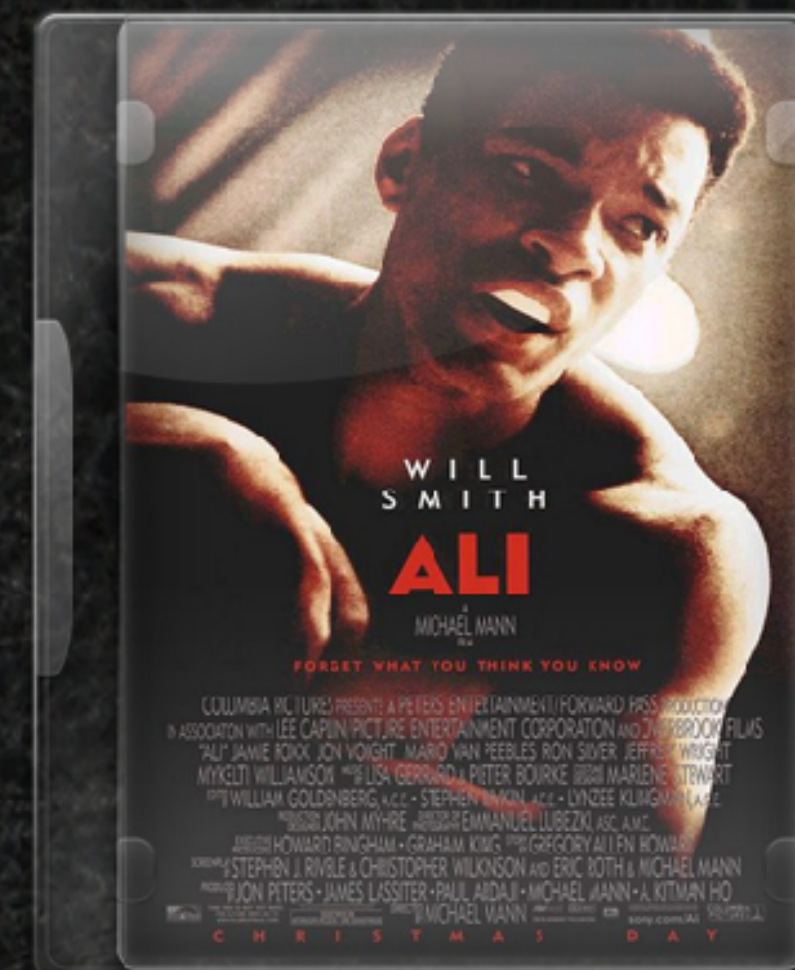
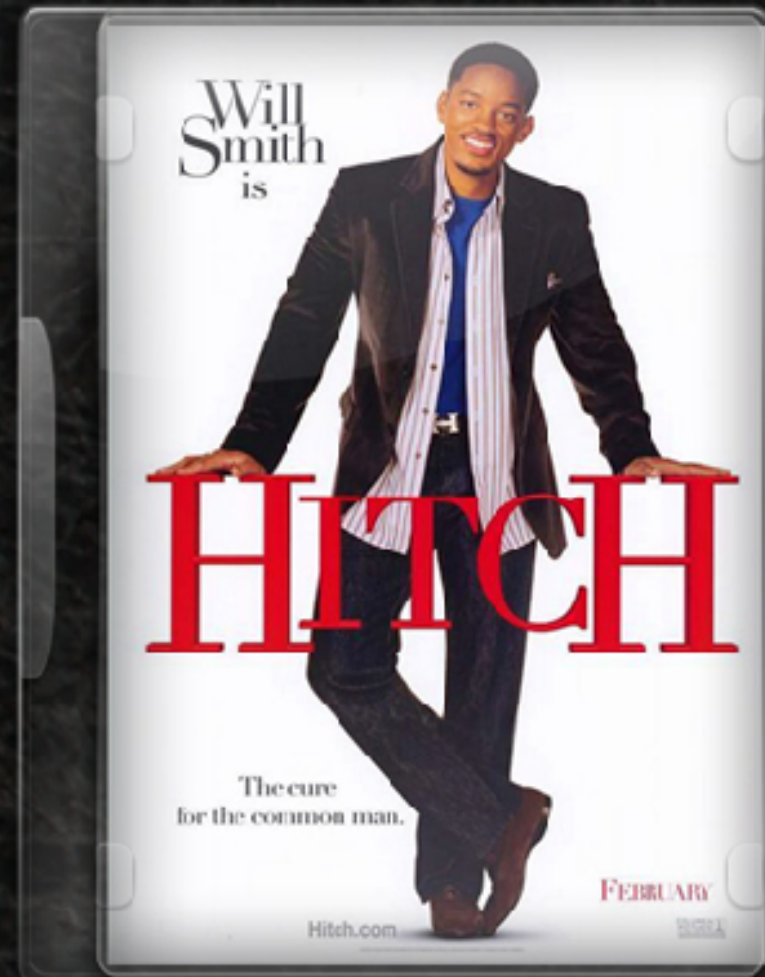
O LORD, who shall sojourn in
your tent? Who shall dwell on
your holy hill?

He who walks blamelessly and
does what is right and **speaks**
truth in his heart.



The
Fresh Prince
of Bel-Air





KING RICHARD







3. God wants us to open our hearts to Him — so that we know we are not alone and that He loves us and accepts us no matter how we feel.

PSALM
62:8

"Trust in him at all times, you
people; **pour out your hearts to
him**, for God is our refuge.

1 PETER
5:7

"Cast all your *anxiety* on him
because he cares for you."

MATT
11:28-30

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls."



THE LIFE OF DAVID

AFTER
GOD'S
HEART

At its core, the story of
David is the story of a
person growing more
and more alive to God.



THE BOOK OF
PSALMS

12 Kiss the Son, lest he be angry,
from the way, when his wrath is kindled.
Blessed are all they that put their trust

The security of God's promise

3 LORD, how are they increased
many are they that rise up
many there be which say



Psalms	After What Scripture	Probable Occasion on Which Each Psalm was Composed	B.C.
1	Neh 13:3	Written by David or Ezra, and placed as a preface to the Psalms	444
2	1Ch 17:27	On the delivery of the promise by Nathan to David-a prophecy of Christ's kingdom	1044
3	2Sa 15:29	On David's flight from Absalom	1023
4	2Sa 17:29	During the the flight from Absalom	1023
5	2Sa 17:29	During the the flight from Absalom	1023
6	1Ch 28:21	Inserted toward the end of David's life	1015
7	2Sa 16:14	On the reproaches of Shimei	1023
8	1Ch 28:21	Inserted toward the end of David's life	1015
9	1Sa 17:4, or1Ch 16:43	On the victory over Goliath	1063
10	Dan 7:28	During the Babylonish captivity	539
11	1Sa 19:3	When David was advised to flee to the mountains	1062
12	1Ch 28:1	Inserted toward the end of David's life	1015
13, 14, 15	Dan 7:28	During the Babylonish captivity	539
16	1Ch 17:27, or1Sa 27	On the delivery of the promise by Nathan to David	1044
17	1Sa 22:19	On the murder of the priests by Doeg	1060
18	2Sa 22:51	On the conclusion of David's wars	1019
19	1Ch 28:21	Inserted toward the end of David's life	1015

Disney · PIXAR

INSIDE OUT

JUNE 19

MEET THE LITTLE VOICES
INSIDE YOUR HEAD.



THIS FILM IS
NOT YET RATED





SADNESS



ANGER



DISGUST



FEAR



JOY







4. God wants us to “feel” with others when they are high AND low, because we feel God’s love and presence through one another.

2 COR
1:3-4

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.

GAL 6:2

Carry each other's burdens,
and in this way you will
fulfill the law of Christ.



Pre-chemo, Jan 13, 2012



ISA 54:6

For the LORD has called you Like a woman forsaken and grieved in spirit, Like a youthful wife when you were refused,” Says your God. For a mere moment I have forsaken you, But with great mercies I will gather you. With a little wrath I hid my face from you for a moment; But with everlasting kindness I will have mercy on you,” Says the LORD, your Redeemer.

ISA
58:11

The LORD will guide you
continually, And satisfy your soul
in drought, and strengthen your
bones; You shall be like a watered
garden, And like a spring of
water, whose waters do not fail.

ROM
12:15-16

Rejoice with those who
rejoice; mourn with those
who mourn. Live in
harmony with one another.