



new LIFE

Part 7

Emotions

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new
LIFE

Physical and Emotional Avoidance

- Moses (Ex. 4)
- Peter (Luke 22; John 21)



Psalm 56:8 (NLT)

You keep track of all my sorrows.

You have collected all my tears in your bottle.

You have recorded each one in your book.



Romans 5:3-5 (NIV)

Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.



Hebrews 4:15-16 (NIV)

For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.



Let's pray



