

**A25. Walk in Happiness.** -- Define feelings, emotional terms, and eliminate common traps. Sort out feelings with the feeling wheel on page 3.

**1. Proverbs 27:5** *A truly good friend will openly correct you.* **v6** *You can trust a friend who corrects you, but kisses from an enemy are nothing but lies.* **v7** *If you have had enough to eat, honey doesn't taste good, but if you are really hungry, you will eat anything.* **From the feeling wheel write some old emotions that have changed to good emotions.**

Boggled to Involved	Horrified to Empowered

**2. Psalm 94:19** *And when I was burdened with worries, you comforted me and made me feel secure.* Be able to discuss your feelings and know how to express whether you are weary or frustrated. Think back to the emotional tools learned and decide if you are Mad, Sad, Scared, Joyful, Powerful or Peaceful. Think about the feeling wheel and give others a clear picture of your deliverance. Make the steps distinct and adequate to expose Satan's traps that so easily beset us. **What are the overcoming promises?**

Prov. 27:5-7 Open Rebuke	Eccl. 5:2,6 Careful what you say.

**3. Nehemiah 8:9** *The people started crying when God's Law was read to them. Then Nehemiah the governor, Ezra the priest and teacher, and the Levites who had been teaching the people all said, "This is a special day for the LORD your God. So don't be sad and don't*

cry!" **v10** Nehemiah told the people, "Enjoy your good food and wine and share some with those who didn't have anything to bring. Don't be sad! This is a special day for the LORD, and he will make you happy and strong."

**How do I make the transition from Sadness into Joy?**

Enforce my Personal Boundaries	

**4. Psalm 30:5** *Your anger lasts a little while, but your kindness lasts for a lifetime. At night we may cry, but when morning comes we will celebrate.* **v11** *You have turned my sorrow into joyful dancing. No longer am I sad and wearing sackcloth.* **When old memories return what are my new tools of victory?**

Contending with God for Promises Is. 43:26	

