

As part of discipleship and accountability, ask one another, “How are you doing?”

Here are a couple resources to help name your emotions:

Feelings list*

Happy	Sad	Angry	Scared	Confused
Admired	Alienated	Abused	Afraid	Ambivalent
Alive	Ashamed	Aggravated	Alarmed	Awkward
Appreciated	Burdened	Agitated	Anxious	Baffled
Assured	Condemned	Anguished	Appalled	Bewildered
Cheerful	Crushed	Annoyed	Apprehensive	Bothered
Confident	Defeated	Betrayed	Awed	Constricted
Content	Dejected	Cheated	Concerned	Directionless
Delighted	Demoralized	Coerced	Defensive	Disorganized
Determined	Depressed	Controlled	Desperate	Distracted
Estatic	Deserted	Deceived	Doubtful	Doubtful
Elated	Despised	Disgusted	Fearful	Flustered
Encouraged	Devastated	Dismayed	Frantic	Foggy
Energized	Disappointed	Displeased	Full of Dread	Hesitant
Enthusiastic	Discarded	Dominated	Guarded	Immobilized
Excited	Discouraged	Enraged	Horrified	Misunderstood
Exuberant	Disgraced	Exasperated	Impatient	Perplexed
Flattered	Disheartened	Exploited	Insecure	Puzzled
Fortunate	Disillusioned	Frustrated	Intimidated	Stagnant
Fulfilled	Dismal	Fuming	Nervous	Surprised

* <https://www.ndapandas.org/wp-content/uploads/archive/Documents/News/FeelingsWordList.pdf>

HOW ARE YOU FEELING?



ANGRY



ANNOYED



CALM



CONFUSED



DISAPPOINTED



EMBARRASSED



EXCITED



FRUSTRATED



HAPPY



HURT



LEFT-OUT



LOVING



JEALOUS



NERVOUS



OFFENDED



OUTRAGED



PROUD



RELIEVED



SAD



SCARED



SILLY



SURPRISED



TIRED



UNAMUSED



UNCOMFORTABLE

When your emotions fall into the categories of Sad, Angry, Scared, or Confused, take your feelings to God in a prayer of lament.

The Pattern of Biblical Lament

There's a rhythm to healthy lament that we see throughout Scripture, particularly in the Psalms and in books like Habakkuk:

First, notice and name your emotions. You can no longer detach from your feelings, from God, or from reality. Recognize what you're actually feeling—and be specific. Just like a medical diagnosis allows for proper treatment, naming our emotions allows God to minister to them accurately.

Second, turn to God in prayer. Lay out the reason for your sorrow. Tell Him every emotion, no matter how small or how intense. Nothing is irrelevant to Him.

Third, give yourself space to feel. Yes, this might mean ugly crying, yelling, or whatever that emotion looks like physically. Lament is often embodied. If we don't release anger or pain in God's presence, we don't know who it will come out on later—whose feelings we'll hurt or what relationships we'll damage because of unprocessed trauma.

Fourth, offer your feelings to God and talk with Him about them. Ask Him to take action. Ask what you should do, if anything. And crucially, take time to wait for a response—even if it's just feeling the weight lift from your chest and shoulders.

Finally, move into praise. When you're finished lamenting, begin to praise Him for His mercy, grace, and steadfast love. Praise Him with trust, reflecting on how you've seen Him move before. If you've never experienced His faithfulness personally, grab your Bible and read about it. Praise Him that He never changes and will be just as faithful in your situation.