



ANOINTED FEELINGS JOURNAL

ACTION STEP:

Take a proactive step in your spiritual and emotional development by starting a **"Feelings Journal"**.

This practice is not simply about venting or listing emotions; it is a profound exercise in discernment and connecting with the **Holy Spirit's guidance**.

A motive in the human heart is like deep water, and a person who has understanding draws it out. - Proverbs 20:5

HOW TO USE YOUR JOURNAL:

1. LOG THE EMOTION:

When you experience a significant emotion - whether it's joy, frustration, anxiety, peace, anger, or confusion - **stop and write it down**.

(Use the **Feelings Wheel** in this journal to help you narrow down the emotion. Be as specific as possible. Instead of just **"bad"**, try to identify the nuanced feeling on the outside of the Feelings Wheel, such as, **"frustrated"** or **"jealous"**- or think of your own!)

2. DESCRIBE THE CONTEXT

Briefly note what triggered the feeling. Was it a conversation, news report, memory, unanswered prayer, or even a situation that came up? Understanding the **trigger** provides valuable context.

3. THE PRAYER OF DISCERNMENT

This is the most **crucial step**. After logging the emotion, ask this powerful open- ended question: **"Holy Spirit, what are you trying to tell me through this feeling?"**

4. LISTEN AND RECORD

Wait in quiet expectation. The answer may come immediately as a thought, a scripture reference, a conviction, a gentle correction, or a sense of affirmation.

Write down whatever comes to mind.

The **Holy Spirit** often uses our emotions as a signal - a **red flag** for danger, a **green light** for blessing, or a **gentle nudge** toward an area needing healing or surrender.

THE PURPOSE OF THE PRACTICE:

Our feelings are often misunderstood as purely carnal or unreliable. However, as believers, our **redeemed emotions** can be sanctified and used by God as a means of communication.

THIS JOURNAL WILL HELP YOU:

DISCERN THE SOURCE

Distinguish between a feeling that is a reaction to your **flesh**, a suggestion from the **enemy**, or a prompt from the **Holy Spirit**.

GROW IN INTIMACY

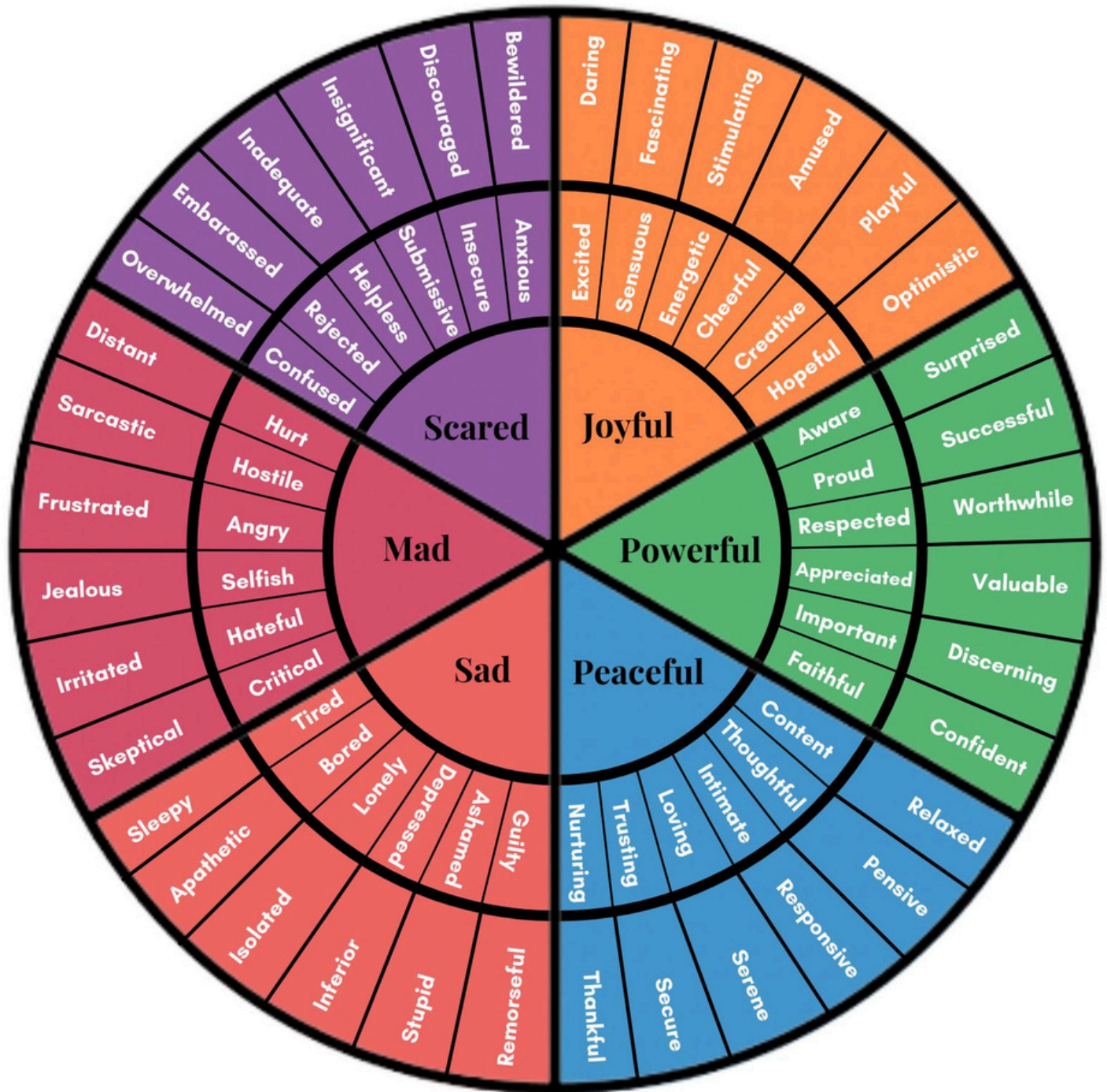
Develop a deeper, more conversational relationship with the **Spirit**, learning to recognize **His voice** in the quiet places of your heart.

IDENTIFY AREAS FOR GROWTH

Recurring negative emotions often point to unhealed wounds, unforgiveness, or a lack of trust.

The **Holy Spirit** often will use your journal entries to illuminate these areas, guiding you towards **repentance** and **wholeness**.

The Feelings Wheel



DATE: _____

1. LOG THE EMOTION:

Be specific. Use the **Feelings Wheel** to identify the nuanced feeling. Write it below.

2. DESCRIBE THE CONTEXT:

Briefly note what **triggered** the feeling and the **context** in which it happened.

3. PRAY FOR DISCERNMENT:

Start with the simple sentence, “**Holy Spirit, what are you trying to tell me through this feeling?**”

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