

LIVING CHRISTIANLY™ — TRANSFORMATION TOOLS

Anchoring feelings to truth:

A scripture reference tool for bringing biblical truth into everyday moments.

"Your word is a lamp to my feet and a light to my path." — Psalm 119:105 (ESV)

INTRODUCTION

Feelings and emotions are closely related, *but they are not the same*. **Emotions are automatic, physiological responses to a stimulus** — like fear when you're startled or sadness after a loss. They arise quickly and often involve physical sensations (e.g., racing heart, tears). For example, the emotion might be anxiety, but the feeling could be "I'm not safe" or "Something is wrong with me." Emotions happen to us; feelings help us make sense of them.

God created each of us with a heart, mind, and body that experience a full range of emotions. **Emotions are our body's quick, automatic responses to things that happen to us** — like feeling fear when something startles us. **Feelings**, on the other hand, **are the mental interpretation or awareness of those emotions, shaped by your thoughts, beliefs, and past experiences**. — they're our personal way of describing what's happening inside.

Sometimes feelings can feel big, messy, confusing or hard to handle. Below is a proprietary Living Christianly tool: **Anchoring Feelings to Truth: A scripture reference tool for bringing biblical truth into everyday moments**. It is designed to help you connect what you're feeling to what God says is true. It is a powerful tool for separating lies from truth so you can be transformed by the renewing of your mind (Romans 12:2)



If our thought or beliefs are faulty, what we feel will also be faulty.

Remember: You are not defined by what you feel — you are defined by who you are in relation to God and His kingdom. This powerful truth is key to living free.



HOW TO USE THIS TOOL

- 1 Find your feeling below. **Feelings are listed in alphabetical order under their corresponding emotion.**
- 2 Read the matching verses — let God's Word speak into that space.
- 3 Write one verse on a card, in your journal, or on your phone.
- 4 Pray: "Lord, help me believe this truth today."

USE THIS TOOL WHEN:

- You feel stuck in big emotions or thoughts
- You want to renew your mind with Scripture
- You want to bring your feelings honestly before God

EMOTIONS: ANGRY / FRUSTRATED

Clinical Integration

Anger and frustration are strong, activating emotions. In your body, they turn on the “fight” part of your stress response: your heart rate rises, muscles tense, breathing speeds up, and adrenaline floods your system. Healthy anger can signal that something needs to change or a boundary was crossed — but it can also lead to harsh words or impulsive reactions. God’s Word reminds us that anger itself isn’t always sinful, but we must handle it with self-control and gentleness.

- *Use these Scriptures to calm your spirit, check your heart, and respond in ways that honor God and protect your relationships.*
- *All verses provided are from the ESV translation of scripture unless stated otherwise.*

Feelings Associated with Angry / Frustrated

Agitated

- *Proverbs 29:11* — “A fool gives full vent to his spirit, but a wise man quietly holds it back.”
- *James 1:19* — “...let every person be quick to hear, slow to speak, slow to anger...”
- *Psalms 4:4* — “Stand in awe, and sin not: commune with your own heart upon your bed and be still. Selah.” (KJV)

Angry

- *Proverbs 14:29* — “Whoever is slow to anger has great understanding...”
- *James 1:20* — “...for the anger of man does not produce the righteousness of God.”
- *Ecclesiastes 7:9* — “Do not be quickly provoked in your spirit, for anger resides in the lap of fools.”

Annoyed

- *Proverbs 12:16* — “Fools show their annoyance at once but the prudent overlook an insult.” (NIV)
- *Proverbs 19:11* — “Good sense makes one slow to anger, and it is his glory to overlook an offense.”
- *Ecclesiastes 7:9* — “Be not quick in your spirit to become angry...”

Bitter

- *Hebrews 12:15* — “...see to it that no ‘root of bitterness’ springs up...”
- *James 3:14-16* — “But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth.” (NIV)
- *Ephesians 4:31* — “Let all bitterness and wrath and anger... be put away from you...”
- *Job 21:25* — “Another dies in bitterness of soul, never having enjoyed anything good.” (NIV)

Envious

- *Proverbs 14:30* — “A tranquil heart gives life to the flesh, but envy makes the bones rot.”
- *James 3:16* — “For where jealousy and selfish ambition exist, there will be disorder...”
- *Galatians 5:26* — “Let us not become conceited, provoking one another, envying one another.”

Enraged

- *Proverbs 29:22* — “A man of wrath stirs up strife, and one given to anger causes much transgression.”
- *Psalms 37:8* — “Refrain from anger and forsake wrath!”
- *Romans 12:19* — “Beloved, never avenge yourselves, but leave it to the wrath of God...”

Frustrated

- *Psalms 37:7-8* — “Be still before the Lord and wait patiently for him... fret not yourself...”
- *Philippians 4:6-7* — “Do not be anxious about anything, but in everything by prayer...”
- *Galatians 6:9* — “And let us not grow weary of doing good, for in due season we will reap...”

Furious

- *Proverbs 22:24-25* — “Make no friendship with a man given to anger...”
- *Psalms 86:15* — “But you, O Lord, are a God merciful and gracious, slow to anger...”
- *Proverbs 15:1* — “A soft answer turns away wrath...”

Hostile

- *Romans 12:18* — “If possible, so far as it depends on you, live peaceably with all.”
- *Matthew 5:9* — “Blessed are the peacemakers, for they shall be called sons of God.”
- *Ephesians 2:14* — “...he himself is our peace, who has made us both one and has broken down...the dividing wall of hostility.”

Impatient

- *James 5:8* — “You also, be patient. Establish your hearts...”
- *Galatians 5:22* — “But the fruit of the Spirit is... patience...”
- *Proverbs 16:32* — “Whoever is slow to anger is better than the mighty...”

Irritated

- *Colossians 3:12-13* — “...bearing with one another... forgiving each other...”
- *1 Corinthians 13:5* — “Love... is not irritable or resentful...”
- *Proverbs 15:18* — “A hot-tempered man stirs up strife, but he who is slow to anger quiets contention.”

Jealous

- *1 Corinthians 3:3* — “For... there is jealousy and strife among you...”
- *Proverbs 27:4* — “Wrath is cruel, anger is overwhelming, but who can stand before jealousy?”
- *James 4:2* — “You desire and do not have, so you murder...”

Mad (Everyday term for general anger)

- *Proverbs 29:11* — “A fool gives full vent to his spirit...”
- *Ephesians 4:26* — “Be angry and do not sin...”
- *Ecclesiastes 7:9* — “Be not quick in your spirit to become angry...”

Offended

- *Proverbs 19:11* — “Good sense makes one slow to anger, and it is his glory to overlook an offense.”
- *Matthew 5:23-24* — “...be reconciled to your brother...”
- *1 Peter 3:9* — “...do not repay evil for evil or reviling for reviling...”

Resentful

- *1 Corinthians 13:5* — “Love... is not irritable or resentful...”
- *Ephesians 4:31-32* — “Let all bitterness... be put away from you...”
- *Romans 12:17-19* — “Repay no one evil for evil... never avenge yourselves...”

★ **Reflection Reminder**

Feeling anger or frustration? Pause, breathe, and bring it to the Lord. His Spirit gives you self-control and gentle words to build peace. “A soft answer turns away wrath, but a harsh word stirs up anger.” — Proverbs 15:1 (ESV)

EMOTIONS: ANXIOUS / FEARFUL / WORRIED

Clinical Integration

Anxiety and fear activate your body’s “fight or flight” system — your heart races, your breathing may get shallow, and your muscles tighten, ready for action. This is your brain’s way of keeping you safe. But when worry grows too big, it can steal your peace and keep you stuck in “what ifs.” God’s Word reminds you that He is your refuge — and you can cast every worry on Him because He cares for you.

- *Use these Scriptures to quiet your fears and trust that the Lord is with you, always.*
- *All verses provided are from the ESV translation of scripture unless stated otherwise.*

☒ **Feelings Associated with Anxiety/Fearful/Worried**

Afraid

- *Isaiah 41:10* — “Fear not, for I am with you...”
- *Psalms 56:3* — “When I am afraid, I put my trust in you.”
- *Joshua 1:9* — “Be strong and courageous. Do not be frightened...”
- *John 14:27* — “...Let not your hearts be troubled, neither let them be afraid.”

Anxious

- *Philippians 4:6–7* — “Do not be anxious about anything...”
- *1 Peter 5:7* — “Casting all your anxieties on him, because he cares for you.”
- *Matthew 6:34* — “Therefore do not be anxious about tomorrow...”
- *Psalms 94:19* — “When the cares of my heart are many, your consolations cheer my soul.”

Apprehensive

- *Psalms 27:1* — “The Lord is my light and my salvation; whom shall I fear?”
- *Proverbs 3:25–26* — “Do not be afraid of sudden terror... for the Lord will be your confidence.”
- *Isaiah 43:1* — “Fear not, for I have redeemed you; I have called you by name...”

Jumpy

- *Psalms 91:5–6* — “You will not fear the terror of the night...”
- *Proverbs 3:24* — “When you lie down, you will not be afraid...”
- *Psalms 4:8* — “In peace I will both lie down and sleep...”

Nervous

- *Psalms 23:4* — “Even though I walk through the valley... I will fear no evil...”
- *John 14:1* — “Let not your hearts be troubled. Believe in God...”
- *Psalms 112:7* — “He is not afraid of bad news; his heart is firm, trusting in the Lord.”

Overwhelmed

- *Psalm 61:2* — “When my heart is faint, lead me to the rock that is higher than I.”
- *Psalm 55:22* — “Cast your burden on the Lord, and he will sustain you...”
- *Matthew 11:28–29* — “Come to me... and I will give you rest.”

Panicky

- *2 Timothy 1:7* — “For God gave us a spirit not of fear but of power...”
- *Psalm 34:4* — “I sought the Lord, and he answered me and delivered me from all my fears.”
- *Psalm 46:1–2* — “God is our refuge and strength... therefore we will not fear...”

Scared

- *Deuteronomy 31:6* — “Be strong and courageous... it is the Lord your God who goes with you.”
- *Psalm 118:6* — “The Lord is on my side; I will not fear...”
- *Isaiah 12:2* — “Behold, God is my salvation; I will trust, and will not be afraid...”

Stressed

- *John 14:27* — “Peace I leave with you; my peace I give to you...”
- *Psalm 46:10* — “Be still and know that I am God.”
- *Isaiah 26:3* — “You keep him in perfect peace whose mind is stayed on you...”
- *Matthew 6:27* — “And which of you by being anxious can add a single hour to his span of life?”

Terrified

- *Psalm 34:4* — “I sought the Lord, and he answered me and delivered me from all my fears.”
- *Psalm 23:4* — “I will fear no evil, for you are with me...”
- *Deuteronomy 31:8* — “It is the Lord who goes before you... do not fear or be dismayed.”

Uneasy

- *Proverbs 3:5–6* — “Trust in the Lord with all your heart...”
- *Psalm 94:19* — “When the cares of my heart are many, your consolations cheer my soul.”
- *Colossians 3:15* — “And let the peace of Christ rule in your hearts...”

Worried

- *Matthew 6:25–27* — “Therefore I tell you, do not be anxious about your life...”
- *Luke 12:25* — “And which of you by being anxious can add a single hour...”
- *Psalm 55:22* — “Cast your burden on the Lord...”

★ **Reflection Reminder**

When worry and fear rise, remember: God is bigger than every “what if.” Rest your mind in His promises.
“When I am afraid, I put my trust in you.” — *Psalm 56:3 (ESV)*

EMOTIONS BORED / DISENGAGED

Clinical Integration

Boredom and disengagement can show up when your brain feels unstimulated or disconnected from meaning. You might feel restless, fidgety, unmotivated, or tempted to make poor choices just to feel “something.” Boredom isn’t always bad — it can signal that you need a new challenge, purpose, or healthy outlet for your energy. God’s Word reminds you that even ordinary tasks have meaning when done for Him.

- *Use these Scriptures to renew your focus and invite God to fill empty moments with purpose and connection.*
- *All verses provided are from the ESV translation of scripture unless stated otherwise.*

☒ Feelings Associated With Bored / Disengaged

Apathetic

- *Revelation 3:15–16 — “...you are lukewarm, and neither hot nor cold...”*
- *Colossians 3:23 — “Whatever you do, work heartily, as for the Lord...”*
- *Romans 12:11 — “Do not be slothful in zeal, be fervent in spirit, serve the Lord.”*

Blah

- *Psalms 16:11 — “In your presence there is fullness of joy...”*
- *Psalms 90:14 — “...satisfy us in the morning with your steadfast love...”*
- *John 10:10 — “...I came that they may have life and have it abundantly.”*

Bored

- *Proverbs 16:3 — “Commit your work to the Lord, and your plans will be established.”*
- *Colossians 3:23 — “Whatever you do, work heartily, as for the Lord...”*
- *Ephesians 5:15–16 — “Look carefully then how you walk... making the best use of the time...”*

Disconnected

- *John 15:5 — “I am the vine; you are the branches...”*
- *Hebrews 10:24–25 — “...not neglecting to meet together, as is the habit of some...”*
- *Psalms 68:6 — “God sets the lonely in families...”*

Fidgety

- *Psalms 46:10 — “Be still and know that I am God.”*
- *Isaiah 30:15 — “...In quietness and in trust shall be your strength...”*
- *Psalms 131:2 — “But I have calmed and quieted my soul...”*

Listless

- *Isaiah 40:31 — “...but they who wait for the Lord shall renew their strength...”*
- *Psalms 37:7 — “Be still before the Lord and wait patiently for him...”*
- *Romans 12:2 — “...be transformed by the renewal of your mind...”*

Restless

- *Psalms 62:1* — “For God alone my soul waits in silence...”
- *Matthew 11:28–29* — “Come to me... and I will give you rest.”
- *Philippians 4:9* — “...and the God of peace will be with you.”

Uninterested

- *Colossians 3:2* — “Set your minds on things that are above...”
- *Psalms 119:37* — “Turn my eyes from looking at worthless things...”
- *Romans 12:11* — “Do not be slothful in zeal...”

Unmotivated

- *Philippians 2:13* — “...for it is God who works in you, both to will and to work...”
- *2 Timothy 1:7* — “...God gave us a spirit not of fear but of power...”
- *Galatians 6:9* — “And let us not grow weary of doing good...”

★ Reflection Reminder

When you feel bored or disconnected, remember: every moment can have purpose when it's offered back to the One who made you. “Whatever you do, work heartily, as for the Lord...” — Colossians 3:23 (ESV)

CONFIDENT/STRONG / WEAK

Clinical Integration

When you feel strong, confident, and brave, your body's stress system calms down — your brain releases empowering chemicals that help you act with courage. You may stand taller, think more clearly, and feel more resilient. True strength is more than self-reliance; it's anchored in the One who gives you courage, power, and wisdom for every step.

- *Use these Scriptures to remember that your confidence comes from the Lord, who makes you brave and capable.*
- *All verses provided are from the ESV translation of scripture unless stated otherwise.*

☒ Feelings Associated With Strong / Confident

Bold

- *Proverbs 28:1* — “The righteous are bold as a lion.”
- *Acts 4:31* — “...they were all filled with the Holy Spirit and continued to speak the word of God with boldness.”
- *2 Corinthians 3:12* — “Since we have such a hope, we are very bold...”

Brave

- *Joshua 1:9* — “Be strong and courageous... for the Lord your God is with you...”
- *Psalms 27:14* — “Wait for the Lord; be strong, and let your heart take courage...”
- *Deuteronomy 31:6* — “Be strong and courageous... He will not leave you or forsake you.”

Capable

- *Philippians 4:13* — “I can do all things through him who strengthens me.”
- *2 Corinthians 3:5* — “...our sufficiency is from God...”
- *Isaiah 41:10* — “I will strengthen you, I will help you...”

Certain

- *Hebrews 11:1* — “Now faith is the assurance of things hoped for...”
- *Psalms 112:7* — “He is not afraid of bad news; his heart is firm, trusting in the Lord.”
- *Isaiah 26:3* — “You keep him in perfect peace whose mind is stayed on you...”

Confident

- *Proverbs 3:26* — “For the Lord will be your confidence...”
- *Philippians 1:6* — “...he who began a good work in you will bring it to completion...”
- *Hebrews 4:16* — “Let us then with confidence draw near to the throne of grace...”

Courageous

- *1 Corinthians 16:13* — “Be watchful, stand firm in the faith, act like men, be strong.”
- *Psalms 31:24* — “Be strong, and let your heart take courage...”
- *2 Timothy 1:7* — “...God gave us a spirit not of fear but of power and love...”

Determined

- *Galatians 6:9* — “And let us not grow weary of doing good...”
- *Hebrews 12:1* — “...let us run with endurance the race that is set before us...”
- *Philippians 3:14* — “I press on toward the goal for the prize...”

Empowered

- *Ephesians 3:20* — “...him who is able to do far more abundantly...”
- *2 Timothy 1:7* — “God gave us a spirit not of fear but of power...”
- *Acts 1:8* — “But you will receive power when the Holy Spirit has come upon you...”

Hopeful

- *Romans 15:13* — “May the God of hope fill you with all joy and peace...”
- *Psalms 42:11* — “Hope in God; for I shall again praise him...”
- *Lamentations 3:21–23* — “But this I call to mind... great is your faithfulness.”

Resilient

- *2 Corinthians 4:8–9* — “We are afflicted in every way, but not crushed...”
- *James 1:12* — “Blessed is the man who remains steadfast under trial...”
- *Psalms 138:3* — “On the day I called, you answered me; my strength of soul you increased.”

Strong

- *Philippians 4:13* — “I can do all things through him who strengthens me.”
- *Psalms 18:32* — “...the God who equipped me with strength...”
- *Isaiah 40:31* — “...but they who wait for the Lord shall renew their strength...”

Weak

- *2 Corinthians 12:9–10* — “But he said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness.’ ... For when I am weak, then I am strong.”
- *Isaiah 40:29* — “He gives power to the faint, and to him who has no might he increases strength.”
- *Psalms 73:26* — “My flesh and my heart may fail, but God is the strength of my heart and my portion forever.”
- *Philippians 4:13* — “I can do all things through him who strengthens me.”

★ **Reflection Reminder**

You don't have to find strength in yourself alone — the Lord is your strength and your song.

“Be strong and courageous... for the Lord your God is with you wherever you go.” — Joshua 1:9 (ESV)

CONFUSED / UNCERTAIN

Clinical Integration

Confusion and uncertainty can make you feel foggy, tense, or mentally scattered. Your brain may loop through “what ifs” as it tries to find clarity or safety. This can lead to worry, indecision, or second-guessing yourself. Naming it helps you pause and invite God’s wisdom, which promises to bring peace that goes beyond your own understanding.

- *Use these Scriptures to trust that even when you don't have answers, the One who guides your steps does.*
- *All verses provided are from the ESV translation of scripture unless stated otherwise.*

☒ **Feelings Associated With Confused / Uncertain**

Confused

- *1 Corinthians 14:33* — “For God is not a God of confusion but of peace.”
- *Psalms 25:4–5* — “Make me to know your ways, O Lord... Lead me in your truth...”
- *Proverbs 3:5–6* — “Trust in the Lord with all your heart...”

Doubtful

- *James 1:6* — “But let him ask in faith, with no doubting...”
- *Mark 9:24* — “I believe; help my unbelief!”
- *Matthew 14:31* — “...O you of little faith, why did you doubt?”

Hesitant

- *Isaiah 30:21* — “And your ears shall hear a word behind you, saying, ‘This is the way...’”
- *Psalms 37:23–24* — “The steps of a man are established by the Lord...”
- *Proverbs 16:9* — “The heart of man plans his way, but the Lord establishes his steps.”

Indecisive

- *James 1:5* — “If any of you lacks wisdom, let him ask God...”
- *Psalms 32:8* — “I will instruct you and teach you in the way you should go...”
- *Proverbs 2:6* — “For the Lord gives wisdom; from his mouth come knowledge and understanding.”

Mixed up

- *Psalms 119:105* — “Your word is a lamp to my feet and a light to my path.”
- *Isaiah 42:16* — “And I will lead the blind in a way that they do not know...”
- *Psalms 143:8* — “...Let me hear in the morning of your steadfast love, for in you I trust.”

Perplexed

- *2 Corinthians 4:8–9* — “We are afflicted in every way, but not crushed; perplexed, but not driven to despair...”
- *Psalms 37:5* — “Commit your way to the Lord; trust in him...”
- *Isaiah 55:8–9* — “For my thoughts are not your thoughts...”

Puzzled

- *Proverbs 3:5–6* — “Trust in the Lord with all your heart...”
- *Psalms 119:130* — “The unfolding of your words gives light...”
- *Psalms 18:28* — “For it is you who light my lamp...”

Torn

- *Matthew 6:24* — “No one can serve two masters...”
- *James 1:8* — “He is a double-minded man, unstable in all his ways.”
- *Joshua 24:15* — “...choose this day whom you will serve...”

Uncertain

- *Jeremiah 29:11* — “For I know the plans I have for you...”
- *Hebrews 11:1* — “Now faith is the assurance of things hoped for...”
- *Psalms 46:10* — “Be still, and know that I am God.”

★ Reflection Reminder

*God is never confused — He lights your path step by step, even when the way ahead feels unclear.
“Trust in the Lord with all your heart, and do not lean on your own understanding.” — Proverbs 3:5*

GUILTY / ASHAMED

Clinical Integration

Guilt and shame can feel heavy in the body — you might feel a pit in your stomach, tightness in your chest, or want to hide. Healthy guilt can point you toward making things right, but lingering shame often whispers “you are unworthy.” God’s Word reminds you there is complete forgiveness and no condemnation for those in Christ. He calls you to confess, be cleansed, and walk free.

- *Use these Scriptures to remember that when you bring guilt and shame into the light, Jesus meets you with grace and freedom.*
- *All verses provided are from the ESV translation of scripture unless stated otherwise.*

☒ **Feelings Associated With Guilty / Ashamed**

Ashamed

- *Psalm 34:5* — “Those who look to him are radiant, and their faces shall never be ashamed.”
- *Romans 10:11* — “Everyone who believes in him will not be put to shame.”
- *Isaiah 54:4* — “Fear not, for you will not be ashamed...”
- *Joel 2:26–27* — “...and my people shall never again be put to shame.”

Embarrassed

- *Psalm 25:2–3* — “Let me not be put to shame...”
- *Romans 5:5* — “...hope does not put us to shame...”
- *Isaiah 50:7* — “The Lord God helps me... therefore I have set my face like a flint, and I know that I shall not be put to shame.”

Guilty

- *1 John 1:9* — “If we confess our sins, he is faithful and just to forgive us...”
- *Psalm 32:5* — “I acknowledged my sin to you... and you forgave the iniquity of my sin.”
- *Psalm 51:10* — “Create in me a clean heart, O God...”
- *Romans 8:1* — “There is therefore now no condemnation for those who are in Christ Jesus.”

Humiliated

- *Psalm 25:2* — “O my God, in you I trust; let me not be put to shame...”
- *Psalm 119:31* — “I cling to your testimonies, O Lord; let me not be put to shame!”
- *Zephaniah 3:19* — “...I will change their shame into praise and renown...”

Regretful

- *2 Corinthians 7:10* — “Godly grief produces a repentance...”
- *Philippians 3:13–14* — “...forgetting what lies behind and straining forward...”
- *Isaiah 43:18–19* — “Remember not the former things... Behold, I am doing a new thing.”

Remorseful

- *Psalm 51:17* — “A broken and contrite heart, O God, you will not despise.”
- *Acts 3:19* — “Repent therefore, and turn back, that your sins may be blotted out...”
- *Psalm 38:18* — “I confess my iniquity; I am sorry for my sin.”

Self-Conscious

- *Psalm 139:1–4* — “O Lord, you have searched me and known me!”
- *2 Corinthians 12:9* — “...my power is made perfect in weakness.”
- *Hebrews 4:16* — “Let us then with confidence draw near to the throne of grace...”

★ **Reflection Reminder**

Jesus bore your guilt and shame at the cross. Confess it, receive His mercy, and walk free.

“There is therefore now no condemnation for those who are in Christ Jesus.” — Romans 8:1 (ESV)

HAPPY / CONTENT / JOYFUL

Clinical Integration

When you feel genuinely happy, content, or joyful, your brain's reward system lights up — releasing “feel-good” chemicals like dopamine and serotonin. Your heart rate stays steady, breathing is calm, and your body feels safe and open. These states help you savor life's blessings, deepen connection with others, and build resilience for harder days. God designed you for joy — and He invites you to celebrate every good gift as an act of praise.

- *Use these verses to rejoice in the Lord and keep your happiness rooted in Him.*
- *All verses provided are from the ESV translation of scripture unless stated otherwise.*

☒ Feelings Associated With Happy / Content / Joyful

Appreciated

- *1 Thessalonians 5:11* — “Therefore encourage one another and build one another up...”
- *Philippians 1:3* — “I thank my God in all my remembrance of you...”
- *Proverbs 12:25* — “Anxiety in a man's heart weighs him down, but a good word makes him glad.”

Cheerful

- *Proverbs 17:22* — “A cheerful heart is good medicine, but a crushed spirit dries up the bones.”
- *Psalms 126:2* — “Then our mouth was filled with laughter, and our tongue with shouts of joy...”
- *John 15:11* — “These things I have spoken to you, that my joy may be in you...”

Content

- *Philippians 4:11* — “...I have learned in whatever situation I am to be content.”
- *1 Timothy 6:6* — “But godliness with contentment is great gain...”
- *Psalms 23:1* — “The Lord is my shepherd; I shall not want.”

Delighted

- *Psalms 37:4* — “Delight yourself in the Lord, and he will give you the desires of your heart.”
- *Psalms 1:2* — “...his delight is in the law of the Lord...”
- *Psalms 40:8* — “I delight to do your will, O my God...”

Encouraged

- *Romans 15:5* — “May the God of endurance and encouragement grant you...”
- *1 Thessalonians 5:14* — “...encourage the fainthearted, help the weak...”
- *Hebrews 10:24–25* — “And let us consider how to stir up one another to love and good works...”

Excited

- *Psalms 126:3* — “The Lord has done great things for us; we are glad.”
- *Psalms 118:24* — “This is the day that the Lord has made; let us rejoice...”
- *Isaiah 12:6* — “Shout, and sing for joy, O inhabitant of Zion...”

Glad

- *Psalm 118:24* — “This is the day that the Lord has made...”
- *Psalm 16:9* — “Therefore my heart is glad, and my whole being rejoices...”
- *Psalm 97:11–12* — “Light is sown for the righteous... be glad in the Lord...”

Grateful

- *1 Thessalonians 5:18* — “Give thanks in all circumstances...”
- *Psalm 136:1* — “Give thanks to the Lord, for he is good...”
- *Colossians 3:15* — “...and be thankful.”

Happy

- *Psalm 144:15* — “Blessed (happy) are the people whose God is the Lord!”
- *Psalm 146:5* — “Blessed is he whose help is the God of Jacob...”
- *Proverbs 16:20* — “...blessed is he who trusts in the Lord.”

Hopeful

- *Romans 15:13* — “May the God of hope fill you with all joy and peace...”
- *Psalm 39:7* — “And now, O Lord, for what do I wait? My hope is in you.”
- *Lamentations 3:21–23* — “But this I call to mind... the steadfast love of the Lord never ceases...”

Inspired

- *2 Timothy 1:7* — “...God gave us a spirit not of fear but of power...”
- *Philippians 2:13* — “...for it is God who works in you, both to will and to work...”
- *Isaiah 40:31* — “...but they who wait for the Lord shall renew their strength...”

Joyful

- *Nehemiah 8:10* — “...the joy of the Lord is your strength.”
- *Psalm 16:11* — “...in your presence there is fullness of joy...”
- *John 15:11* — “...that your joy may be full.”

Loved

- *Romans 8:38–39* — “Nothing... will be able to separate us...”
- *1 John 3:1* — “See what kind of love the Father has given to us...”
- *Jeremiah 31:3* — “I have loved you with an everlasting love...”

Peaceful

- *John 14:27* — “Peace I leave with you...”
- *Philippians 4:7* — “...the peace of God, which surpasses all understanding...”
- *Isaiah 26:3* — “You keep him in perfect peace whose mind is stayed on you...”

Playful

- *Zephaniah 3:17* — “...he will rejoice over you with gladness...”
- *Psalm 126:2* — “Then our mouth was filled with laughter...”
- *Proverbs 17:22* — “A joyful heart is good medicine...”

Pleased

- *Psalm 147:11* — “The Lord takes pleasure in those who fear him...”
- *1 Thessalonians 2:4* — “But just as we have been approved by God... to please him...”
- *Hebrews 13:16* — “Such sacrifices are pleasing to God.”

Proud (godly sense)

- *Jeremiah 9:24* — “Let him who boasts boast in this, that he understands and knows me...”
- *2 Corinthians 10:17* — “Let the one who boasts, boast in the Lord.”
- *Galatians 6:4* — “...then he will have reason to boast in himself alone...”

Relaxed

- *Psalm 23:2* — “He makes me lie down in green pastures...”
- *Matthew 11:28–29* — “Come to me... and I will give you rest.”
- *Exodus 33:14* — “...My presence will go with you, and I will give you rest.”

Satisfied

- *Psalm 107:9* — “For he satisfies the longing soul...”
- *Psalm 103:5* — “...who satisfies you with good so that your youth is renewed...”
- *John 6:35* — “I am the bread of life; whoever comes to me shall not hunger...”

★ Reflection Reminder

Every spark of happiness is a gift from the Father of lights. Rejoice in Him and share your gladness freely!
“Rejoice in the Lord always; again I will say, rejoice!” — Philippians 4:4 (ESV)

LONELY / ISOLATED

Clinical Integration

Loneliness and isolation can feel deep emptiness inside. When you feel disconnected, your brain’s social bonding system signals that you need safe connection, but sometimes it feels out of reach. You might feel abandoned, invisible, or rejected. God’s Word reminds you that you are never truly alone — you are seen, known, and placed in His family. He promises His constant presence and loving companionship.

- *Use these Scriptures to remember that God sets the lonely in families and is always near.*
- *All verses provided are from the ESV translation of scripture unless stated otherwise.*

☒ Feelings Associated With Lonely / Isolated

Abandoned

- *Deuteronomy 31:6* — “He will not leave you or forsake you.”
- *Psalm 27:10* — “For my father and my mother have forsaken me, but the Lord will take me in.”
- *Isaiah 49:15* — “...yet I will not forget you.”

Alienated

- *Ephesians 2:13* — “But now in Christ Jesus you who once were far off have been brought near...”
- *Colossians 1:21–22* — “...you... once alienated and hostile in mind... he has now reconciled...”
- *Romans 8:38–39* — “Nothing... will be able to separate us from the love of God...”

Invisible

- *Psalm 139:1–2* — “O Lord, you have searched me and known me!”
- *Genesis 16:13* — “You are the God who sees me...”
- *Matthew 10:29–31* — “...you are of more value than many sparrows.”

Left Out

- *Psalm 68:6* — “God sets the lonely in families...”
- *Romans 12:5* — “...we, though many, are one body in Christ...”
- *Ephesians 2:19* — “...you are no longer strangers and aliens, but... members of the household of God.”

Lonely

- *Psalm 25:16* — “Turn to me and be gracious to me, for I am lonely...”
- *John 14:18* — “I will not leave you as orphans; I will come to you.”
- *Psalm 34:18* — “The Lord is near to the brokenhearted...”

Rejected

- *Psalm 94:14* — “For the Lord will not forsake his people; he will not abandon his heritage.”
- *Isaiah 53:3* — “He was despised and rejected by men...”
- *1 Peter 2:4* — “As you come to him, a living stone rejected by men but in the sight of God chosen...”

Unnoticed

- *Matthew 6:4* — “...your Father who sees in secret will reward you.”
- *Psalm 33:18* — “Behold, the eye of the Lord is on those who fear him...”
- *Hebrews 4:13* — “And no creature is hidden from his sight...”

Unwanted

- *Ephesians 1:5* — “...he predestined us for adoption...”
- *Romans 8:15* — “...you have received the Spirit of adoption as sons...”
- *John 15:16* — “You did not choose me, but I chose you...”

★ Reflection Reminder

*You are never truly alone. The God who sees you has placed you in His family forever.
“God sets the lonely in families...” — Psalm 68:6 (ESV)*

LOVED / CONNECTED

Clinical Integration

When you feel loved, accepted, and connected, your brain’s “bonding system” releases oxytocin — the trust and connection hormone. Your heart rate may slow down, your breathing deepens, and your body feels calmer and safer. Healthy connection builds resilience and helps heal emotional wounds. God designed us to thrive in loving community — and to rest in His unbreakable love when people fail us.

- *Use these Scriptures to remember that you are fully known, deeply loved, and never alone.*
- *All verses provided are from the ESV translation of scripture unless stated otherwise.*

☒ **Feelings Associated With Loved / Connected**

Accepted

- *Ephesians 1:6 (NKJV)* — “...He has made us accepted in the Beloved.”
- *Romans 15:7* — “Therefore welcome one another... as Christ has welcomed you...”
- *John 6:37* — “...whoever comes to me I will never cast out.”

Bonded

- *Colossians 2:2* — “...that their hearts may be encouraged, being knit together in love...”
- *1 Corinthians 1:10* — “...that there be no divisions among you, but... united in the same mind...”
- *Philippians 2:2* — “...being of the same mind, having the same love...”

Cared For

- *1 Peter 5:7* — “Casting all your anxieties on him, because he cares for you.”
- *Psalms 55:22* — “Cast your burden on the Lord, and he will sustain you...”
- *Isaiah 46:4* — “...I will carry you; I will sustain you and rescue you.”

Cherished

- *Zephaniah 3:17* — “He will rejoice over you with gladness; he will quiet you by his love...”
- *Isaiah 43:4* — “Because you are precious in my eyes, and honored, and I love you...”
- *Psalms 17:8* — “Keep me as the apple of your eye; hide me in the shadow of your wings...”

Close

- *Psalms 34:18* — “The Lord is near to the brokenhearted...”
- *James 4:8* — “Draw near to God, and he will draw near to you.”
- *Psalms 73:28* — “...it is good to be near God...”

Loved

- *Romans 8:38–39* — “Nothing... will be able to separate us from the love of God...”
- *1 John 3:1* — “See what kind of love the Father has given to us...”
- *Jeremiah 31:3* — “I have loved you with an everlasting love...”
- *John 15:9* — “As the Father has loved me, so have I loved you. Abide in my love.”

Safe

- *Proverbs 18:10* — “The name of the Lord is a strong tower...”
- *Psalms 4:8* — “In peace I will both lie down and sleep; for you alone... make me dwell in safety.”
- *Psalms 91:4* — “He will cover you with his pinions... his faithfulness is a shield...”

Secure

- *Psalms 16:8* — “I have set the Lord always before me; because he is at my right hand, I shall not be shaken.”
- *Psalms 125:1* — “Those who trust in the Lord are like Mount Zion, which cannot be moved...”
- *Isaiah 26:3* — “You keep him in perfect peace whose mind is stayed on you...”

Supported

- *Isaiah 41:10* — “Fear not... I will strengthen you, I will help you, I will uphold you...”
- *Deuteronomy 33:27* — “The eternal God is your dwelling place, and underneath are the everlasting arms.”
- *Psalms 18:35* — “Your right hand supported me...”

Valued

- *Matthew 10:31* — “Fear not, therefore; you are of more value than many sparrows.”
- *Luke 12:7* — “...Fear not; you are of more value than many sparrows.”
- *Isaiah 43:4* — “Because you are precious in my eyes, and honored, and I love you...”

★ Reflection Reminder

Your worth is not decided by people — it's rooted in the One who calls you His beloved. “See what kind of love the Father has given to us, that we should be called children of God...” — 1 John 3:1 (ESV)

SAD / DOWN / HOPELESS

Clinical Integration

When you feel sadness, discouragement, or hopelessness, your body often slows down — energy drops, appetite and sleep can change, and your muscles may feel heavy. This is the brain's way of signaling that you need comfort, connection, and rest. Naming what you feel helps you invite God's nearness — because He promises to be close to the brokenhearted and to restore hope, even when you can't see it yet.

- *Use these Scriptures to remind your soul that God is near, and darkness never has the final word.*
- *All verses provided are from the ESV translation of scripture unless stated otherwise.*

☒ Feelings Associated With Sad / Down / Hopeless

Ashamed

- *Psalms 34:5* — “Those who look to him are radiant, and their faces shall never be ashamed.”
- *Romans 10:11* — “Everyone who believes in him will not be put to shame.”
- *Isaiah 54:4* — “Fear not, for you will not be ashamed...”

Blue

- *Psalms 42:11* — “Why are you cast down, O my soul? ... Hope in God...”
- *Psalms 30:5* — “Weeping may tarry for the night, but joy comes with the morning.”
- *Psalms 43:5* — “Hope in God; for I shall again praise him...”

Dejected

- *Psalms 147:3* — “He heals the brokenhearted and binds up their wounds.”
- *Isaiah 40:29* — “He gives power to the faint, and to him who has no might he increases strength.”
- *Psalms 9:9* — “The Lord is a stronghold for the oppressed...”

Depressed

- *Matthew 11:28–30* — “Come to me, all who labor and are heavy laden, and I will give you rest.”
- *Psalms 42:5* — “Why are you cast down, O my soul... Hope in God...”
- *2 Corinthians 4:8–9* — “We are afflicted in every way, but not crushed...”

Disappointed

- *Romans 5:5* — “...hope does not put us to shame...”
- *Psalms 25:3* — “Indeed, none who wait for you shall be put to shame...”
- *Micah 7:7* — “But as for me, I will look to the Lord; I will wait for the God of my salvation...”

Discouraged

- *Joshua 1:9* — “Be strong and courageous. Do not be frightened...”
- *Psalms 31:24* — “Be strong, and let your heart take courage, all you who wait for the Lord!”
- *John 16:33* — “...In the world you will have tribulation. But take heart; I have overcome the world.”

Down

- *Psalms 40:1–2* — “He drew me up from the pit of destruction...”
- *Psalms 3:3* — “But you, O Lord, are a shield about me, my glory, and the lifter of my head.”
- *Psalms 27:14* — “Wait for the Lord; be strong, and let your heart take courage...”

Empty

- *Psalms 16:11* — “In your presence there is fullness of joy...”
- *Psalms 107:9* — “For he satisfies the longing soul...”
- *John 10:10* — “...I came that they may have life and have it abundantly.”

Grief-stricken

- *Psalms 34:18* — “The Lord is near to the brokenhearted...”
- *Revelation 21:4* — “...He will wipe away every tear...”
- *John 14:1* — “Let not your hearts be troubled...”

Heartbroken

- *Psalms 147:3* — “He heals the brokenhearted...”
- *Psalms 73:26* — “My flesh and my heart may fail, but God is the strength of my heart...”
- *Isaiah 61:1* — “...He has sent me to bind up the brokenhearted...”

Hopeless

- *Romans 15:13* — “May the God of hope fill you with all joy and peace...”
- *Lamentations 3:21–23* — “The steadfast love of the Lord never ceases...”
- *Isaiah 40:31* — “But they who wait for the Lord shall renew their strength...”

Lonely

- *Psalms 68:6* — “God sets the lonely in families...”
- *Deuteronomy 31:6* — “He will not leave you or forsake you.”
- *John 14:18* — “I will not leave you as orphans; I will come to you.”

Miserable

- *Psalms 30:5* — “Weeping may tarry for the night, but joy comes with the morning.”
- *Psalms 9:9–10* — “The Lord is a stronghold in times of trouble...”
- *Psalms 23:4* — “Even though I walk through the valley... you are with me.”

Mournful

- *Matthew 5:4* — “Blessed are those who mourn, for they shall be comforted.”
- *Isaiah 61:2–3* — “...to comfort all who mourn...”
- *Revelation 21:4* — “...He will wipe away every tear...”

Regretful

- *2 Corinthians 7:10* — “Godly grief produces a repentance...”
- *Philippians 3:13–14* — “...forgetting what lies behind and straining forward...”
- *Psalms 32:1* — “Blessed is the one whose transgression is forgiven...”

Sad

- *Psalms 42:11* — “Why are you cast down, O my soul? ... Hope in God...”
- *Psalms 34:18* — “The Lord is near to the brokenhearted...”
- *John 16:20* — “You will be sorrowful, but your sorrow will turn into joy.”

Unhappy

- *Psalms 16:11* — “In your presence there is fullness of joy...”
- *Psalms 30:11* — “You have turned for me my mourning into dancing...”
- *Psalms 126:5* — “Those who sow in tears shall reap with shouts of joy!”

★ **Reflection Reminder**

When you feel down, remember: God is near. He sees your tears, holds your heart, and promises that hope will rise again. “The Lord is near to the brokenhearted and saves the crushed in spirit.” — Psalms 34:18