

FEELINGS WHEEL WITH SCRIPTURE

**"The LORD is close to the brokenhearted and saves those who are crushed in spirit."
- Psalm 34:18**

HOW TO USE THIS WHEEL:

1. Start in the center - identify if you feel MAD, SAD, SCARED, JOYFUL, PEACEFUL, or POWERFUL
2. Move outward to find more specific emotion words
3. Bring that emotion to God in prayer

CENTER EMOTIONS:

MAD (ANGRY)

→ Frustrated, Irritated, Resentful, Furious, Jealous
Scripture: "In your anger do not sin" - Ephesians 4:26

SAD

→ Disappointed, Hurt, Lonely, Depressed, Guilty, Grief-stricken
Scripture: "The LORD is close to the brokenhearted" - Psalm 34:18

SCARED (ANXIOUS)

→ Worried, Nervous, Insecure, Overwhelmed, Terrified, Vulnerable
Scripture: "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God" - Philippians 4:6

JOYFUL (HAPPY)

→ Content, Excited, Grateful, Hopeful, Delighted, Proud
Scripture: "Rejoice in the Lord always. I will say it again: Rejoice!" - Philippians 4:4

PEACEFUL (CALM)

→ Secure, Relaxed, Trusting, Satisfied, Comfortable
Scripture: "Peace I leave with you; my peace I give you" - John 14:27

POWERFUL (CONFIDENT)

→ Capable, Strong, Courageous, Valued, Important
Scripture: "I can do all things through Christ who strengthens me" - Philippians 4:13

EXPANDED EMOTIONS LIST:

Accepted, Adequate, Amazed, Amused, Appreciated, Ashamed, Bitter, Blessed, Bold, Bored, Cautious, Confused, Curious, Defeated, Defensive, Discouraged, Disgusted, Embarrassed, Energized, Engaged, Envious, Exhausted, Free, Fulfilled, Helpless, Honored, Hopeless, Hostile, Impatient, Inadequate, Inspired, Invisible, Isolated, Loved, Numb, Optimistic, Overwhelmed, Protective, Refreshed, Rejected, Relieved, Respected, Restless, Safe, Settled,

Shocked, Supported, Surprised, Suspicious, Tender, Threatened, Trapped, Uncertain,
Understood, Unworthy, Valued, Vindicated, Weary, Worthy

PRAYER WITH YOUR EMOTIONS:

"Lord, I feel _____ right now. I bring this to you. Help me understand what I need and how to respond in a way that honors you. Amen."