

Homework:

Week 4: Feel Your Feelings

Did you view the Tuesday Training this week? Yes or No?

In a sentence, why is it so important to feel your feelings when grieving?

What does “feel all the feels” mean?

What was Jerry Sittser’s wise counsel he gave me regarding my feelings as I was experiencing nightmares because of a traumatic memory?

What is author John Bradshaw’s great quote about feelings? Do you agree with him?

What happens to us if we bury our feelings and emotions?

Why are the tears of Jesus significant? (John 11:35)

Dr. Paul Brand says, “*Pain is a gift.*” Do you agree or disagree? Please explain.

What is one benefit from crying? (The health benefits of tears)

God collects our tears in a bottle (Psalm 56:8). What is the idea of that phrase?