



# > hooked on a feeling <

how to live in emotional health

## Part 1: Faith and Feelings



**You are a three part being:  
body, soul and spirit.**

**1 Thessalonians 5:23**



**You are responsible for  
your own soul care.**

**Matthew 16:26**

**Psalms 23:3**



**Emotions are not bad.**

**Ecclesiastes 3:4**

**Luke 10:21**

**Acts 18:25**



**Emotions must be  
measured and monitored.**

**Ephesians 4:26**

**Proverbs 4:23**





**Healthy Christians confess  
and express their emotions.**

**1 John 1:9**

**James 5:16**



**Live with your  
feelings,  
but don't live by  
your feelings.**



**Are you investing in your  
emotional health?**