



FEELINGS

a little book for the restless & imperfect

this book
belongs to

How to use:

This book was made for you:

to recenter, to encourage introspection,
to supply words that may not otherwise be there.

When you're feeling down, or frustrated
and experiencing a pattern of negative thoughts
skim through this book
and see what speaks to you :)

WHAT MATTERS

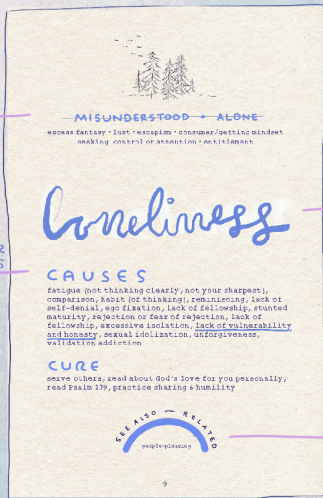
What are the three most important things to you?

IF YOU ARE
FEELING...

+ other
"symptoms"
that may
describe what
you're going
through

CONSIDER
THIS

some possible
insight +
direction



This book may help with:

- seeing patterns of emotions and working through them smoothly
- practicing encouraging yourself in wisdom
- recognizing emotional triggers
- finding your way back to clarity when you've lost it

Look back here when you've lost your way
or when you need to refocus
and regain perspective

But first, let's not forget...

THE BASICS

While real issues can trigger certain emotions, we can not ignore basic influences: our environment, as well as how we treat our mind, body, and spirit.

YOUR SPIRIT

prayer

All prayer is time spent in our Creator's presence, such as speaking and singing to Him and speaking His Words. Don't underestimate its power.

pray always
express gratitude
speak up, speak the truth, be honest
speak power, healing, & authority
read & study His words
increase (focus) your faith

YOUR BODY

temple

You know it: your body is a walking temple. Treat it well, and it will work in your favor.

decent diet
ample sleep
regular exercise
hydration!

YOUR MIND

clarity

Don't live life passively. Make room to sort through it, for clarity & intentionality.

think out loud or on paper
journal
keep spaces clean
meditate
do nothing
maintain boundaries
write down goals
keep goals visible
be mindful of expectations

YOUR ENVIRONMENT

community

Our community is everything. We are watered, grown, and able to love only in community. Choose wisely.

keep encouraging friends
seek accountability & feedback, to be challenged
seek mentors, counselors, therapists
collaborate

btw...

There is no one-size-fits-all pep talk. You can't take God's Word (or any encouragement for that matter), water it down to a sound bite, and call it a relationship. Don't try to distill the wisdom into a sticky note or a pretty-looking quote to draw in your journal or post on social media. At the end of the day - after all the advice, the inspiration, the reading, the videos, and the self-help - you still need to pray. You have to pray. You have to surrender. You have to get real. And the moment this becomes routine or too familiar, you've already shut God out of what is His.





MISUNDERSTOOD + ALONE

excess fantasy • lust • escapism • consumer/getting mindset
seeking control or attention • entitlement

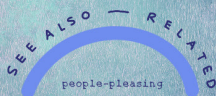
Loneliness

CAUSES

sluggish thinking due to fatigue, comparison, habitual thought patterns, reminiscing, over-indulgence, ego fixation, lack of community, stunted maturity, rejection or fear of rejection, excessive isolation, lack of vulnerability and honesty, sexual idolization, unforgiveness, addiction to validation

CURE

serve others, read about God's love for you personally, read Psalm 139, practice sharing & humility



breathe Be in this moment. Has something stirred you up and left you longing for attention, for praise, for rest? Whatever is persisting in your mind, allow yourself to be still long enough to face the thoughts head-on, and hand them over to God.

You have so many people in your life that care about you - in the past, present, and future (people to come!) - so allow yourself to be discerningly **vulnerable**. This way, people can get close to you, and you, in turn, feel close enough to open up to others. Let yourself be understood and read; we're human and meant to relate to one another. Water the relationships you have. Seek authentic community, and allow God to bring the right people into your life.

Don't assume that God doesn't want to be near you either. God loves you more than anything, and we are to be convinced nothing can separate us from His love [Romans 8:38-39 NKJV]! When we move toward God, He will draw near to us and give us rest. Have faith and know that God will bless you with relationships. In the meantime, practice talking to Him, running to Him, even when it's hard, even when you may not understand yourself because the reality is that process is always necessary: alone and collectively. God says, be anxious about nothing but in everything come to Him with prayer and thanksgiving, turning your petitions into praise [Philippians 4:6].

Live so intentionally in your gifts and purpose - loving others, serving your community, and most importantly, running to prayer about everything, and the 1% of you that's left will look up and realize that you have already found rest.



DOUBT + OVERWHELMED

anxiety · overthinking · rationalizing · doubt
excessive concern of appearance, impression, or people's opinions
perfectionism · dissatisfaction · social exhaustion
fatigue or burn-out · overcommitment · inauthenticity

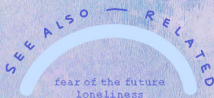
people-pleasing

CAUSES

lack of courage and faith, lacking fear of God, fear of persecution, fear of rejection

CURE

faith & the Holy Spirit via God's Word, specific prayer for practicing courage & boldness to be honest and speak the truth, practice honesty & vulnerability with those whom you "fear" most, read Paul's letter to the Ephesians



ANXIETY + OVERWHELMED

many similar symptoms as "people-pleasing" · excessive concern of the future or the unknown · busy-ness without much productivity
indecisiveness · doubt · over-planning · impulsiveness
inability to enjoy or remember the present/recent events in detail · excessive concern over money and or time
negative self-esteem disguised as constant self-improvement

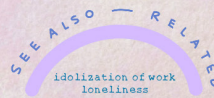
fear of the future

CAUSES

lack of trust/faith in God's plans for you, comparison, attributing your work to your worth (warped identity and priorities), excessive reduction of achievements to numbers, statistics, or other metrics

CURE

pray honestly, practice gratitude and celebration, live within your budget, cut down on social media, try fasting and cutting out all distractions to regain clarity in prayer and reading God's Word, practice being led by the Holy Spirit on how to spend your time



Perfectionism is the connection between people-pleasing and fear of the future, and so they must be addressed together. Often perfectionism is caused by a deep desire to prove oneself and even earn love. It is a deep belief that the outcome of life is ultimately your responsibility for which you must work. So you work to be liked, and you work even harder to control your future. All of this is in response to warped reasoning on a few realities. 1. Sometimes people disliking us has nothing to do with anything we do. 2. Life is wildly unpredictable, and we are not in as much control as we think. 3. God loves you, and this is good news. And so:

be still. God is saying, "Let go." There is another author to this story, and His pen is perfect. Unclench your grip off the project that is your life and surrender to the help from God you so desperately need. Open your hand. Rest in freedom, knowing that Jesus has given you value and worth through His work and His love. And in this, you can walk out your future in honesty and boldness because God has favor over you. Get out of the vicious cycle of overthinking and worry, and silence your fears and insecurities with the truth. "Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you, wherever you go," [Joshua 1:9].

Be in the present, for tomorrow will worry about itself. Love the people, the tasks, and the circumstances right in front of you. Utilize the blessings you already have. Make plans, only in knowing God is steering the ship and holds the map. So your only job is to stay close to the captain! Sometimes we can fear the unknown so much - between the future and other people's opinions - we can become paralyzed and do nothing!

Matthew 25:14-30 reads, "For to everyone who has, more will be given, and he will have abundance, but for him who does not have, even what he has will be taken away," [vs. 29]. If you bury your life in fear, pride, and perfectionism, in the end, it will be like you have even less than that with which you started. This kind of fear is laziness and untrusting of God. There is no time or right to be perfect or shy or liked. Your imperfections are an opportunity for God to glorify Himself by working through them. So welcome the imperfections! Do your best, but then wait and expect God to walk through the door. There is no misstep, for God is sovereign! "As for you, you meant evil against me, but God meant it for good..." [Genesis 50:20].

Do not worry. Pursue what is clear. Exercise faith. It's not about the magnitude or value of your effort, but whether you obeyed in faith. Afraid of being judged? Yeah, by the Creator, if you keep living in fear. Don't believe in yourself? Good! He gets glory in your weakness. But stop people-pleasing, stop running from confrontation, stop enabling your fears, and stop observing your cowardice and reinforcing the behavior. There is no "I have arrived", there is only moving toward Christ, and this is the perfect position. Honor what God has left you as a gift, no matter who is looking (and if you don't know, ask Him and read His Word!). Focus less on the world and more on pursuing, loving, serving, and glorifying God. This is rest. This is eternal life. Keep your eyes on Him, and the "fight" against the enemy is hardly a fight at all. You don't even see the fight, because you're so in love with Jesus. "[His] yoke is easy," [Matthew 11:28-30]. If all you do is look around, at others, at circumstances, at the future, at the clock, at fantasies, etc., you'll never look at God. Choose to look at Him, all that is needed, and He will not be taken away from you, [Luke 10:41-42].



~~RESTLESSNESS + FRUSTRATION~~

controlling imperiousness · compulsory planning, neatness, cleaning, or other forms of orderliness · competitiveness · perfectionism · irritability · unfulfilled dissatisfaction
high levels of multitasking · harsh self-criticism

idolization & work

CAUSES

a false sense of worth and morality, lack of prayer, unhealthy pride in achievement, attributing your work to your worth (warped identity and or priorities), comparison

CURE

pursue depth in your relationship with God, prayer, practicing regular quality rest, serve and enjoy community, ask God to humble you



The book of Ecclesiastes tells us there are three issues with putting our hope in work: 1. When you die, you can not take any of your winnings with you, for they are like smoke, bath bombs, and sandcastles: satisfying yet fleeting. 2. Pursue a passion, and you will work endlessly because your identity is all wrapped up in it. And 3. work cannot give you identity because there is always competition in the global playing field, threatening your person. We internalize the notion of making our mark on this world, choosing to compare, trying to justify our existence. But identity cannot be created; it must be given to you from your Creator. "Better [one] hand[full] with quietness, than both hands full, together with toil and grasping for the wind," [Ecclesiastes 4:5-6 MSG]. In other words, a fool folds their arms in laziness, and another grabs life by the horns, consuming his flesh. But the wise keep one hand open, working from a place of rest, keeping their eyes on heavenly things. The moment you grasp for control, you have already surrendered your peace.

You are trying your hardest to make it happen, but it was never your job to have it all together - not in our limited human strength alone. Our gift is grace, love, and the work is done in Christ, may we only take hold and surrender to it. No amount of education, of strategizing, of planning, of stress, or re-counting steps, of meditation, of calculations, of labor, of late nights, of money, of influence, of beauty, of time, of charisma, of anything, will get it done if you didn't lay it before God who is your helper, your collaborator, Your God, your SAVIOR. Open your palm, and let it go. "And they overcame him by the blood of the Lamb and by the word of their testimony, and they did not love their lives to the death," [Revelation 12:11].

"Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light," [Matthew 11:28-30]. You can shoulder the task of finding meaning on your own, or you can look to what Jesus calls us to - the only burden that gives us rest. Do not internalize pain, rejection, and the fluctuating subjective worldly value assigned to you. Internalize that Jesus values you so much that He died and rose for you, long before you felt the need to prove anything to anyone. He loved you before you even knew Him! Meditate on this truth, and **let it free you.**



RESTLESSNESS • DOUBT

impulsive • breaking goals & commitments • short with people
harsh self-criticism • lack of peace • starting multiple projects
multi-tasking high • inability to focus in a day-to-day sense and
overarching life direction • scattered mind
comparison • leaving things unfinished

impatience

CAUSES

fear of failure, lack of self-discipline, lack of focus or vision, short-winded willpower, idealizing leading to unrealistic expectations, lack of accountability, lack of celebration or fair acknowledgment of progress

CURE

practice exercising self-discipline in the small things with incremental increases in difficulty (for example, fasting), learn and know that self-control and patience are fruits of the Holy Spirit [Galatians 5:22-23], seek accountability and mentors/encouragers/coaches, meditate on God's Word and making a conscious effort to silence other distracting thoughts, keep some record of goals and progress, and do not fail to celebrate or acknowledge realistic progress



focus

Perseverance means having the faith and self-control not to look around, but continually forward. So push past comparison, past distractions, past fleeting pleasures, and resubmit to the process. It also means not backing down when things look daunting, overwhelming, or scary. Keep failing? Maybe you've given up too soon, underestimated what was required, or you haven't gone far enough to fairly evaluate matters.

Sometimes we are even out of bounds of God's will for our life - making things unnecessarily complicated and dragged out - at which point we need to get into honest, humble prayer and ask God for clarification (see Faint of Heart for more on that). But more often, we are called to seasons of discomfort because God is after the sanctification of our hearts through such circumstances. So trust and be watered in the perfect and beautiful timing of God's creativity. And slow down enough to see and appreciate the work He's doing on your heart.

In the meantime, keep pushing, using obedience as your strategy. Fight on the spiritual offense, keeping your heart clear of junk, and remind yourself of the goal regularly enough not to forget. Pray for provision, speak power and life over yourself with God's Word, and embrace the trials that reveal your heart, so whatever is revealed impure, you can give back to God on His altar.

Yes, it's hard, but you will reap the harvest if you do not quit [Galatians 6:8-10]. So don't quit. Don't quit. Don't quit. Don't quit. This isn't about changing the plan or getting it perfect. This is about clinging to God daily in perpetual dependence. "Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day. For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory, while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal," [II Corinthians 4:16-18].



NIHILISM • LIMBO

overthinking • unfulfilled • laziness • boredom
passivity • lack of motivation • depression

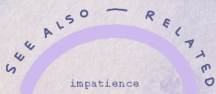
Faint of heart

CAUSES

lack of challenge, lack of vision and conviction,
short-winded willpower, indulgence in life
distractions, unreasonable response to failures,
regular yielding to impatience

CURE

pray for clarity and refocus/realignment, pursue God
deeper, read the Gospel, pray for tests and trials by
fire, speak more power and authority over issues



Moral to the story: **there is no endpoint**
How is impatience different from faint-
heartedness? It's like irritability vs. a
complete lack of drive. Impatience says, "are
we there yet?" Faint-heartedness says,
"What's the point?"

Deceived by a myriad of idols, goals can
sometimes give us the impression that the
destination will provide a happily-after-
ever. But the deep soul fulfillment of them is
fleeting, if deep at all. There is no "I have
arrived" there is only moving forward in
Christ, staying close to the Father - this
experience is eternal life, for the greatest
gift God can give to us is always Himself.

Meaning is not in any one thing except love,
and love is a process, a journey, an
experience, and only complete with the author
of love itself, which is God. Walking out this
journey means seeing the spiritual emptiness
of worldly "success" and treasures. It means
not allowing a lack of understanding or
excitement to move the foundation of your
faith. Most importantly, it means
prioritizing relationships (with God and with
people) over how circumstances look.

How God Speaks

in dreams & visions
through people
in thoughts during or after prayer
through repetition & experiences
through tension & stirring of the heart

— unsure? —

God is speaking all the time,
so listen.
It may not appear or come how you expect
it will not contradict God's Word
it will not tempt you to do wrong

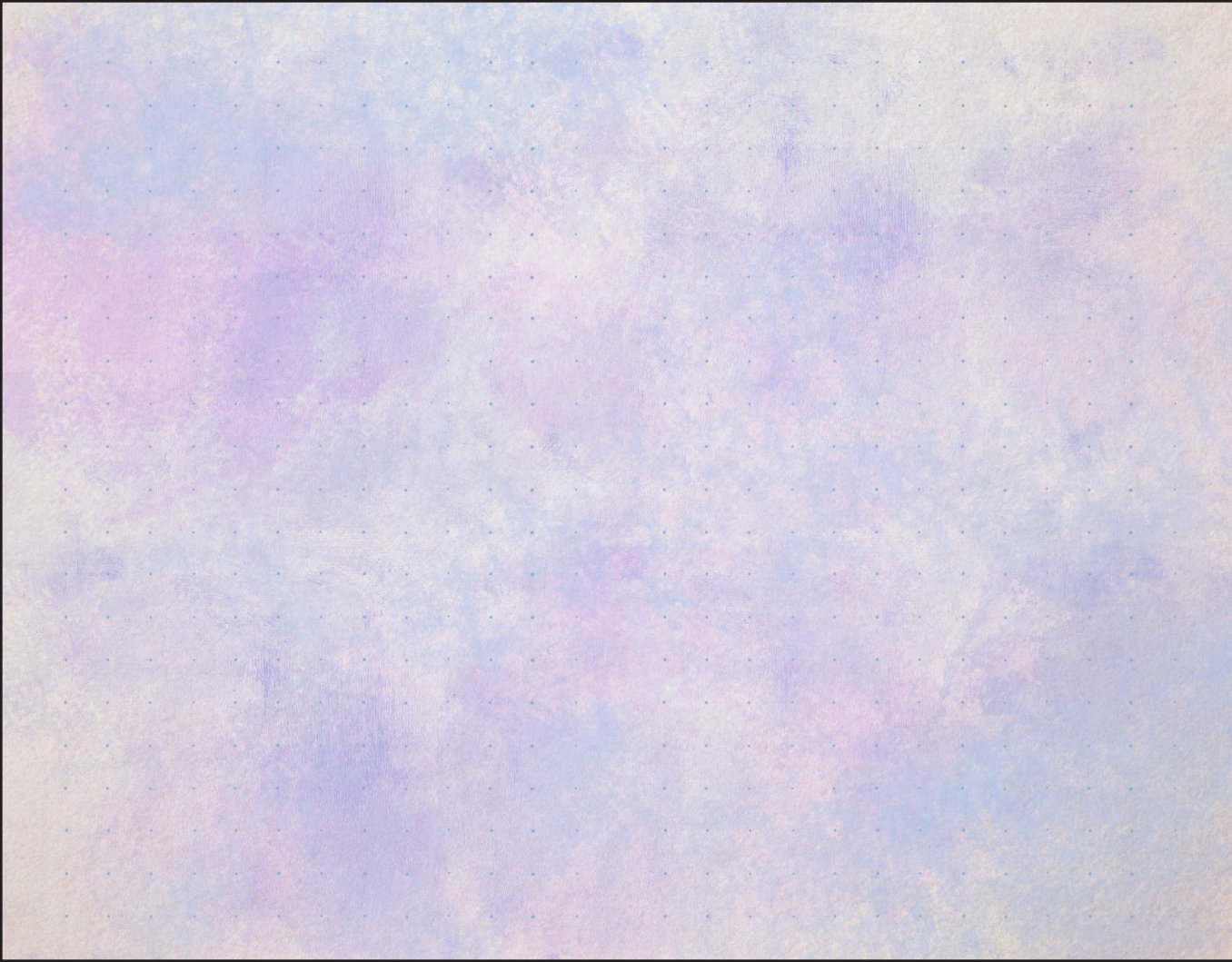
— still unsure? —

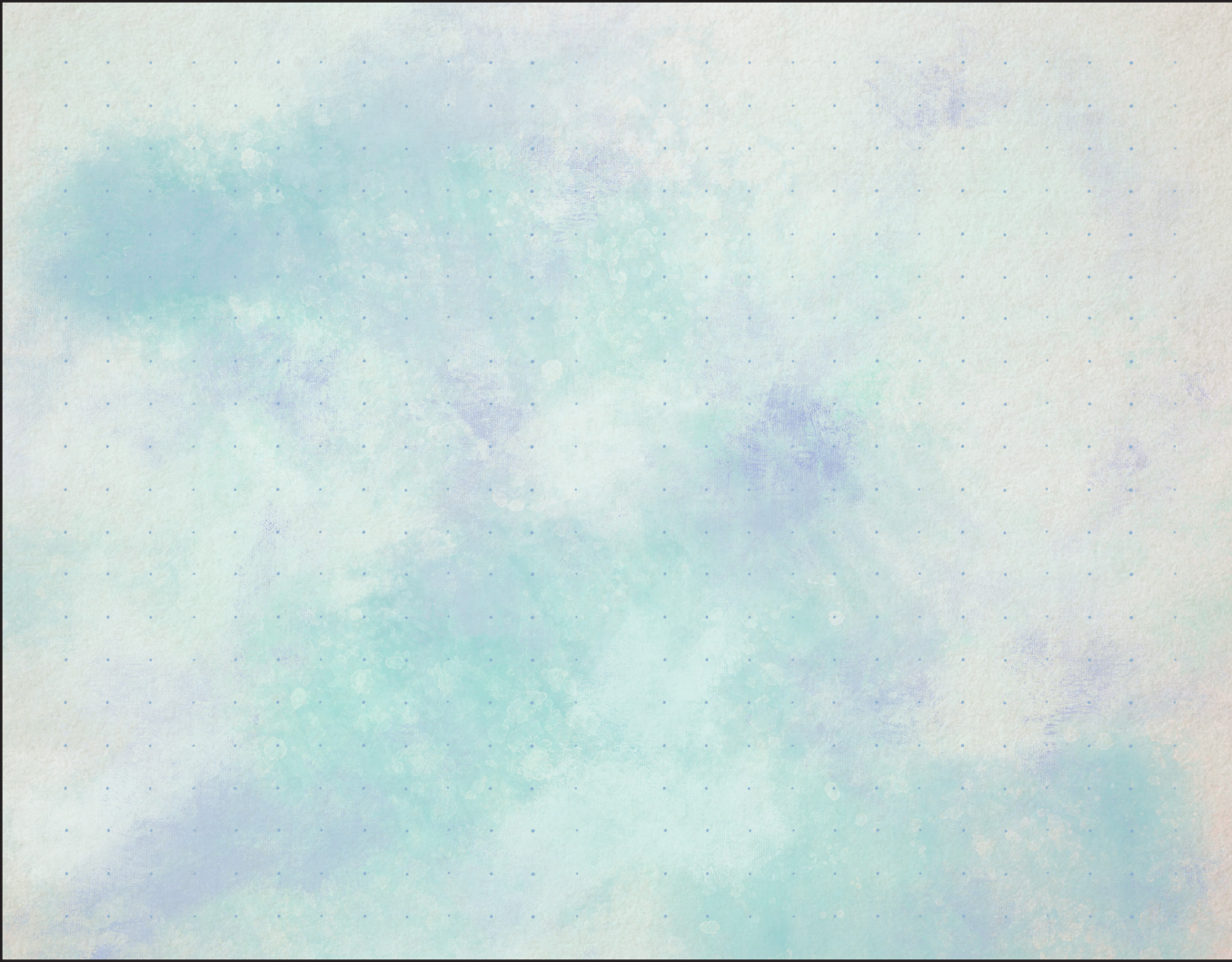
Does it bring you closer to Him?
Does it glorify God or serve others?
If you're erroneously going the wrong way,
God will be sure to get your attention
example: Jonah & the whale
example: the Prodigal son & the famine [Luke 15:11-24]
THIS IS GRACE. THIS IS LOVE.

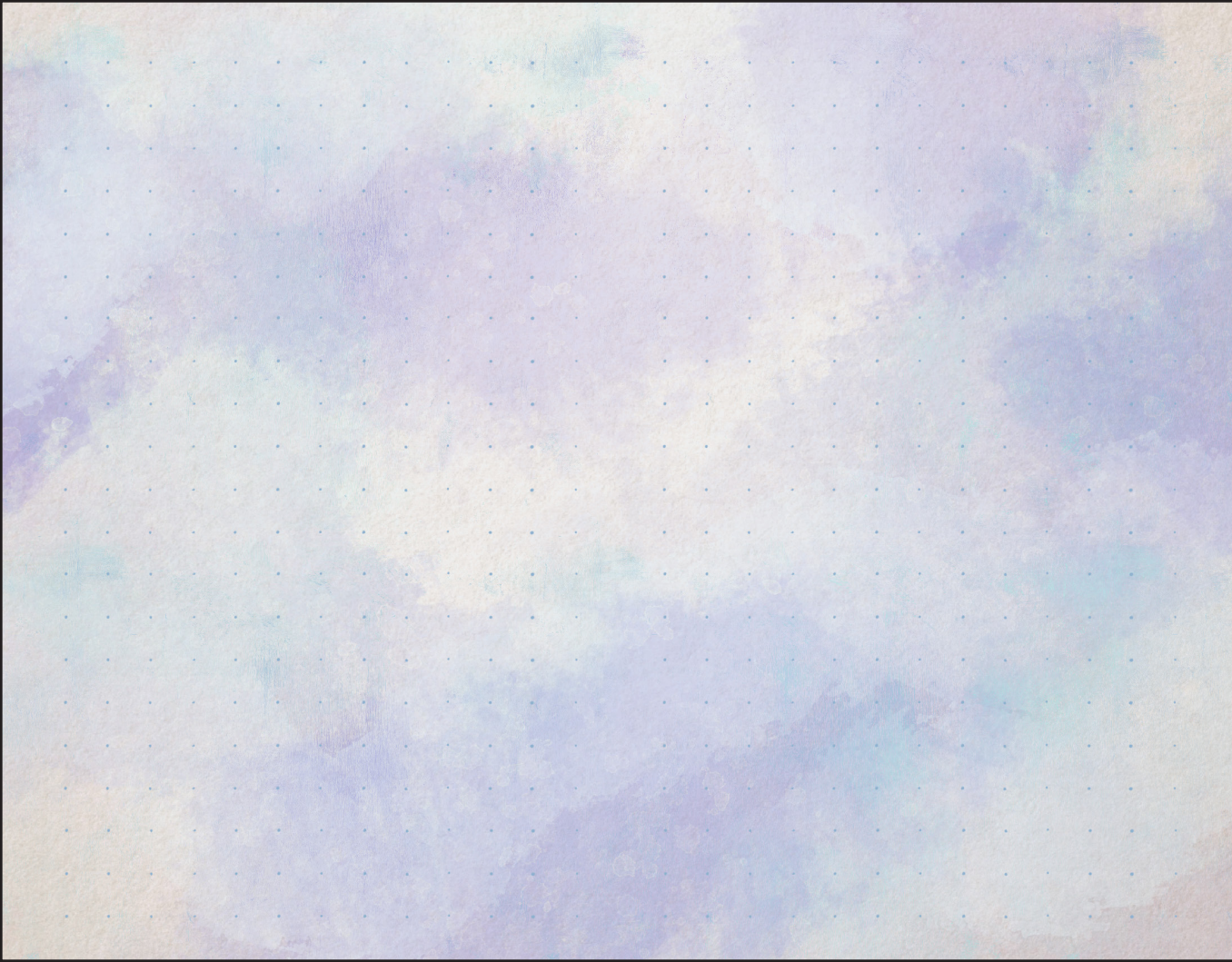
WAYS GOD HAS REVEALED HIMSELF


and ways He's awesome to you :)











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