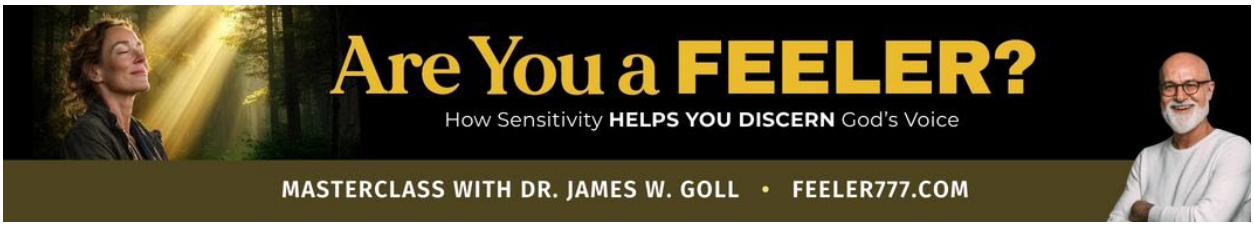

STUDY GUIDE

Are You A Feeler? Discover How Sensitivity Helps You Discern God's Voice

I. Who and What Are Feelers?

A. A Divine Pondering

I always wondered why human emotions seem to get such a bad rap in the Church. What does God's Word say about them, and how should I understand what I read there? What is the ideal way to handle my personal emotions? Should I consider them good, or bad, or neutral? How should emotions look in the life of a mature believer? How does the emotional side of someone's personality blend with spiritual gifts? Should I consider my emotions to be a help or a hindrance when it comes to serving in God's Kingdom?

Emotions and feelings can be weird, as I am sure you know already. How do they fit into sensing and knowing the drawing of the Holy Spirit? Does it help or hinder in hearing the voice of God?

I am not a psychologist and I cannot claim to have the last word on the things of God. But I have tried to make a thorough study of how our human emotions help us to discern the will of God and act accordingly. It is my great desire to help people everywhere to serve the King and His Kingdom more freely from not only their minds but also through their hearts. I have learned that we can submit what we have been by God and it can be empowered by the same Holy

Spirit.

B. **Feelers Train Their Senses**

We each have five natural senses which correspond to spiritual senses. The gifts of the Spirit operate through our natural senses and especially our feeler, emotive realm. Your natural sense of "touch" has a corresponding spiritual sense of "prophetic feelings." As you surrender your feelings to the Lord, He'll use them as a means through which He deposits His revelation, anointing, discernment, and spiritual gifts to help you discern His voice and His ways.

What are we training, according to Hebrews 5:14? Our senses, both our natural senses and our spiritual senses, "... who because of practice have their senses trained to discern good and evil." These five natural senses are 1) sight, 2) hearing, 3) touch, 4) taste, and 5) smell. I add a sixth sense, "knowing," because our minds are trained to interpret all the information that comes along. These senses correspond to spiritual senses as follows:

1. **Eyes** (seeing): Visions and dreams.
2. **Ears** (hearing): Voices and sounds.
3. **Heart** (feeling): Emotions and feelings.
4. **Tongue** (tasting): Good and evil.
5. **Nose** (smelling): Good and bad.
6. **Mind** (knowing): Divine thoughts and impressions.

II. Is God A Feeler?

A. **Is God An Emotive God?**

Every question raises new ones. Where do all these emotional feelings come from, anyway? Do they reflect the qualities of the Creator in whose image we have been created? In other words, do we worship an emotive godhead? Or is He objective and far removed from the messy business of human interactions? I wondered if we can know how God feels—assuming He even

has emotions.

I knew that Jesus showed anger and He also showed compassion and sympathy: "*Jesus wept*" (John 22:35). But was that only because the Son of God was also a man, which puts Him in a different category from the other two persons of the Trinity? … And are these even the right questions to ask?

I was amazed and reassured to see such a variety of strong emotions pouring out of the heart of the Lord God:

"*I* [the Lord God] *was amazed to see that no one intervened to help the oppressed. So I Myself stepped in to save them with My strong arm, and My wrath sustained Me…*

"*I will tell of the Lord's unfailing love. I will praise the Lord for all He has done. I will rejoice in His great goodness to Israel, which He has granted according to His mercy and love. He said, 'They are My very own people. Surely they will not betray Me again.' And He became their Savior. …In all their suffering He also suffered, and He personally rescued them. In His love and mercy He redeemed them. He lifted them up and carried them through all the years.*"
(Isaiah 63:5,7–9, NLT)

B. **Embracing the God of Emotions**

Some theologians say He does not; they declare that an all-powerful, supreme God must be "impassable," that He does not have passions as we do, or if He does, that He does not exhibit them openly.

After a lifetime of learning about God, I reject that proposition, based on the evidence of Scripture after Scripture.

Yes, God is love, joy, peace, and all the other fruits of the Spirit. Through these fruits, the Holy Spirit exhibits the very emotions of God to your heart and soul and even your physical body. The Holy Spirit is not moody but He can be grieved or be joyful, give warnings, and share the depth of feelings of the

Father's Heart.

C. **We Are Made in His Image**

We are created in God's image. We have been created as emotional beings because He is that way. The Creator God is Himself emotive. We are also badly tainted with sin and rebellion and evil motives, but in our original design we are modeled by the Creator Himself. He expresses Himself in many ways, and He wants us to follow Him closely as we love and serve Him. He is not a distant, unfeeling God. Indeed, He is passionate—and compassionate.

D. **Empowered by the Gifts of the Holy Spirit**

Consider the gifts of the Holy Spirit:

1. Discerning of spirits.
2. Gift of faith.
3. The gifts of healing and so much more.
4. I want everything that You want to give to me!

III. Who Are These Highly Sensitive People?

A. **God's Creative Artisans**

As we know, God is the Creator. We are made in His image, and therefore the Creator lives in us. I have learned that artisans are especially creative. Living in Nashville, Tennessee, I am especially surrounded by creative musicians, dancers, painters, worshippers, writers, designers, and so much more. God is a poet! God is a Creative, Sensitive Artisan!

B. **David Dreiling Dream**

I received a dream in which my friend David Dreiling, who had graduated to heaven, speaks to me and says, 'You need to read this book!' He shoved the book, ***The Highly Sensitive Person***, into my chest. I woke up and thought,

"What is that book about?" I immediately looked it up on Amazon and when I got it, I found that it was an important piece to growing understanding on being a Feeler.

C. **A Distinct Category of People**

HSP is a helpful terminology recognized in recent years by notable leaders in the fields of psychology and psychotherapy. It helps to identify and understand a special category or group of people who, by birth and/or by the way they have been shaped by life, to be more sensitive than others.

The National Bestseller, ***The Highly Sensitive Person***, is a great tool in helping one grow in understanding in this arena. An acronym has been developed that describes this special group of Highly Sensitive People: **D.O.E.S.:**

1. **D is for Depth of Processing.**

   At the foundation of the trait of an HSP is the tendency to process information more deeply. The depth of which one processes in their heart and soul is on the deeper side. They are often high contemplators and function with a good intuition.

2. **O is for Over-Stimulation.**

   The HSP will tend to notice every little thing in a situation, and if the situation is complicated, intense, cluttered, or goes on too long, it seems to wear them out due to the amount of stimulation they are incurring. Others, not noticing as much data to process, will not be as likely to tire out as quickly.

3. **E is for Emotional Reactivity.**

   The highly sensitive person tends to react more to both positive and negative experiences. Not only do they experience strong emotions, but also according to brain function studies, they exhibit higher areas of thinking and perceiving.

E is also for empathy. HSP's do not just know how someone else feels, but actually feel that way themselves to some extent.

4. **S is for Sensing the Subtle.**

   To the highly sensitive person, this quality is one that they are keenly aware of—the little things that others tend to miss. The awareness of subtleties is useful in a number of ways, from simple pleasures in life to strategizing a response based on the awareness of others' nonverbal cues about their mood or trustworthiness.

IV. Let's Explore the Feeler Realm

With practice and discernment, **you can learn to recognize, filter, and understand the often-subtle ways the Holy Spirit speaks directly to your heart, emotions, and intuition, bringing divine revelation through your sanctified feelings.**

For example, you can grow in your capacity to:

- Discern angelic and demonic spirits by sensing and feeling their presence.
- Receive words of knowledge and experience gifts of healings through sensations.
- Detect a spirit of witchcraft by feeling a pain behind your eyes.

As you mature in the supernatural ways of Jesus, He can more effectively use you to minister His life and gifts to others.

Through grounded scriptural teaching, lessons from Church history, modern testimony and personal experience, **you will learn to grow practically in receiving and discerning spiritual revelation. You will learn to be more sensitive to His voice!**

Declare with me that you want to learn to:

- Identify the emotions of God

- Recognize how the Holy Spirit communicates gifts and revelation.
- Respond appropriately to your feelings.
- Embrace your sensitive nature.
- Detect the gifts and fruits of the Holy Spirit through feelings.
- Cooperate with and flow in the power of God.
- Live a naturally supernatural life.

V. A Prayer of Discovery

Father, because of Jesus and Your Spirit, I want to serve You with a life full of adventure. I present myself and the members of my body to You. I bring You my personality, my sensitivity level, and my weaknesses. I want Your Holy Spirit to descend upon me and empower my life as You did with Jesus. (John 3:16–17)

I desire to hear Your voice in a greater manner than I ever have before. Fill me. Shape me. Use me. Give me a heart of tenderness for Your Kingdom's sake. Mold me to suit Your will to fulfill the greatness of Your ways. I declare that You are the potter and I am the clay. I want to discover how sensitivity can help me to discern the voice of God. Amen and amen!