

# WOVEN

## January NEWSLETTER

### HEARING GOD WHILE LISTENING TO YOUR EMOTIONS

In the hustle and bustle of daily life, it can be challenging to find moments of stillness and clarity. As Christian women, we know that guidance from God is essential, and one way that we are naturally triggered to stop and look to God is when we have that prick, twinge, or elevation of emotion. Emotions are powerful messengers from within and can serve as a pathway to hearing God's voice.

Emotions are a gift from God, and they reflect our innermost thoughts and feelings. When we pay attention to our emotions and examine them in the light of God's Word, we gain insight into His will for our lives. For instance, feelings of peace and satisfaction may indicate that we are on the right path, that all is well and we are aligned in our daily walk with God's plan for our lives. However, feelings of unease, tumult, and edginess suggest that we may need to review our situations and reevaluate our choices.

To hear God through your emotions, take time each day for a space of reflection and prayer. Journaling your feelings and thoughts can help you discern God's voice more clearly and have a reference point to return to for review. Remember that the voice of God's guidance always aligns with His Word, so studying the Bible will provide you with a solid foundation for interpreting your emotions in a faith-based context.

**Romans 15:13**

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