

# Biblical Feelings Wheel

The biblical feelings wheel is a helpful tool for growing in emotional awareness and spiritual maturity. It enhances our ability to identify emotions that we might otherwise overlook or struggle to name. By giving language to nuanced feelings, the wheel helps us articulate what we're experiencing with greater clarity, which in turn improves communication with others. It also supports better emotional regulation, allowing us to process and manage our inner life in healthier ways. Beyond personal growth, the wheel offers a unique connection with Scripture, grounding our emotions in God's truth and guiding us toward His perspective rather than being swept away by our own shifting feelings.

To use the biblical feelings wheel, begin at the center and identify the core emotion you are experiencing. From there, move to the middle ring to refine that emotion more specifically, and then continue to the outer ring where you can pair it with a biblical truth. Writing down a corresponding Scripture that speaks to this truth, praying through it, and reflecting on it helps anchor your emotions in God's Word. This simple practice not only builds self-awareness but also transforms your emotional responses into opportunities for spiritual growth and deeper intimacy with God.

