

Prayer of Examination [Emotions]

“Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting.”

Psalm 139:23–24

1) Invocation & Adoration

Scripture: Psalm 34:1; Psalm 103:1–2

Lord, You created my inner being; You know my thoughts before I speak. I praise You because You made me with emotions that reflect Your image. You rejoice, You grieve, You are compassionate and slow to anger. I come to You not to hide my emotions but to surrender them to You.

2) Illumination

Scripture: John 16:13; Ephesians 1:17–18

Holy Spirit, reveal the state of my heart. Show me where my emotions align with Your truth and where they are shaped by sin, fear, or unbelief.

Reflection Questions:

- What emotion has been most dominant in me today (or this week)?
- Is it drawing me closer to God or pushing me away?
- What am I believing about God in this emotional state?

3) Confession

Scripture: James 1:19–20; Ephesians 4:26–27

Lord, I confess when I have let my emotions control me rather than be led by Your Spirit. Forgive me for words spoken in anger, withdrawal in bitterness, indulgence in self-pity, or joy sought apart from You.

Reflection Questions:

- Have I acted on my emotions in ways that hurt others?
- Have I ignored or suppressed emotions that needed to be brought to God?
- Have I justified sinful actions because 'that's just how I felt'?

4) Alignment with Christ

Scripture: Colossians 3:15; Philippians 4:6–7

Prince of Peace, let Your peace rule in my heart. Teach me to name my emotions honestly, bring them to the cross, and let Your truth reshape them.

Practice:

- Name the emotion.
- Identify the trigger.
- Speak a biblical truth into it (e.g., anxiety → “God is my refuge” – Ps. 46:1).

5) Godly Response

Scripture: Galatians 5:22–23; Romans 12:21

Lord, help me respond in a way that bears the fruit of the Spirit. Let love temper my anger, joy lift my discouragement, and gentleness shape my interactions.

Reflection Questions:

- What godly action can I take in response to this emotion?
- Who might need grace or truth from me today?

6) Assurance & Rest

Scripture: 1 John 1:9; Matthew 11:28–29

Thank You that my identity is not in how I feel but in who I am in Christ. I lay my emotions before You and rest in Your steadfast love.