

THOUGHT THERMOMETER

TAKING YOUR EMOTIONAL TEMPERATURE



ROB HOSKINS

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In this pandemic season, those feeling physically unwell are instructed to take their body temperature several times a day. But how many of us are taking our emotional temperature? How about our spiritual temperature?

It's normal in seasons of uncertainty to experience a wide variety of emotions including worry, anxiety, and stress. It's also normal to experience gratefulness and joy over simple pleasures. Our emotions can change at any moment of the day, and some people may find it more difficult than others to explain how they are feeling. This chart can be used as a simple tool to help you and your family, friends, and co-workers name your emotions and claim Biblical promises that can help us all remember our solid identities in Christ.

IDEAS FOR USE:

- Hang the printed chart somewhere in your house with sticky notes for each member of the house. Encourage everyone to move their sticky note each morning or evening to reflect how they are feeling.
- Leave the printed chart on the kitchen table to encourage conversations about emotions during meal times.
- Share the digital chart on social media or in a group chat and encourage friends to share how they are feeling.
- Use the digital chart during virtual small group meetings to foster meaningful conversation.

Remember: God knows and understands all of your emotions. He isn't surprised by how you are feeling or what is happening around you. Encourage those around you to be honest with how they are actually feeling and to reach out when they need help. Bear one another's burdens. Let's get through this challenging season together.

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FEELING GREAT!

Rejoice in the Lord always. I will say it again: Rejoice!
- Philippians 4:4



FEELING PRETTY GOOD.

Trust in the Lord with all your heart and lean not on your own understanding.
- Proverbs 3:5



FEELING OKAY.

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.
- Matthew 6:34



FEELING MEH.

Surely God is my salvation; I will trust and not be afraid. The Lord, the Lord himself, is my strength and my defense; he has become my salvation.
- Isaiah 12:2



FEELING LIKE I'M STRUGGLING.

Come to me, all you who are weary and burdened, and I will give you rest. - Matthew 11:28



FEELING DEPRESSED.

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.
- Isaiah 41:10