

Giving language to your emotions is an important part of healing and restoration. The feelings wheel can help you identify what is happening in your heart when words are hard to find, moving you from confusion or overwhelm into clarity and understanding. As you use it, take a few quiet moments to notice what you are feeling, then write those emotions down in a journal without judgment or pressure to make sense of them.

Bring those feelings before God in prayer, trusting that He welcomes your honesty and meets you with compassion. Scripture reminds us that we are invited to “pour out your heart before Him” (Psalm 62:8), showing that it is safe to be honest with God. You were created in His image, and throughout Scripture, we see that God expresses compassion, grief, joy, and love, reminding us that your emotions are not a flaw but part of His design. Journaling in this way creates space for both emotional awareness and spiritual connection, helping you become more grounded, more self-aware, and more open to the healing work God is doing within you.

