

Step 4: Identifying Positive Feelings

The examples below are representative, not exhaustive. Ask God to lead you in the way of Jesus.

Accepted by God	Creative	Joyful in God	Responsive to God
Affirmed by God	Delighted with God	Light	Rested in God
Alert	Delightful	Loved by God	Restored by God
Alive	Discerning	Loving	Safe in God
Appreciated by God	Empowered by God	Meaningful	Secure in God
Approachable	Encouraged by God	Nurtured by God	Seen by God
Aware	Encouraging	Open	Significant in God
Blessed by God	Energized by God	Optimistic	Steady
Brave	Forgiven by God	Patient	Thankful to God
Calm	Forgiving	Peaceful	Thoughtful
Cared for by God	Free in God	Playful	Treasured by God
Caring	Fulfilled in God	Pleasant	Trusting of God
Cherished by God	Full	Pleased with God	Understood by God
Cleansed by God	Genuine	Positive	Uplifted by God
Compassionate	Gracious	Protected by God	Validated by God
Comforted by God	Grateful to God	Quieted by God	Valued by God
Complete in God	Heard by God	Receptive to God	Victorious in God
Confident in God	Honored by God	Recognized by God	Warm
Connected to God	Hopeful in God	Refreshed by God	Well in God
Content with God	Humble	Relaxed	Whole in God
Courageous	Intimate with God	Renewed by God	Worthwhile

. . . and lead me in the way everlasting.

Psalm 139:24b