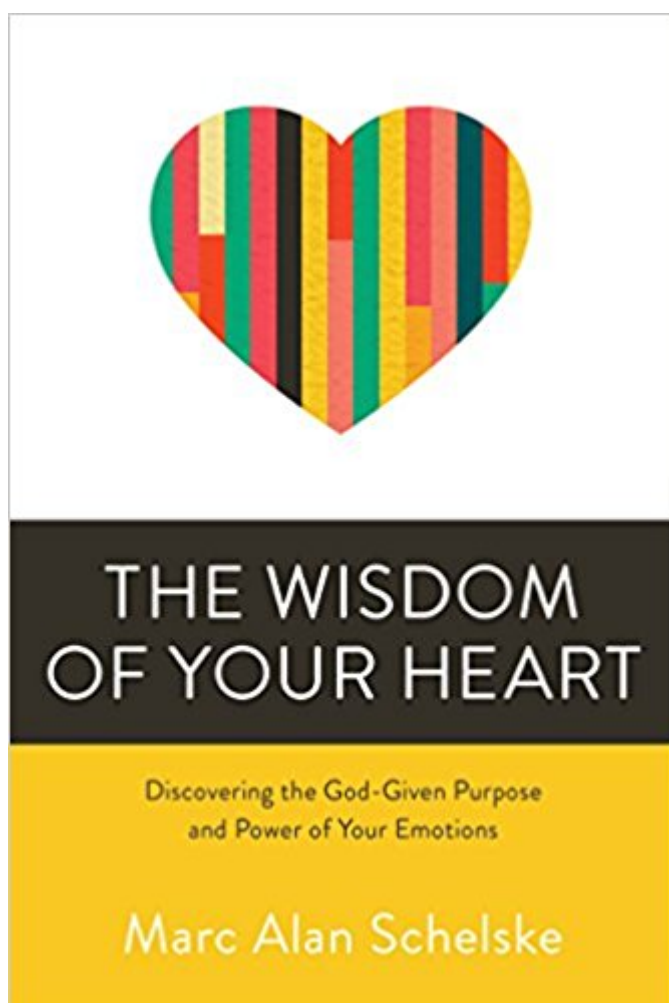


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# The Wisdom Of Your Heart: Discovering The God-Given Purpose And Power Of Your Emotions



## Synopsis

Christians believe many myths about emotions: Emotions lead you astray. Emotions aren't spiritual. And the biggest myth: God is not emotional. The truth is emotions are a God-given source of wisdom when we know how to interpret them. Marc Alan Schelske explores: How to notice our emotions and hear their truth Brain research that gives unexpected insight into emotions' purpose Why denying our emotions hurts couples, families, and even the church Why no one can mature spiritually without maturing emotionally The Wisdom of Your Heart provides a path for listening to the spiritual insights that your emotions offer every day.

## Book Information

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## Customer Reviews

Marc Alan Schelske is a writer, speaker, husband, father, and tea-drinking pastor who rides a motorcycle. He is the teaching elder at Bridge City Community Church in Milwaukie, Oregon, where he has served full time for eighteen years. Marc writes about intentional spiritual living at [www.MarcAlanSchelske.com](http://www.MarcAlanSchelske.com).

This book has been needed for a long time. It's time to take down the curtain and be who we really are; warts and all. The author has done a fantastic job of capturing the essence of what it means to be fully human. That may sound silly but there is a truth to it. Our emotions drive so much of who we do and who we are that divorcing ourselves from understanding them better seems counterproductive. We're not Vulcan after all. God made us amazingly well and our emotions are part of the package. This book will greatly help with understanding how it all plays together.

I got so much out of this book. I couldn't put it down. The author challenged me with a new perspective on my emotions and my faith. I highly recommend this book.

Marc Alan Schelske has written a book that blends biblical studies, theology, psychology and personal transformation to produce insights that not only change the way you think about your emotions but also can improve the way you live. Marc begins his book with his own emotions -- how he learned to recognize different emotions, learn from them and use them to build better relationships. He uses helpful metaphors such as "emotions are like the check engine light in your car." Like a check engine light, our emotions let us know that something is happening inside, potentially something serious that needs to be dealt with. And many people ignore their emotions, just like we ignore the check engine light. Sometimes the consequences are minor, but sometimes ignoring that check engine light means a ruined engine. Ignoring our emotions can cause a great deal of damage to ourselves and to our relationships. The book explores numerous biblical passages, and one of the most helpful aspects of the book is Marc's analysis of passages that describe God's emotions. Marc's careful examination of the biblical text led him to coin a new word to describe God -- "omnimotive." God has experienced all emotions, but God has not been overwhelmed by emotions as we are. In God, we find the healthy expression of all emotions, even emotions that we consider negative. Since we are made in God's image, emotions are part of that image, and learning to accept, explore and experience our emotions in healthy ways is a part of being conformed to the image of God. Although this book contains many deep insights, it is easy to read. Marc's writing style is personal and inviting. He also ends the book with concrete suggestions to help you explore your emotions and become more emotionally healthy. His five step method of Attend (notice your feelings), Articulate (name your experience), Ask (consider the meaning), Assess (weigh the value) and Apply (act with intention) serves as a practical model for gaining more emotional maturity. Anyone who wants to understand their own and others' emotions more deeply and grow in emotional health would benefit from this book.

Whether you sit in a pew or stand behind a pulpit, Schelske's book will prompt you to consider the state of your emotional health and offer first steps to reconnect with a side of our being that many of us suppress: our feelings. The author's personal angle adds gravity and color to his thoughts on the spiritual implications of our emotional lives. Recommended reading--especially for church leaders who feel that a book like this is not for them!

I got a free pre-release copy of this book and agreed to provide an honest review. I really appreciated how Schelske walked the reader through his own journey of learning what his emotional experiences were telling him. That kind of open writing lends a gravity to the book that doesn't come when we're just talking theory. His experience will echo your own and the practical steps to interpreting emotions are helpful. You don't have to have a psychology or theology degree to understand what he's trying to say, since the book is written in very accessible terms with some great metaphors thrown in that paint a compelling picture of just how our emotions move us forward.

Marc delivers way more than I thought was possible in one book. He takes on a misunderstood and undervalued topic and brings personal, professional, scriptural and coaching perspectives. This book gave me clarity about my emotions and tools that have already improved my relationships and helped me navigate challenges. This book will draw you in and encourage you.

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