

Practice 5: Noticing and Naming Emotions

(adapted from pp. 92–93 of the *Practicing the Way Companion Guide* available at practicingtheway.org)

This week's exercise involves learning to **notice and name our emotions in the presence of God**.

Prepare

- Find a quiet, distraction-free place and time.
- Put away all devices.
- Settle into a comfortable and alert posture.
- Breathe deeply and focus on God's presence.

Notice and Name Your Emotions With God

1. **Notice:** Let whatever emotion in you come up. Just notice it. Don't fight it or run away from it or feel guilty about it or judge it. Just notice it.
2. **Name:** Name the emotion, being as specific as possible. You may want to choose one to three words from the [Feelings Word List](#).
3. **Feel:** Sit with the feeling you have named. Instead of turning away and running in the opposite direction, turn and face your emotion like you would an ocean wave. Let it wash over you and pass you by.
4. **Offer it to God:** Pray like Jesus did in Gethsemane.
 - Give God your feelings. Tell him what you're feeling, with no filter.
 - Give God your desires. Tell him what you really want, good or bad.
 - Give God your trust. Surrender your heart again to him. You could pray Jesus' own prayer, "Not my will, but yours be done."

You may choose to do this once before the next session or daily.