

# **THE LIE OF EMOTIONAL LOVE**

## **Companion Workbook**

### **A Biblical Reflection, Prayer, and Covenant Workbook**

Joe Soares

Joe Soares Music & Publishing LLC

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Scripture quotations are taken from the King James Version (KJV) of the Bible.

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## **PREFACE**

This workbook was not designed to help you analyze another person. It was designed to help you stand honestly before God.

One of the greatest dangers inside relationships is the tendency to focus almost entirely on what another person is doing wrong while ignoring what God may be revealing about our own heart. Emotional love often trains people to monitor feelings constantly, measure emotional satisfaction continually, and judge relationships primarily through personal fulfillment.

Scripture continually draws believers away from emotional self-focus and back toward truth, humility, surrender, covenant faithfulness, and a deeper dependence upon Christ.

Each chapter in this workbook is designed to help you prayerfully examine your own heart before God. The goal is not emotional condemnation. The goal is deeper honesty, humility, repentance, spiritual maturity, and faithfulness.

As you work through these pages, resist the temptation to continually apply every question to another person. Instead ask:

"Lord, what are You revealing about me?"

That is where spiritual transformation begins.

And that is where real love begins changing.

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## CHAPTER 1

### WHEN FEELINGS BECOME LORD

"He that trusteth in his own heart is a fool: but whoso walketh wisely, he shall be delivered."

Proverbs 28:26

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#### Scripture Focus

"He that trusteth in his own heart is a fool: but whoso walketh wisely, he shall be delivered."

Proverbs 28:26

#### Heart Examination

- How much of my peace depends upon emotions remaining stable?
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- Have I allowed feelings to influence my obedience to God?
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- In what areas have emotions become more authoritative than truth?
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#### Quiet Reflection Before God

Think honestly about recent moments where emotions strongly influenced your reactions, communication, or decisions. What was happening inside your heart during those moments?

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### **Truth Before God**

Feelings change constantly, but truth remains steady. What would it look like for your relationship decisions to become more rooted in truth rather than emotional instability?

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### **Prayer**

Lord, help me recognize where emotions have begun controlling my heart. Teach me to walk in truth instead of allowing feelings to govern my peace, reactions, or decisions. Help me become steady, humble, and rooted in You above everything else. Amen.

### **Obedience Step**

This week, pause before reacting emotionally and spend intentional time praying before responding.

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### **Continued Prayer Focus**

Pray daily for greater discernment, steadiness, and emotional self-control.

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## **CHAPTER 2**

### **THE DANGER OF FOLLOWING THE HEART**

"There is a way which seemeth right unto a man, but the end thereof are the ways of death."

Proverbs 14:12

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### **Scripture Focus**

"There is a way which seemeth right unto a man, but the end thereof are the ways of death."

Proverbs 14:12

### **Heart Examination**

- Have I mistaken emotional intensity for spiritual wisdom?
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- Where have I relied more on feelings than on scripture?
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- How do emotions influence the way I interpret relationships?
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### **Quiet Reflection Before God**

Describe a situation where your emotions strongly shaped your understanding of a relationship or conflict. Looking back honestly, what do you now see differently?

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### **Truth Before God**

Emotional sincerity does not always equal spiritual truth. How does that reality challenge the way you normally process difficult situations?

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**Prayer**

Lord, guard me from allowing feelings to replace wisdom and truth. Teach me to bring every emotion before You honestly while remaining anchored in scripture rather than emotional impulse. Amen.

**Obedience Step**

Choose one emotional reaction this week and intentionally compare it carefully against scripture before acting upon it.

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**Continued Prayer Focus**

Ask God to strengthen your discernment and teach you how to walk wisely.

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## CHAPTER 3

### WHEN LOVE BECOMES SELF-CENTERED

"Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves."

Philippians 2:3

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#### Scripture Focus

"Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves."

Philippians 2:3

#### Heart Examination

- Do I approach relationships primarily through what I receive or what I give?
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- How does selfishness appear in my communication or expectations?
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- Have I quietly made personal fulfillment the center of love?
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#### Quiet Reflection Before God

Where do you notice self-protection, entitlement, or emotional self-focus affecting your relationships most strongly?

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## **Truth Before God**

Biblical love moves toward humility and service rather than continual self-focus. What areas of your heart still resist that kind of love?

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## **Prayer**

Lord, expose selfishness within me that I may not fully recognize. Teach me to love through humility, sacrifice, patience, and service instead of continually centering relationships around myself. Amen.

## **Obedience Step**

Perform one intentional act of service this week without seeking recognition, appreciation, or emotional return.

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## **Continued Prayer Focus**

Pray for greater humility and freedom from self-centeredness.

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## CHAPTER 4

### WHY EMOTIONS CANNOT SUSTAIN COVENANT

"Charity never faileth."

1 Corinthians 13:8

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#### Scripture Focus

"Charity never faileth."

1 Corinthians 13:8

#### Heart Examination

- How do I typically respond when emotions weaken during difficult seasons?
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- Have I connected faithfulness too closely to emotional satisfaction?
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- What fears surface when relationships become difficult?
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#### Quiet Reflection Before God

Think honestly about how suffering, stress, disappointment, or emotional distance affect your responses within relationships.

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#### Truth Before God

Covenant love remains faithful even when emotions fluctuate. What would it look like to build relationships upon truth and faithfulness rather than emotional consistency alone?

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### **Prayer**

Lord, teach me how to remain faithful when emotions fluctuate. Strengthen me to love through truth, patience, humility, and covenant devotion rather than emotional instability. Amen.

### **Obedience Step**

This week, intentionally choose faithfulness in one area where emotions normally influence your consistency.

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### **Continued Prayer Focus**

Ask God to deepen your understanding of covenant love.

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## CHAPTER 5

### THE FEAR HIDING INSIDE RELATIONSHIPS

"There is no fear in love; but perfect love casteth out fear."

1 John 4:18

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#### Scripture Focus

"There is no fear in love; but perfect love casteth out fear."

1 John 4:18

#### Heart Examination

- What fears most strongly influence my relationships?
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- How does fear affect my communication, reactions, or emotional responses?
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- Have I looked to another person for security that only God can truly provide?
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#### Quiet Reflection Before God

Describe areas where fear may be shaping your emotional life more than trust in God.

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#### Truth Before God

Fear often creates control, emotional instability, and self-protection. How would your relationships change if your security became more rooted in Christ?

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### **Prayer**

Lord, expose fears within my heart that are affecting the way I love others. Teach me to trust You more deeply and help me stop looking to people to carry burdens only You were meant to carry. Amen.

### **Obedience Step**

When fear rises this week, pause and bring those thoughts honestly before God in prayer instead of reacting immediately.

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### **Continued Prayer Focus**

Pray for greater peace, trust, and emotional steadiness.

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## CHAPTER 6

### WHAT CONFLICT REVEALS ABOUT THE HEART

"Out of the abundance of the heart the mouth speaketh."

Luke 6:45

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#### Scripture Focus

"Out of the abundance of the heart the mouth speaketh."

Luke 6:45

#### Heart Examination

- What emotions most often surface during conflict?
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- How do I typically protect myself when I feel hurt or misunderstood?
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- What recurring patterns keep appearing in my reactions?
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#### Quiet Reflection Before God

Think about a recent disagreement. What was happening beneath the surface of your words and reactions?

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#### Truth Before God

Conflict often exposes deeper heart issues already present beneath the surface. What may God be revealing about your own heart through difficult moments?

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### **Prayer**

Lord, help me respond to conflict with humility, wisdom, patience, and truth. Reveal attitudes within me that need surrender, repentance, and transformation. Amen.

### **Obedience Step**

During your next difficult conversation, intentionally slow your response and listen carefully before speaking.

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### **Continued Prayer Focus**

Pray for humility, gentleness, and wisdom during conflict.

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## CHAPTER 7

### LEARNING TO LOVE THROUGH SACRIFICE

"If I then, your Lord and Master, have washed your feet; ye also ought to wash one another's feet."

John 13:14

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#### Scripture Focus

"If I then, your Lord and Master, have washed your feet; ye also ought to wash one another's feet."

John 13:14

#### Heart Examination

- How willing am I to serve when love becomes costly?
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- Do I quietly expect emotional reward before remaining faithful?
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- What makes sacrificial love difficult for me personally?
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#### Quiet Reflection Before God

Describe areas where God may be teaching you deeper humility, service, or sacrifice.

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## **Truth Before God**

Christ demonstrated love most clearly through sacrifice. How does His example challenge the way you currently approach relationships?

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## **Prayer**

Lord, teach me to love with humility and sincerity rather than selfishness or emotional entitlement. Help me reflect the servant-hearted love of Christ within my relationships. Amen.

## **Obedience Step**

Choose one practical way to serve another person quietly this week.

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## **Continued Prayer Focus**

Pray for a deeper servant's heart.

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## CHAPTER 8

### FORGIVENESS WITHOUT EMOTIONAL CONDITIONS

"And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you."

Ephesians 4:32

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#### Scripture Focus

"And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you."

Ephesians 4:32

#### Heart Examination

- Have I made forgiveness dependent upon emotional readiness?
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- What wounds do I continue rehearsing internally?
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- How has bitterness affected my peace?
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#### Quiet Reflection Before God

Think honestly about areas where resentment, offense, or emotional hurt continue shaping your thoughts.

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**Truth Before God**

Forgiveness does not deny pain, but it releases the burden of carrying continual resentment. What would surrendering that burden to God look like?

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**Prayer**

Lord, help me release bitterness, resentment, and emotional offense. Teach me how to walk in forgiveness through Your grace and truth. Amen.

**Obedience Step**

Spend intentional time praying honestly about one unresolved offense before God this week.

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**Continued Prayer Focus**

Pray for healing, mercy, and freedom from bitterness.

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## CHAPTER 9

### WHY TRUTH MATTERS MORE THAN FEELINGS

"Buy the truth, and sell it not."

Proverbs 23:23

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#### Scripture Focus

"Buy the truth, and sell it not."

Proverbs 23:23

#### Heart Examination

- Do I value emotional comfort more than truth?
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- Have I ignored truth because emotions felt stronger?
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- What areas of my life need greater honesty before God?
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#### Quiet Reflection Before God

Describe a time when truth challenged your emotions or personal desires.

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#### Truth Before God

Truth remains steady even when emotions fluctuate. How can you become more grounded in truth spiritually and relationally?

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**Prayer**

Lord, help me love truth more than emotional comfort. Teach me to remain honest, humble, and grounded in Your Word even when emotions become difficult. Amen.

**Obedience Step**

Spend intentional time reading scripture before making an emotionally driven decision this week.

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**Continued Prayer Focus**

Pray for wisdom, discernment, and a deeper love for truth.

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## **CHAPTER 10**

### **LEARNING TO LOVE LIKE CHRIST**

"Without me ye can do nothing."

John 15:5

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#### **Scripture Focus**

"Without me ye can do nothing."

John 15:5

#### **Heart Examination**

- In what ways have I tried to love through my own strength alone?
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- How has my relationship with Christ affected the way I treat others?
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- Where do I most need spiritual transformation?
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#### **Quiet Reflection Before God**

Describe areas where you sense God drawing you toward greater surrender, humility, or faithfulness.

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#### **Truth Before God**

Christ alone teaches the human heart how to love faithfully. What would it look like for your relationships to become more deeply rooted in Him?

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**Prayer**

Lord, continue transforming my heart through Your presence and truth. Teach me to love with humility, patience, mercy, truth, and covenant faithfulness. Amen.

**Obedience Step**

Spend intentional daily time abiding in scripture and prayer this week before focusing on relationship concerns.

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**Continued Prayer Focus**

Pray for deeper surrender, spiritual maturity, and Christlike love.

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## **FINAL REFLECTION**

The purpose of this workbook was never simply to help you improve emotional behavior. The goal has always been deeper surrender to Jesus Christ.

Real love does not grow through emotional intensity alone. It grows through humility, truth, repentance, sacrifice, forgiveness, faithfulness, and a heart continually being transformed by God.

As you move forward, continue asking God to reveal areas where emotions, fear, pride, selfishness, or insecurity may still be shaping the way you love others.

Most importantly, continue drawing near to Christ.

Only He can steady the heart.

Only He can transform relationships deeply enough to reflect covenant love faithfully.

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## **A PRAYER OF SURRENDER**

Lord, teach me to love through truth rather than emotional instability. Expose fear, selfishness, pride, bitterness, and insecurity within me that still resist Your work.

Help me stop looking to human relationships for what only You can provide. Teach me to remain faithful, humble, patient, forgiving, and rooted in covenant love through every season of life.

Strengthen my heart to walk closely with You and help my relationships reflect the mercy, truth, and steadfast love of Jesus Christ.

In Jesus' name,  
Amen.