

HOW TO DEAL WITH HOW YOU FEEL

50 Days of Transformation – Part 5 (Emotional Health)

Mark 12:29-30 (NLT) “The most important commandment is this: You must love the Lord your God with ALL YOUR HEART, and all your SOUL, and all your MIND, and all your STRENGTH.”

UNDERSTANDING EMOTIONS

1. God has _____.

2. My ability to feel is _____.

Genesis 1:26 (NIV) “Then God said, ‘Let us make man in our image, in our likeness...’ You were made in his image.

WHY I MUST LEARN TO MANAGE MY EMOTIONS

1. BECAUSE MY FEELINGS ARE _____.

Proverbs 14:12 (NIV) “There is a way that SEEMS right to a man, but in the end, it leads to death.” So your emotions are not infallible. Just because you feel it doesn’t make it true. Our feelings are often wrong and they often guide us in the wrong direction.

2. BECAUSE I DON’T WANT _____.

Proverbs 25:28 (NAB) “Like an open city with no defenses is the man with no check on his feelings.”

1 Peter 5:8 (NIV) “Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour.” If you don’t have self-control he will eat you alive.

3. BECAUSE I WANT _____.

Romans 8:6-8 (TEV) “To be controlled by human nature results in death; to be controlled by the Spirit results in life and peace... Those who obey their human nature cannot please God.” So you can’t please God if your emotions dominate your life and they’re running your life and your decisions are made based on how I feel rather than what does God say.

4. BECAUSE I WANT _____.

Proverbs 5:23 (CEV) “[People] get lost and die because of their foolishness and lack of self-control.”

1 Peter 4:2 (TEV) “From now on you must live the rest of your earthly lives controlled by God’s will and not by human desires.”

HOW TO MANAGE AN UNWANTED FEELING

1. _____.

Psalm 55:2 “My thoughts are restless and I’m confused.”

2. _____.

Psalm 26:2 “Lord, cross examine me. Test my motives and my affections.”

Job 15:12 (NIV) Eliphaz asked Job: “Why has your heart carried you away, and why do your eyes flash?”

Ask three questions

- What’s the real reason that _____?
- Is it _____?
- Is what I’m feeling _____?

3. _____.

A. _____ what you’re feeling.

Philippians 2:5 “Your attitude should be the same as that of Christ Jesus.”

B. _____ what you’re feeling.

Zechariah 4:6 “You will not succeed by your own strength or power. But by my Spirit says the Lord Almighty.”

Galatians 5:22-23 (NLT) “When the Holy Spirit controls our lives, he will produce this kind of fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.”

Proverbs 13:3 (LB) “Self-control means controlling the tongue!”

Psalm 19:14 (NIV) “May the words of my mouth and the meditation of my heart be pleasing in your sight, O Lord!”