

How to Deal With How You Feel
50 Days of Transformation – Part 4 (Emotional Health)

“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.”
Mark 12:29-30 (NLT)

UNDERSTAND MY EMOTIONS

*“Then God said, ‘Let us make man in our image, in our likeness...’”*Genesis 1:26
(NIV)

Two extremes to avoid:

Emotionalism: _____

Stoicism: _____

God gave us _____ to understand our emotions.

WHY I MUST LEARN TO MANAGE MY EMOTIONS

1. BECAUSE _____
“There is a way that SEEMS right to a man, but in the end, it leads to death.” Prov. 14:12 (NIV)

2. BECAUSE _____
“Like an open city with no defenses is the man with no check on his feelings.”
Prov. 25:28 (NAB)
“Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour.” 1 Peter 5:8 (NIV)

3. BECAUSE _____

“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.” Romans 8:6-8 (TEV)

4. BECAUSE _____

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

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

HOW TO MANAGE AN UNWANTED FEELING

1. _____
Ask:

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

3. _____
Everyday:
“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.” Galatians 5:22-23 (NLT)

Everyday:
“Self-control means controlling the tongue!” Proverbs 13:3 (LB)
“May the words of my mouth and the meditation of my heart be pleasing in your sight, O Lord!” Psalm 19:14 (NIV)

YOUR SMALL GROUP THIS WEEK
“How to Heal Your Damaged Emotions”