

How To Deal With How You Feel

Transformed - Part 5

“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.”

Proverbs 14:12 (NIV)

2. BECAUSE _____

“Like an open city with no defenses is the man with no check on his feelings.”

Proverbs 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 ob: "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!"

Psalms 19:14 (NIV)