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How To Deal with How You Feel

SERIES: 50 Days of Transformation # 5
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(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."

UNDERSTAND MY EMOTIONS

- God has e_____.
- My ability to feel is a g_____ from G_____.

(Genesis 1:26 (ESV) "Then God said, 'Let us make man in our image, after our likeness...'"

Two extremes to avoid:

- **Emotionalism:** All that matters is h_____ I f_____.
- **Stoicism:** Feeling aren't i_____ at all.

- God gave us P_____ to understand our emotions

WHY I MUST LEARN TO MANAGE MY EMOTIONS

1. Because my feelings are often u_____.

(Proverbs 14:12 (ESV) "There is a way that SEEMS right to a man, but it's end is the way of death."

2. Because I don't want to be m_____.

(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 alert and sober minded. Your enemy the devil prowls around like a roaring lion looking for someone to devour."

3. Because I want to p_____ God.

(Romans 8:6-8 (GNT) "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."

4. Because I want to s_____ in l_____.

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

(1 Peter 4:2 (GNT) "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. I must n_____ it.

➤ Ask: What am I r_____ feeling?

2. I must r_____ it.

➤ Ask: What's the r_____ reason I'm feeling this way?

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

3. I must t_____ it.

- Everyday: Ask God to f_____ me with His S_____.

(Galatians 5:22-23 (NLT) "But the Holy Spirit produces this kind of fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control."

- Everyday: Ask Gd to help me manage my m_____.

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

(Psalm 19:14 (ESV) "Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord!"

Next Week: "Facing Fears That Ruin Relationships"