how to deal with how you feel

50 Days of Transformation – Part 5

Jesus replied, “The most important commandment is this: ‘Listen, O Israel! The Lord our God is the one and only Lord and you must love the Lord your God with all your heart, all your soul, all your mind, and all your strength.’ Mark 12:29-30 (NLT)

UNDERSTAND MY EMOTIONS

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Then God said, “Let us make mankind in our image, in our likeness, …

Genesis 1:26a (NIV)

Two extremes to avoid:

Emotionalism: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Stoicism: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

WHY I MUST LEARN TO MANAGE MY EMOTIONS

1. BECAUSE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

There is a way that appears to be right, but in the end it leads to death.

Proverbs 14:12 (NIV)

1. BECAUSE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

A person without self-control is like a city with broken-down walls.

Proverbs 25:28 (NLT)

Be watchful and control yourselves. Your enemy the devil is like a roaring lion. He prowls around looking for someone to swallow up. 1 Peter 5:8 (NIRV)

1. BECAUSE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace…That’s why those who are still under the control of their sinful nature can never please God.

Romans 8:6,8 (NLT)

1. BECAUSE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

From now on, then, you must live the rest of your earthly lives controlled by God's will and not by human desires. 1 Peter 4:2 (GNV)

HOW TO MANAGE AN UNWANTED FEELING

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Ask: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Ask: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Everyday: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness,gentleness, and self-control.

Galatians 5:22-23 (NLT)

* Everyday: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Self-control means controlling the tongue! A quick retort can ruin everything. Proverbs 13:3 (TLB)

May these words of my mouth and this meditation of my heart be pleasing in your sight, Lord, my Rock and my Redeemer. Psalm 19:14 (NIV)

YOUR SMALL GROUP THIS WEEK

“How to Heal Your Damaged Emotions”