

TRANSFORMED

HOW TO DEAL WITH HOW YOU FEEL

Parts 1-4

“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!"*

PSALM 19:14 (NIV)