

HOW TO DEAL WITH HOW YOU FEEL

Transformed – Rick Warren
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 (GNT)

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 (GNT)

HOW TO MANAGE AN UNWANTED FEELING

1. _____

Ask: _____

2. _____

Ask: _____

Elephaz 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 (TLB)

“May the words of my mouth and the meditation of my heart be pleasing in your sight, O Lord!” Psalm 19:14 (NIV)

Next Steps

Visit PastorRick.com for more Bible teaching and to sign up for the daily devotional.

Did you pray and give your life to Jesus for the first time today? Email Rick@PastorRick.com for free tools to help you on your spiritual journey!

Has Daily Hope helped you? Share your story with Pastor Rick at Rick@PastorRick.com

Help Daily Hope reach more people with the certain hope of Jesus! Give now at Donate.PastorRick.com