

HANDLING MY EMOTIONS (part 1)

October 4, 2020

1. Introductory thoughts

- Deep inside we believe that once we can _____, we will always _____.
- Most of the time we get in trouble because we _____.

2. Jesus' instruction on what ultimately needs monitoring.

"Thus you nullify the word of God for the sake of your tradition. You hypocrites! Isaiah was right about you when he prophesied about you, 'These people honor me with their lips but their HEARTS are far from me.'" Matthew 15:6-8

"Listen and understand. What GOES IN someone's mouth does not defile them but what COMES OUT of their mouth, that is what defiles them." Matthew 15:10-11

"Don't you see that whatever enters the mouth goes into the stomach and then out of the body? But the things that come out of a person's mouth come from the HEART, and these defile them. For out of the HEART come evil thoughts—murder, adultery, immorality, theft, false testimony, slander." Matthew 15:17-19

- God is not most concerned with how our behavior _____.
- What comes out of our mouths can put us at _____, which puts us at _____.

3. Wrap-up

- Get in the habit of saying, " _____!"
- If we are a Christian, we already have _____!"

"Come to me, all of you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls." Matthew 11:28-29