

TRANSFORMING MY EMOTIONAL HEALTH

Series: Metamorphosis 101 (part 5)

August 29, 2021

Mark 12:29-30

"The most important commandment is this: You must love the Lord your God with all your strength, and all your soul, and all your mind, and all your strength." (NLT)

INTRODUCTORY COMMENTS ON OUR EMOTIONS

1. God _____.
2. Our ability to feel is _____.
3. There are two extremes we need to avoid.
 - _____
 - _____
4. God gave us _____ in order to understand our emotions.

WHY I MUST 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." Rom 8:6-8 (TEV)
4. Because _____.
"People get lost and die because of their foolishness and lack of self-control." Proverbs 5:23 (CEV)

THREE STEPS TO MANAGE AN UNWANTED FEELING

1. _____ it.

"My thoughts are restless and I am confused." Psalm 55:2 (GW)

2. _____ it.

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

Ask yourself:

- _____
- _____
- _____

3. _____ it.

- Every day ask God _____.

"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)

- Every day ask God _____.

"May the words of my mouth and the meditations of my heart be pleasing in your sight O Lord." Psalm 19:14 (NIV)