

## HOW TO DEAL WITH HOW YOU FEEL

### *Transforming Grace - Part 6*

*“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)*

## UNDERSTANDING MY EMOTIONS

### 1. GOD HAS EMOTIONS.

### 2. MY ABILITY TO FEEL IS A GIFT FROM GOD.

*“Then God said, ‘Let us make man in our image, in our likeness...’” Genesis 1:26 (NIV)*

### 3. THERE ARE TWO EXTREMES TO AVOID:

- Emotionalism- all that matters is how I feel
- Stoicism- feelings aren't important at all

### 4. GOD GAVE US THE BOOK OF PSALMS TO UNDERSTAND OUR EMOTIONS.

## WHY MUST I LEARN TO MANAGE MY EMOTIONS?

### 1. BECAUSE MY FEELINGS ARE OFTEN UNRELIABLE.

*“There is a way that seems right to a man, but in the end, it leads to death.” Proverbs 14:12 (NIV)*

### 2. BECAUSE I DON'T WANT TO BE MANIPULATED.

*“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 I WANT TO PLEASE GOD.

*“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 I WANT TO SUCCEED IN LIFE.

*“[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. NAME IT!

Ask: What am I really feeling?

### 2. CHALLENGE IT!

Ask: What's the real reason I'm feeling this?  
Is it true?  
Is it helping or hurting me?

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

### 3. TAME IT!

**Everyday: Ask God to fill me with His Spirit.**

*“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: Ask God to help me manage my mouth.**

*“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)*