

WEEK 4: "THE EMOTIONAL YOU"

"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)

4 FACTS ABOUT EMOTIONS

1. **GOD HAS** _____.

2. **YOUR EMOTIONS ARE A** _____ **FROM GOD.**

"Then God said, 'Let us make man in our image, in our likeness...'"

Genesis 1:26 (NIV)

3. **TWO EXTREMES TO AVOID:**

EMOTIONALISM: _____

STOICISM: _____

4. **GOD GAVE US THE BOOK OF** _____ **TO HELP US UNDERSTAND OUR EMOTIONS.**

WHY I MUST LEARN TO MANAGE MY EMOTIONS?

1. **BECAUSE MY** _____ **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** _____.

"Like an open city with no defenses is the man with no check on his feelings."

Proverbs 25:28 (NASB)

"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** _____ **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 BE** _____ **IN LIFE.**

"They 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 DO I MANAGE AN UNWANTED FEELING?

1. **YOU** _____ **IT**.

Ask: *What am I really feeling?*

Ask: *What are my triggers?*

2. **YOU** _____ **IT**.

Ask: *What is the real reason I'm feeling this way?*

Ask: *Is what I'm feeling true?*

Ask: *Is this feeling helping me or hurting me?*

3. **YOU** _____ **IT**.

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)

this week's memory verse:

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