

**B). \_\_\_\_\_ IT**

Often we need to ask others for help in challenging emotions. We can ask for God's help. We can also ask a good friend to help us.

Psalm 26:2 (TLB) "Cross-examine me, O Lord, and see that this is so; test my motives and **affections** too."

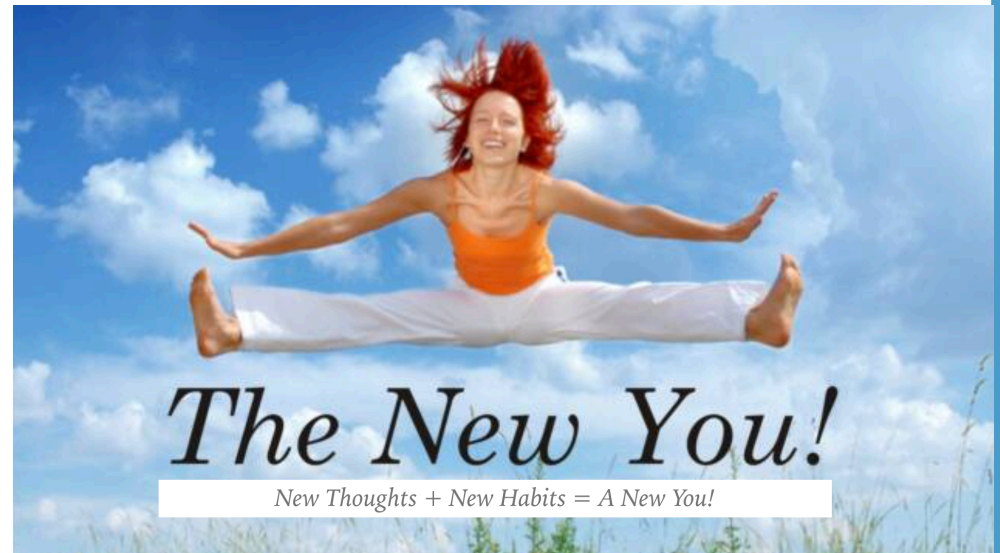
**C). \_\_\_\_\_ IT**

2 Corinthians 10:5 (NIV) "We demolish arguments and every pretension that sets itself up against the knowledge of God, and we **take captive every thought** to make it obedient to Christ."

**An effective way to capture an unwanted emotion is to \_\_\_\_\_ the truth to it until it conforms to God's word.**

**HABITS THAT WILL TRANSFORM ME INTO BECOMING NEW**

1. \_\_\_\_\_ **reading** (Matthew 4:4 "People don't live on bread alone, but on every word that comes from the mouth of God.")
2. \_\_\_\_\_ (Mark 1:35 "Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.")
3. **Attend** \_\_\_\_\_ (Luke 4:16 "And on the Sabbath day Jesus went into the synagogue, as was his custom.")
4. **Make your faith** \_\_\_\_\_. (1 Cor. 2:12-13 "We have not received the spirit of the world but the Spirit who is from God, that we may understand what God has freely given us. This is what we speak...")
5. **Worship Wednesdays:** \_\_\_\_\_ one meal or one hour of TV/computer. (Matthew 6:16 "When you fast...")



**HOW TO DEAL WITH HOW YOU FEEL**

**John 14:27 (NIV)**

Jesus said: "'Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

**"Troubled"** (Tarasso, #5015) means \_\_\_\_\_

**"Peace"** (Eirene, #1515) means \_\_\_\_\_

**Proverbs 4:23 (NKJV)**

"Keep your **HEART** with all diligence, For out of it spring the issues of life."

**"Heart"** (Leb, #3820) is \_\_\_\_\_

The Bible says that I am \_\_\_\_\_ for managing my emotions or feelings.

**7 KEYS AREAS OF MY LIFE:** 1. Spiritual Life 2. Thought Life 3. Emotional Life 4. Work Life 5. Relational Life 6. Financial Life 7. Physical Health

## UNDERSTANDING MY EMOTIONS

### 1. I HAVE EMOTIONS BECAUSE \_\_\_\_\_ HAS EMOTIONS

Genesis 1:26 (NIV) "Then God said, 'Let us make humans in our image, in our likeness...'"

#### Story of Jesus at the tomb of Lazarus

John 11:33-36 (NIV) "When Jesus saw Mary weeping, and the Jews who had come along with her also weeping, **he was deeply moved in spirit and troubled**. 'Where have you laid him?' he asked. 'Come and see, Lord,' they replied. **Jesus wept**. Then the Jews said, 'See how he loved him!'"

"Deeply Moved" (Embrimaomai, #1690) is \_\_\_\_\_

### 2. MY ABILITY TO FEEL IS A \_\_\_\_\_ FROM GOD

Mark 12:29-30 (NLT) "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."

Jesus was saying, "Love God \_\_\_\_\_"

The first and second commandments are all about love and are only possible because God has given you the ability to feel as a gift.

### 3. I CAN IDENTIFY MY EMOTIONS FROM THE \_\_\_\_\_

Psalms 56:8-11 (NIV) "Record my lament; list my tears on your scroll- are they not in your record? Then my enemies will turn back when I call for help. By this I will know that God is for me. In God, whose word I praise, in the Lord, whose word I praise-in God I trust; I will not be afraid. What can a person do to me?"

## THE A- B- C'S OF MANAGING MY UNWANTED EMOTIONS:

A). \_\_\_\_\_ IT

**We often need supernatural help in managing our feelings because feelings can be:**

- \_\_\_\_\_. (Proverbs 14:12 "There is a way that seems right to a person, but in the end, it leads to death.")
- \_\_\_\_\_. (Proverbs 25:28 (NAB) "Like an open city with no defenses is the person with no check on their feelings.")

#### TWO QUESTIONS YOU CAN ASK YOURSELF:

- 1) What am I really feeling and what is \_\_\_\_\_ it?
- 2) What \_\_\_\_\_ this emotion?

**God has given us His \_\_\_\_\_ and His \_\_\_\_\_ to help us!**

The Bible says the word of God is like a mirror that can expose emotions- healthy and unhealthy.

James 1:22-23 (NLT) "For if you listen to the **word** and don't obey, it is like **glancing at your face in a mirror**. You see yourself, walk away, and forget what you look like."

Hebrews 4:12 (NLT) "For the word of God is alive and active. Sharper than any double-edged sword, it penetrates **even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart**."

2 Corinthians 3:18 (NKJV) "But we all, with unveiled face, **beholding as in a mirror** the glory of the Lord, are being transformed into the same image from glory to glory, just as **by the Spirit of God**."