



HOW TO DEAL WITH WHAT YOU FEEL

(TRANSFORMED - MENTAL HEALTH - LUKE 6:45)

This Sunday marks Week 5 in our 9-week series called TRANSFORMED. Our theme verse, Romans 12:2, commands us to *be transformed by the renewing of our minds*. Okay, that sounds good. But the question is: How? Together, we're studying the Bible's answer to experiencing God's plan for transforming the spiritual, physical, mental, emotional, relational, financial, and vocational health of every follower of Jesus. Today, we'll focus on the Lord's ways of providing us with solid emotional health. Interestingly, the Bible doesn't actually use the specific word "emotion." Instead, it describes our emotions with terms like "passions" and "affections." In fact, the number one term for emotions in God's Word is "heart." Last week we learned about controlling our mind and thinking. In this study we'll see what the Bible says about managing our emotions. Listen: When you let your feelings run you, they will ruin you. When you tame your feelings, Jesus will transform your feelings so that your emotional health reflects His own. Going through this life with the emotional health of Christ is the very best way to live.

The good man out of the good treasure of his heart brings forth what is good.

(Luke 6:45)

A FEW BASICS ABOUT EMOTIONS

- (John 3:16) God has ...
- (Genesis 1:26) Our ability to feel is a ...
Emotionalism -
Stoicism -
- (Mark 12:29-30) God wants to share with us an ...
- (Proverbs 29:11) God wants us to be ...

WHY WE MUST LEARN TO MANAGE OUR EMOTIONS

- (Proverbs 14:12) Because our feelings are ...
- (Proverbs 25:28) Because messy emotions means ...
- (Romans 8:6,8) Because we want to live...
- (Proverbs 4:23) Because well-managed emotions produce ...

HOW TO MANAGE AN UNHEALTHY EMOTION

- (Psalm 55:2)
- (Psalm 26:2)

What's the real reason I keep feeling this way?

Is this feeling true?

Is holding on to this feeling going to help me or hurt me?

- (Philippians 2:5) Choose to _____ you're feeling.
(Ephesians 4:26,32) _____ what you're feeling.
(Zechariah 4:6) Constantly ask the Holy Spirit to _____ You.
(Proverbs 13:3) Contain your _____ talk.
(Psalms 119:11;19:11) Capture God's _____ & Make It Your _____.