

# HOW TO DEAL WITH HOW YOU FEEL

TRANSFORMED – Part 4  
Pastor Gordon and Bambi  
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*“Jesus replied, “The most important commandment is this: ‘Listen, O Israel! The LORD our God is the one and only LORD. And you must love the LORD your God with all your heart, all your soul, all your mind, and all your strength.’” (Mark 12:29–30, NLT)*

## Facts about Feelings

### 1. God has **EMOTIONS**

*“God looked at everything he had made, and he was very pleased.” (Genesis 1:31, GNB)*

*“The LORD was very sad that he had made man on the earth. His heart was filled with pain.” (Genesis 6:6, Nlrv)*

### 2. My ability to feel is a **GIFT** from God

*“Then God said, “Let us make human beings in our image and likeness.” (Genesis 1:26, NCV)*

## Why I Must Learn to Manage My Emotions

### 1. Because my feelings are often **UNRELIABLE**.

Your gut could be a virus coming on

*“There is a way that may seem right to a man. But in the end it leads to death.” (Proverbs 14:12, Nlrv)*

### 2. Because my feelings can **CONTROL** me

*“Losing self-control leaves you as helpless as a city without a wall.” (Proverbs 25:28, CEV)*

*“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, GNB)*

*“From now on, then, you must live the rest of your earthly lives controlled by God’s will and not by human desires.” (1 Peter 4:2, GNB)*

## How to Manage an Unwanted Feeling

### 1. **IDENTIFY** the feeling

*“My thoughts are restless, and I am confused” (Psalm 55:2, GW)*

2. **INVESTIGATE** the feeling

*“Put me on trial, LORD, and cross-examine me. Test my motives and my heart.”  
(Psalm 26:2, NLT)*

*“Your emotions are out of control, making you look fierce;” (Job 15:12, CEV)*

5. **HARNESS** the feeling

*“You must have the same attitude that Christ Jesus had.” (Philippians 2:5, NLT)*

*“Be angry and do not sin.” (Ephesians 4:26, HCSB)*

*“You will not succeed by your own strength or by your own power, but by my Spirit,” says the LORD All-Powerful.” (Zechariah 4:6, NCV)*

**DAILY PRAYER**

*“God’s Spirit makes us loving, happy, peaceful, patient, kind, good, faithful, gentle, and self-controlled.” (Galatians 5:22–23, CEV)*

*“Careful words make for a careful life; careless talk may ruin everything.”  
(Proverbs 13:3, The Message)*

*“May the words of my mouth and the meditation of my heart be pleasing to you, O LORD.”  
(Psalm 19:14, NLT)*

**ACTIONS:**

DAILY DEVOTIONAL

MEMORIZE SCRIPTURE

SMALL GROUP PARTICIPATION

RESOURCE: DNA OF RELATIONSHIPS (GARY SMALLEY)