

“The most important commandment is this...‘You must love the LORD your God with all your heart, all your soul, all your mind, and all your strength.’”

**Mark 12:29b-30 NLT**

(God) “Let us make mankind in our image, in our likeness.”

**Genesis 1:26a NIV**

**Two Extremes to Avoid:**

**Emotionalism** \_\_\_\_\_ **Stoicism**

## Why I Must 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 Lose My Way.

A person without self-control is like a city with broken-down walls.

**Proverbs 25:28 NLT**

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.

May the words of my mouth and the meditation of my heart be pleasing in your sight, LORD.

**Psalms 19:14a NIV**

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 GNT**

## How To Manage An Unwanted Feeling

1. Name It.
2. Challenge It.
3. Change It Or Redirect It.

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

**Philippians 4:6-7 NIV**

---

#### Weekend Music:

Lion And The Lamb (Bethel Music) • Champion (Bethel Music)  
Living Hope (Phil Wickham)