



April 11, 2021
Darryl Mosley, Senior Pastor
Series: "How Ya Doin'?" - Part 1 of 5
Message: "OK. Fine. Good."

Main text: Matthew 26:36-46

Big idea

Jesus' life shows us that emotions and feelings are part of being human.

Introduction

1. Emotion comes from the Latin word which means "_____".
2. Emotions are an opportunity for us to move _____ God or _____ God.

2 ways of dealing with emotions

1. Emotional _____ - avoid feelings
2. Emotional _____ - dominated by feelings

Jesus' model for dealing with our emotions

1. He _____ His friends how He is feeling and He asks His friends to _____ with Him (v.38).
2. He is _____ with God as He pours out His _____ to His Heavenly Father (v.39).
3. He prioritizes His _____ over His _____ (v.39).

Resources for further growth

Scan QR code for reference page and links



Book for parents

[Tell God How You Feel: Helping Kids with Hard Emotions by Christina Fox.](#)

Got Questions article

[gotquestions.org/managing-emotions.html](#)

Study of Jesus navigating emotions

[rightnowmedia.org/Training/Post/Preview/199743](#)

Devotional reading plan

[my.bible.com/reading-plans/16272-how-ya-feeling](#)

MY NEXT STEP TODAY IS TO:

- Commit to engaging in this series.
- Complete the YouVersion devotional.
- Invite someone to join us for our study.
- Trust and follow Jesus today.

We exist to help people trust and follow Jesus