



## WORD OF THE YEAR 2022

## ROOTED

## Rooted Emotionally

Dr. Jeremy McGarity

*"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."*

MARK 12:29-30 (NLT)

## Understanding Emotions

**1** GOD has **EMOTIONS**.

**2** My ability to feel is a **GIFT FROM GOD**.

*"Then God said, 'Let us make man in our image, in our likeness...'"*

GENESIS 1:26 (NIV)

**3** Two extremes to avoid:

**EMOTIONALISM**: ALL THAT MATTERS IS **HOW I FEEL**

*"The human heart is the most deceitful of all things, and desperately wicked. Who really knows how bad it is?"*

JEREMIAH 17:9 (NLT)

**STOICISM**: FEELINGS ARE **NOT IMPORTANT**

**4** God gave us **P S A L M S** to help us understand our emotions.

## Why I Must Learn to Manage my Moods

**1** BECAUSE MY FEELINGS ARE OFTEN **U N R E L I A B L E** .

*"There is a way that APPEARS to be right, but in the end, it leads to death."*

PROVERBS 14:12 (NIV)

**2** BECAUSE I DON'T WANT TO BE **M A N I P U L A T E D** .

*"Like an open city with no defenses is the man with no check on his feelings."*

PROVERBS 25:28 (NAB)

*"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 **P L E A S E G O D** .

*"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 (TEV)

**4** BECAUSE I WANT TO **S U C C E E D I N L I F E** .

*"[People] get lost and die because of their foolishness and lack of self-control."*

PROVERBS 5:23 (CEV)

*"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 (TEV)

# How to Stay Rooted Emotionally

*"Not by might, nor by power, but by my Spirit, says the Lord Almighty—you will succeed because of my Spirit."*

ZECHARIAH 4:6 (LB)

## 1 Everyday: Ask God to **F I L L M E** with the **H O L Y S P I R I T**.

*"When the Holy Spirit controls our lives, he will produce this kind of fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control."*

GALATIANS 5:22-23 (NLT)

## 2 Everyday: Ask God to help me control **M Y M O U T H**.

*"Self-control means controlling the tongue!"*

PROVERBS 13:3 (LB)

*"May the words of my mouth and the meditation of my heart be pleasing in your sight, O Lord!"*

PSALM 19:14 (NIV)

## 3 Everyday: Make God's Word, **M Y W O R D**.

*"I have hidden your word in my heart that I might not sin against you."*

PSALM 119:11(NIV)

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## SMALL GROUP QUESTIONS

- 1 Share one thing that stood out to you in this week's sermon and why.
- 2 Pastor Jeremy talked about two emotions to avoid; hint, it's in your notes. What emotion do you tend to lean towards?
- 3 Share a time when your emotions were unreliable and what you felt was not actually happening?
- 4 Pastor Jeremy shared three tools to help us succeed in staying rooted. Which of the three do you struggle with daily and need accountability with?
- 5 How can we be praying for you this week?



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## Upcoming Events

- 2.28 | 65+ Winter Luncheon
- 3.03 | Men's Monthly Gathering
- 3.13 | Newcomer Meet & Greet
- 3.13 | Classic Praise
- 3.25 | Worship Night
- 3.30 | Membership Dinner