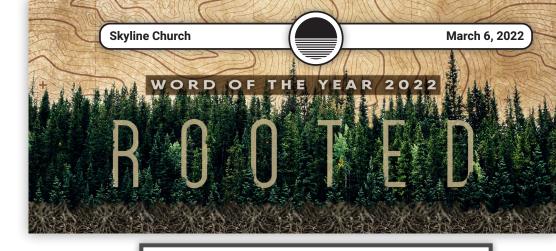


SMALL GROUP QUESTIONS

- 1 Share one thing that stood out to you in this week's sermon and why.
- 2 How does the Holy Spirit help you live out your Christian life?
- 3 Share one tool Pastor Jeremy talked about that can help keep us from sin.
- 4 Towards the end of the sermon, Pastor Jeremy talks about the acronym of ACTS. How does this help us if we practice it daily?
- 5 How can we be praying for you this week?





Rooted Emotionally Pt. 2

Dr. Jeremy McGarity

"The most important commandment is this: You must love the Lord your God with <u>ALL YOUR HEART</u>, and all your SOUL, and all your MIND, and all your STRENGTH."

MARK 12:29-30 (NLT)

REVIEW

Understanding Emotions

- **1** GOD has <u>EMOTIONS</u>.
- 2 My ability to feel is a GIFT FROM GOD.

GENESIS 1:26 (NIV)

3 Two extremes to avoid:

EMOTIONALISM: ALL THAT MATTERS IS HOW I FEEL

JEREMIAH 17:9 (NLT)

STOICISM: FEELINGS ARE NOT IMPORTANT

4 God gave us <u>PSALMS</u> to help us understand our emotions.

Why I Must Learn to Manage my Moods

BECAUSE MY FEELINGS ARE OFTEN UNRELIABLE.

PROVERBS 14:12 (NIV)

BECAUSE I DON'T WANT TO BE MANIPULATED.

PROVERBS 25:28 (NAB)

1 PETER 5:8 (NIV)

BECAUSE I WANT TO PLEASE GOD.

ROMANS 8:6-8 (TEV)

BECAUSE I WANT TO SUCCEED IN LIFE.

PROVERBS 5:23 (CEV)

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		with the
		•	

"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)

Everyday: Ask God to help me control

"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)

Everyday: Make God's Word,	•
	Everyday: Make God's Word,

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

PSALM 119:11(NIV)

Everyday:
A
"Worship the Lord with gladness. Come before him, singing with joy. Acknowledge that the Lord is God! He made us, and we are his."
PSALM 100:2-3 (NL
C
"God is faithful and reliable. If we confess our sins, he forgives them and cleanses us from everything we've dowrong."
1 JOHN 1:9 (G
T
"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done."
PHILIPPIANS 4:6 (NL
S =
"For everyone who asks, receives. Everyone who seeks, finds. And to everyone who knocks, the door will be opened."
MATTHEW 7:8 (NL

"What is the price of two sparrows—one copper coin? But not a single sparrow can fall to the ground without your Father knowing it. 30 And the very hairs on your head are all numbered."

MATTHEW 10:29-30 (NLT)

NLT | NEW LIVING TRANSLATION, NIV | NEW INTERNATIONAL VERSION, NAB | NEW AMERICAN BIBLE, TEV | TODAY'S ENGLISH VERSION, CEV | CONTEMPORARY ENGLISH VERSION, LB | THE LIVING BIBLE, GW | GOD'S WORD TRANSLATION