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### 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?

### Upcoming Events

- 3.12 | Men's Breakfast
- 3.13 | Newcomer Meet & Greet
- 3.13 | Classic Praise
- 3.25 | Worship Night
- 3.30 | Membership Dinner

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WORD OF THE YEAR 2022

# ROOTED

## Rooted Emotionally Pt. 2

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)

## REVIEW

### Understanding Emotions

1 GOD has EMOTIONS.

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 PSALMS to help us understand our emotions.

## Why I Must Learn to Manage my Moods

### 1 BECAUSE MY FEELINGS ARE OFTEN UNRELIABLE.

PROVERBS 14:12 (NIV)

### 2 BECAUSE I DON'T WANT TO BE MANIPULATED.

PROVERBS 25:28 (NAB)

1 PETER 5:8 (NIV)

### 3 BECAUSE I WANT TO PLEASE GOD.

ROMANS 8:6-8 (TEV)

### 4 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)

### 2 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)

### 3 Everyday: Make God's Word, \_\_\_\_\_.

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

PSALM 119:11(NIV)

### 4 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 (NLT)

C- \_\_\_\_\_

*"God is faithful and reliable. If we **confess** our sins, he forgives them and cleanses us from everything we've done wrong."*

1 JOHN 1:9 (GW)

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 (NLT)

S- \_\_\_\_\_ = \_\_\_\_\_

*"For everyone who asks, receives. Everyone who seeks, finds. And to everyone who knocks, the door will be opened."*

MATTHEW 7:8 (NLT)

*"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)