

## HOW TO DEAL WITH HOW YOU FEEL, 50 DAYS OF TRANSFORMATION—PART 4

### UNDERSTAND MY EMOTIONS

- I. God has Emotions
- II. My Ability to Feel is a Gift from God
- III. There are Two Extremes to Avoid
  - A. Emotionalism—How I feel is All that Matters
  - B. Stoicism—Feelings are Not Important at All
  - C. We Need to be Somewhere in the Middle

### WHY MUST I MANAGE MY EMOTIONS?

- I. They are Often Unreliable
- II. Because I Don't want to be Manipulated
- III. I Want to Please God
- IV. I Want to Succeed in Life

### HOW DO I MANAGE UNWANTED FEELINGS?

- I. Have a Healthy Rhythm and Pattern in Your Life
  - A. Face Your Shadow
  - B. Lead Out of Your Singleness or Marriage
  - C. Take Time for a Sabbath
  - D. Slow Down for a Loving Union
- II. Name It
  - A. What I am Really Feeling?
  - B. What are my Triggers?
- III. Challenge It
  - A. What's the Real Reason I am Feeling This?
  - B. Is it True?
  - C. Is what I am Feeling Helping Me or Hurting Me?
  - D. Tame IT

Zechariah 4:6 *"You will not succeed by your own strength or power."*