

HOW TO DEAL WITH HOW YOU FEEL

**50 Days of Transformation ~
Part 4 (Emotional Health)
(Outline Saddleback)**



“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)



UNDERSTAND MY EMOTIONS

- God has **EMOTIONS**.

“Then God said, ‘Let us make man in our image, in our likeness...’” Genesis 1:26 (NIV)



- **Two extremes to avoid:**

Emotionalism: All that matters is how I FEEL.

Stoicism: Feelings aren't IMPORTANT AT ALL.

- **God gave us the BOOK OF PSALMS to understand our emotions.**



WHY I MUST LEARN TO MANAGE MY EMOTIONS

1. **BECAUSE** my feelings are often **UNRELIABLE**.

*“There is a way that **SEEMS** right to a man, but in the end, it leads to death.” Proverbs 14:12 (NIV)*



2. BECAUSE I don't want to be MANIPULATED.

“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 PLEASE GOD.

“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 SUCCEED IN LIFE.

“[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)



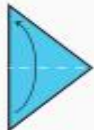
HOW TO MANAGE AN UNWANTED FEELING

1. Name It

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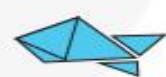
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2. Challenge It *“Lord, cross, examine me. Test my motifs and my affections.” Psalm 22:2*

Ask - WHAT'S THE REAL REASON THAT I 'M FEELING THIS?

Ask - IS IT TRUE?

Ask - IS WHAT I'M FEELING HELPING ME OR HURTING ME?



3. Tame It

Sometimes you just need to **CHANGE** what you're feeling.

“You're attitude should be the same as that of Christ Jesus.” Philippians 2:5

Sometimes you need to **Channel** what you're feeling.



*“You will not succeed by your own strength or power.
But by my Spirit says the Lord almighty.”
Zechariah 4:6*



Every day ask God to fill you with His Spirit.

“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)



“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)

