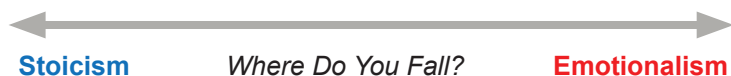




There are Two Extremes to Avoid with Feelings:

- **Stoicism** - the _____ of emotions – feelings aren't _____.
- **Emotionalism** – the _____ expression of emotions – all that matters is how I _____.



Managing My Emotions is Important . . .

- Because my feelings are often _____ and easy to _____.

"There is a way that SEEMS right to a man, but in the end, it leads to death." Proverbs 14:12

"Like an open city with no defenses is the man with no check on his feelings." Proverbs 25:28

HOW TO MANAGE AN UNWANTED FEELING

1. _____ IT.

"My thoughts are restless and I'm confused." Psalm 55:2

2. _____ IT.

"Lord, cross examine me. Test my motives and my affections." Psalm 26:2

3. _____ IT.

- Sometimes you need to _____ your feelings.

"Your attitude should be the same as that of Christ Jesus." Philippians 2:5

- Sometimes you need to _____ your feelings.

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

- Ask God daily to fill you with His _____.

"When the Holy Spirit controls our lives, he will produce this kind of fruit in us: love, joy, peace, patience, kindness . . ." Galatians 5:22-23

- Ask God to help you manage your _____.

"Self control means controlling the tongue." Proverbs 13:3

"May the words of my mouth and the meditations of my heart be pleasing in your sight O Lord." Psalm 19:14

TRANSFORMED: Next Steps for Week Four:

- ☐ Memorize Matthew 11:28.
- ☐ Record your emotional health goal(s) in your workbook.
- ☐ Attend a Transformed home group this week.
- ☐ Read Day 22-28 in your devotional workbook.