



TRANSFORMED

How God Changes Us

HOW TO DEAL WITH HOW YOU FEEL

Emotional Health

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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 _____
- My ability to feel _____
Then God said, 'Let us make man in our image, in our likeness... Genesis 1:26 (NIV)
- God gave us _____ to understand our emotions.
- Think → Feel → Act
Teach me your way, Lord, that I may rely on your faithfulness; give me an undivided heart, that I may fear your name. Psalm 86:11 (NIV)

WHY I MUST LEARN TO MANAGE MY EMOTIONS

1. Because my feelings are _____.
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 _____.
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 _____.
The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace...Those who are in the realm of the flesh cannot please God. Romans 8:6, 8 (NIV)

4. Because I want _____.
He will die for lack of self-control; he will be lost because of his great foolishness. Proverbs 5:23 (NLT)

Since Jesus went through everything you're going through and more, learn to think like him. Think of your sufferings as a weaning from that old sinful habit of always expecting to get your own way. Then you'll be able to live out your days free to pursue what God wants instead of being tyrannized by what you want. 1 Peter 4:1-2 (MSG)

HOW TO MANAGE AN UNWANTED FEELING

1. _____ it.

Ask:

Ask:

2. _____ it.

Eliphaz asked Job: "Why has your heart carried you away, and why do your eyes flash?" Job 15:12 (NIV)

Ask:

Ask:

Ask:

3. _____ it.

- Sometimes you need to _____ what you're feeling.

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

- Sometimes you need to _____ what you're feeling.
- Every day: Ask God to _____.

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)

- Every day: Ask God to _____.

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)

Next Steps

- I will memorize Psalm 86:11 this week.
- This week, when faced with an unwanted feeling, I will name it, challenge it and tame it.
- I will begin each day by asking God to fill me with His Spirit and help me manage my mouth.

Material is a ministry resource of Saddleback Church

SPIRITUAL HEALTH DEVOTIONAL THIS WEEK:

Monday, 10/27	Day 22
Tuesday, 10/28	Day 23
Wednesday, 10/29	Day 24
Thursday, 10/30	Day 25
Friday, 10/31	Day 26
Saturday, 11/1	Day 27
Sunday, 11/2	Day 28



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Play the weekly lesson from the *Transformation* DVD. The study guide in your *Transformed* workbook will provide questions for your LifeGroup to discuss and grow from this week.

Outlined below are some **additional study questions** that can be used for personal reflection or discussion with friends.

The greatest commandment is that we're called to love God with all our heart-including our emotions. Scripture tells us we need the Holy Spirit to deal with how we feel, manage our emotions, and change unwanted feelings.

1. **Read Mark 12:29-30** aloud with your group. If our emotions are part of our hearts, what does this passage say we are supposed to do with our emotions?

2. **Proverbs 14:12 (NIV)** says "There is a way that seems right to a man, but in the end, it leads to death." We must learn to manage our emotions because our feelings are often unreliable and subject to manipulation. Discuss areas or events in your own life where you have seen emotions lead you in a wrong direction. How were you able to correct the situation or circumstances?

3. **Read Proverbs 5:23.** What does this scripture say about pleasing God and succeeding in life? **Romans 8:6 (NIV)** says "To be controlled by human nature results in death; to be controlled by the Spirit results in life and peace." Discuss how the Apostle Paul says we are to ultimately manage our emotions.

4. **Psalm 19:14 (NIV)** says "May these words of my mouth and this meditation of my heart be pleasing in your sight, Lord, my Rock and my Redeemer." The Psalmist in the verse prays that what he says and what he spends his time thinking about is acceptable to God. In **Psalm 119:11** the Psalmist talks about hiding God's word in his heart so that he does not sin against God. Talk about how you relate to these scriptures and your strategy for getting God's word into your heart. Does your focus on God's word change your thoughts and renew your mind? Share your experiences with this in your own prayer life and walk with the Lord.