

## EMOTIONAL TRANSFORMATION

**MK 12:29-30** "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." (NLT)

### UNDERSTAND MY EMOTIONS

1. God has emotions He feels joy, grief, pain, anger, hatred toward evil

**GEN. 1:26** "God said, 'Let us make man in our image, in our likeness'"

2. There are two extremes to avoid:

Emotionalism: all that matters is how I feel. (the only thing)

Stoicism: feelings aren't important at all

3. God gave us the book of PSALMS to understand our emotions.

### WHY I MUST LEARN TO MANAGE MY EMOTIONS?

1. BECAUSE MY FEELING ARE OFTEN UNRELIABLE.

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

2. BECAUSE I WANT TO PLEASE GOD.

**ROM. 8:6-8** "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." (TEV)

**1 PET. 4:2** "From now on you must live the rest of your earthly lives controlled by God's will and not by human desires." (TEV)

### HOW TO MANAGE AN UNWANTED FEELING

1. IDENTIFY IT!

**PS. 55:2** "My thoughts are restless, and I am confused"

2. CHALLENGE IT!

**PS.26:2** (screen) "Lord, cross-examine me. Test my motives and my affections." (NLT)

o Sometimes you need a friend to challenge you. Get a partner.

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

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

B. Sometimes you need to CHANNEL what you're feeling.

### HOW DO YOU TAME A WILD EMOTION?

**ZECH. 4:6** "You will not succeed by your own strength or power, but by my Spirit," says the Lord All-Powerful. (NCV)

- 2 starter suggestions

1. Everyday, ask God to fill me with his Spirit

**GAL. 5:22-23** 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."

2. THIS IS KEY: MAKE GOD'S WORD MY WORD!

**PS. 119:11** "I have hidden your word in my heart that I might not sin against you." (NIV)

**PS. 19:14** "May the words of my mouth and the meditation of my heart be pleasing in your sight, O Lord!"