



HOW TO DEAL WITH HOW WE FEEL

Mark 12:29-30

- “Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think.” (Romans 12:2)
- **God is interested in transforming every aspect of our lives, including changing the way that we feel.**
- “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)
- **Navigating our emotions requires understanding *Our Emotions Were Created, Determined, And Intended By God.***
 - “Since God chose you to be the holy people He loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. Make allowance for each other’s faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.” (Colossians 3:12-13)
- **Navigating our emotions requires understanding that *Our Ability To Feel Is A Gift From God.***
 - **The Bible clearly states that God feels Love** (John 3:16), **Anger** (Psalm 106:40), **Compassion** (Genesis 19:16), **Hate** (Psalm 11:5), **Joy** (Nehemiah 8:10), **Grief** (Genesis 6:6), and **Rejoicing** (Isaiah 62:5).
 - “Then God said, ‘Let Us make man in Our image, in Our likeness...’” (Genesis 1:26)
 - **The ability to feel as we do is a gift from God, keeps us from being robots.**
- **Navigating our emotions requires understanding *We Should Avoid Two Extremes.***
 - **Emotionalism** tells us that “all that matters is how we feel.”
 - **Stoicism** tells us that “feelings aren’t important at all.”
 - “Pay attention to these instructions, for anyone who fears God will avoid both extremes.” (Ecclesiastes 7:18)

WHY MUST WE LEARN HOW TO MANAGE OUR EMOTIONS?

We Must Learn How To Manage Our Emotions Because

- **OUR 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)
 - **Just because we feel something doesn’t mean it should dictate our choices, direction, or communication in our life.**
 - *“Those who trust their own insight are foolish, but anyone who walks in wisdom is safe.”* (Proverbs 28:26)
 - **Just because we sometimes feel useless, hopeless, unlovable, and worthless, doesn’t mean that we really are that person.**
 - *“For we are God’s masterpiece. He has created us anew in Christ Jesus, so we can do the good things He planned for us long ago.”* (Ephesians 2:10)
- **WE 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 NASB)
 - *“Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour.”* (1 Peter 5:8)
 - **The Devil will often use our feelings as a means to manipulate us into disobedience to the Lord.**
 - *“Late one afternoon, after his midday rest, David got out of bed and was walking on the roof of the palace. As he looked out over the city, he noticed a woman of unusual beauty taking a bath.”* (2 Samuel 11:2)
 - **What feelings do I sometimes struggle with that make me vulnerable to the Devil’s attacks?**
- **WE 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)
 - **We cannot please God if our “flesh” and our feelings are dictating and directing our lives.**
 - *“Let the Holy Spirit guide your lives. Then you won’t be doing what your sinful nature craves.”* (Galatians 5:16)
 - **It pleases the Lord greatly to see His People being guided and filled by His Spirit.**
 - *“Be filled with the Spirit, addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ.”* (Ephesians 5:18-20)
- **WE 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)

WHAT STEPS CAN WE TAKE TO MANAGE UNWANTED FEELINGS?

Managing Our Unwanted Feelings Requires:

● **NAMING THEM**

- We must ask ourselves, “What am I really feeling?” and identify those feelings.
- The **EMOTIONAL WORD WHEEL (Feelings Wheel)** designed by Pastor Geoffrey Roberts of Australia is a valuable tool to identify how you truly feel in a given situation. <http://feelingswheel.com>

● **REFRAMING THEM**

- We must ask ourselves, “What is the real reason that I’m feeling this?”
- *“Lord, cross examine me. Test my motives and my affections.”* (Psalm 26:2)
- We must be willing to explore our feelings and ask ourselves why we are really feeling the things that we are feeling.
- *“Elephaz asked Job: “Why has your heart carried you away, and why do your eyes flash?”* (Job 15:12)
- Too often people “React” to their feelings, instead of “Reflecting” upon their feelings.
- Questions we can ask ourselves when we are trying to figure out how to deal with our feelings are: 1) What’s the reason I’m feeling this?, 2) Is that I’m feeling right now true?, and 3) Is what I’m feeling right now helping me or hurting me?
- *“When I feel something, hopefully I can become aware of what I’m feeling. Then with that awareness, I can regulate that emotion, so I can walk out the fruit of the Spirit: I can be patient, long-suffering, kind, and I can talk to people with civility.”* - Dr. Linda Mintle, Clinical Psychologist & Best-Selling Author
- *“You must all be quick to listen, slow to speak, and slow to get angry. Human anger does not produce the righteousness God desires.”* (James 1:19-20)

● **TAMING THEM**

- Sometimes we need to simply “change” what we’re feeling, and sometimes we need to “challenge” what we’re feeling.
- *“Your attitude should be the same as that of Christ Jesus.”* (Philippians 2:5)
- Our greatest ministry to others oftentimes comes as a result of our greatest pain.
- *“You will not succeed by your own strength or power. But by My Spirit says the Lord almighty.”* (Zechariah 4:6)
- Taming our Emotions requires every day asking God to **Fill Us 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)
- Taming our Emotions requires every day asking God to **Help Us Manage Our Speech**.
 - *“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)

- **Taming our Emotions requires every day asking God to *Help Us Live By His Scriptures.***
 - *“I have hidden Your word in my heart (where my emotions are) that I might not sin against You.”* (Psalm 119:11)
- *“May the words of my mouth and the meditation of my heart be pleasing in Your sight, O Lord!”* (Psalm 19:14)
- **When our heart (emotions) and words are pleasing to the Lord, we are on our way to victory in the most important areas of our lives.**
- ***What is the Lord saying to me through this message?***