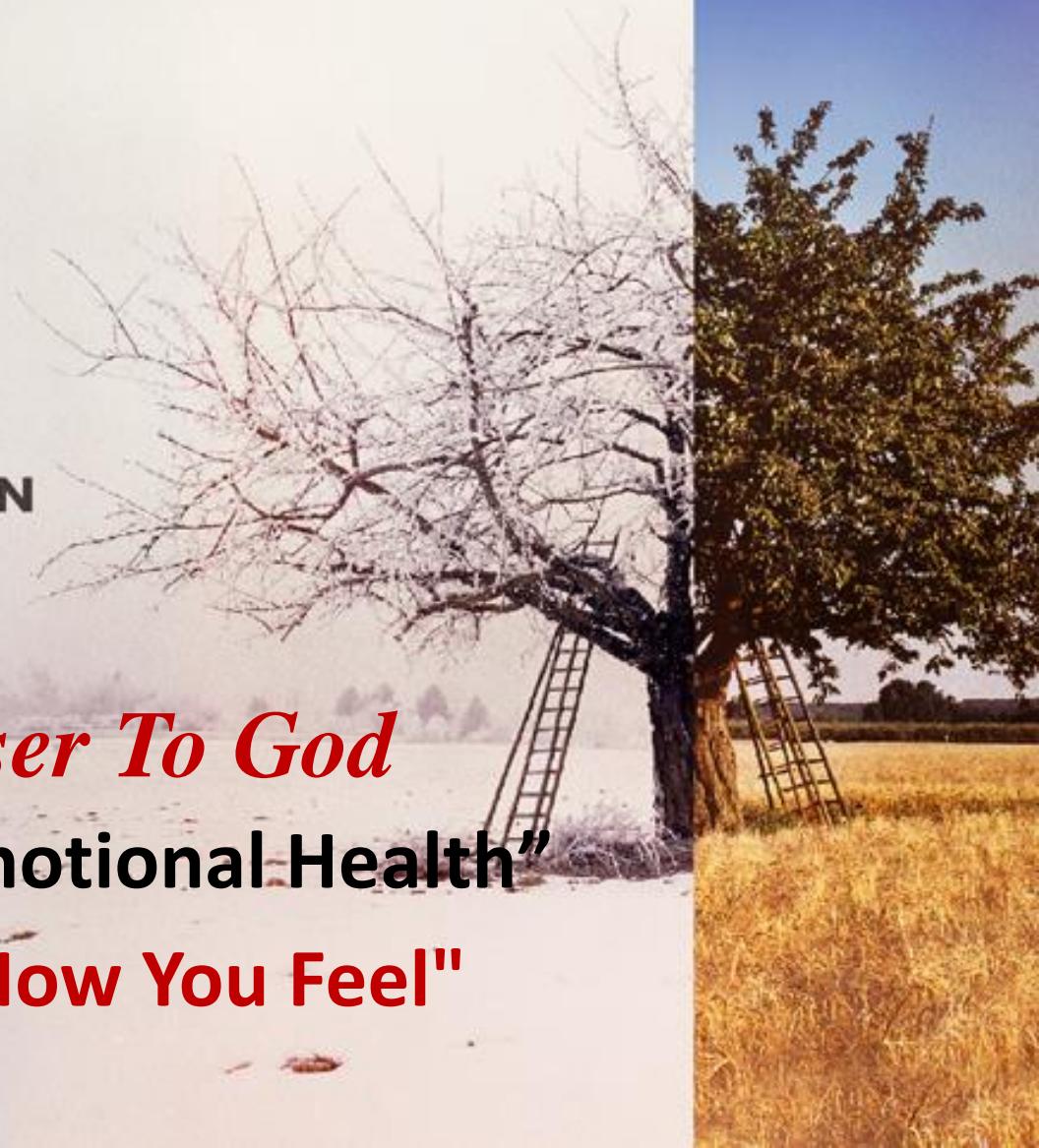


50 DAYS *of*  
TRANSFORMATION

*How To Get Closer To God*  
“Transformed in My Emotional Health”  
“How To Deal With How You Feel”



# Emotions

A natural instinctive state of the mind deriving from one's circumstances, mood, or relationships with others.

# Feelings

An emotional state or reaction.

*Emotions* are event-driven,  
while *Feelings* are learned  
behaviors.

“*Emotions* play out in the  
theater of the body.  
*Feelings* play out in the  
theater of the mind.”

~Debbie Hampton

# MARK 12:29-30

*New Living Translation*

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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.

# UNDERSTAND MY EMOTIONS

1. God has emotions.
2. My ability to feel is a gift from God.

# GENESIS 1:26

*New International Version*

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Then God said,

“Let us make man in our image, in our likeness...”

# UNDERSTAND MY EMOTIONS

3. Two extremes to avoid:

**Emotionalism:** all that matters is how I feel

**Stoicism:** feelings aren't important at all

1. My feelings are often unreliable.

# PROVERBS 14:12

*New International Version*

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There is a way that seems right to a man, but in the end, it leads to death.

2. I don't want to be manipulated.

# PROVERBS 25:28

*New American Bible*

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Like an open city with no defenses is the man with  
no check on his feelings.

# PROVERBS 25:28

*New Living Translation*

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A person without self-control is as defenseless as a city with broken-down walls.

# 1 PETER 5:8

*New International Version*

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Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

3. I want to please God.

# ROMANS 8:6-8

*Today's English Version*

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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.

**4. I want to succeed in life.**

# PROVERBS 5:23

*Contemporary English Version*

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(People) get lost and die because of their foolishness  
and lack of self-control.

## 1 PETER 4:2

*Today's English Version*

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From now on you must live the rest of your earthly lives controlled by God's will and not by human desires.

## PSALM 55:1-2

*God's Word*

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- 1 Open your ears to my prayer, O God.  
Do not hide from my plea for mercy.
- 2 Pay attention to me, and answer me.  
My thoughts are restless, and I am  
confused.

Ask: What am I really feeling?

1. Challenge it.

# PSALM 26:2

*New Living Translation*

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Lord, cross-examine me.  
Test my motives and my affections.

# ASK

1. What's the real reason I'm feeling like this?
2. Is it true?
3. Is it helping or hurting me?

2. Change it.

## PHILIPPIANS 2:5

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Your attitude should be the same as that of  
Christ Jesus.

# ZECHARIAH 4:6

*New Century Version*

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“You will not succeed by your own strength or power, but by my Spirit,” says the Lord All-Powerful

# GALATIANS 5:22-23

*New Living Translation*

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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.

# PROVERBS 13:3

*Living Bible*

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Self-control means controlling the tongue!

**Everyday:** Ask God to help me manage my mouth.

Romans 8:14

*NKJV*

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For as many as are led by the Spirit of God,  
these are sons of God.