



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

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

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

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

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

PROVERBS 25:28

New Living Translation

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

1 PETER 5:8

New International Version

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

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

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

1 PETER 4:2

Today's English Version

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

- 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

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

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

ZECHARIAH 4:6

New Century Version

“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

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

Self-control means controlling the tongue!

Everyday: Ask God to help me manage my mouth.

Romans 8:14

NKJV

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