

TRANSFORMED

How Jesus Changes Everything

September 11, 2016
centerchurchsd.com

Deal with How You Feel

²⁹ Jesus answered, "The most important is, 'Listen, Israel, the Lord our God is the only Lord.' ³⁰ So love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength."

Mark 12:29-30 (GW)

Why My Emotions Have To Be Managed:

✓ Feelings are notoriously **UNRELIABLE**.

¹² There is a way *that seems* right to a man, but its end *is* the way of death.

Proverbs 14:12 (NKJV)

✓ Feelings can **MANIPULATE** me.

²⁸ A person without self-control is like a house with its doors and windows knocked out.

Proverbs 25:28 (MSG)

✓ I want to **SUCCEED** in life.

²³ [People] get lost and die because of their foolishness and lack of self-control.

Proverbs 5:23 (CEV)

✓ I want to **PLEASE GOD**.

⁶ To be controlled by human nature results in death; to be controlled by the Spirit results in life and peace... ⁸ Those who obey their human nature cannot please God.

Romans 8:6,8 (GNT)

How To Deal With How I Feel:

1. **IDENTIFY** it.

² Pay attention to me, and answer me. My thoughts are restless, and I am confused.

Psalms 55:2 (GW)

2. **CHALLENGE** it.

² Put me on trial, LORD, and cross-examine me. Test my motives and my heart.

Psalms 26:2 (NLT)

✓ Is this feeling from my **HEAVENLY FATHER**.

✓ Is this **TRUE**?

✓ Is this feeling **HELPING** me or **HURTING** me?

3. **TAME** it.

⁶ "You will not succeed by your own strength or by your own power, but by my Spirit," says the Lord All-Powerful.

Zechariah 4:6 (NCV)

△ Ask God to **FILL** me with His **SPIRIT**.

²² When the Holy Spirit controls our lives he will produce this kind of fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness and self-control...

Galatians 5:22-23 (LB)

△ Invite God to help **MANAGE** my **MOUTH**.

¹³ Self-control means controlling the tongue! A quick retort can ruin everything.

Proverbs 13:3 (LB)

△ Decide to make **GOD'S WORD** my word.

¹⁴ May these words of my mouth and this meditation of my heart be pleasing in your sight, Lord, my Rock and my Redeemer.

Psalms 19:14 (NIV)

Bible Translations
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GNT Good News Translation NLT New Living Translation MSG The Message NIV New International Translation NCV New Century Version

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