

4. Reform – Emotional Health

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“How to Deal with How We Feel”

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Introduction:

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Mark 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*

I. Understand our emotions.

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A. God has emotions.

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B. Our ability to feel is a gift from God.

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**Genesis 1:26 “Let us make man
in our image, in our likeness. . . .”**

NIV

C. Two extremes to avoid.

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1. Emotionalism means all that matters is how I feel .

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Windows 7 (partial)

2. Stoicism – feelings aren't important at all.

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**3. Both emotionalism & stoicism
are extreme positions.**

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Isaiah 29:6 “And so the Lord says, “These people say they are mine. They honor me with their lips, but their hearts are far away. And their worship of me amounts to nothing more than human laws learned by rote.” *NLT*

**D. Book of Psalms to help us
understand our emotions.**

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II. Why we must learn to our manage emotions?

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**A. Because our feelings are
often unreliable .**

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Proverbs 14:12 “There is a way that seems right to a man, but in the end, it leads to death.” *NIV*

**B. Because we don't want
to be manipulated.**

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Proverbs 25:28 “Like an open city with no defenses is the man with no check on his feelings.”

NAB

Proverbs 25:28 “A person without self control is as defenseless as a city with broken down walls.” *NLT*

I. Peter 5:8 “Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour.”

NIV

C. Because we want to
please God.

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Romans 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*

D. Because we want to
succeed in life .

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Proverbs 5:23 “[People] get lost and die because of their foolishness and lack of self-control.” *CEV*

I. Peter 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*

III. How to manage an unwanted feeling.

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A. Name it.

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Psalm 55:2 “My thoughts are restless and I’m confused.” *GW*

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B. Challenge it.

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**Psalm 26:2 “Put me on trial,
Lord, cross-examine me. Test
my motives and my affections.”**

- What's the real reason you're feeling this?

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- Is it true right now?

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- Is what I'm feeling helping me or hurting me?

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C. Tame it.

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1. Sometimes we just need to change what we're feeling.

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Philippians 2:5 “Your attitude should be the same as that of Christ Jesus.”

2. Sometimes we need to *channel* what we're feeling.

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Windows 8.1 (partial)

Windows 8.1 (partial)

Zechariah 4:6 “You will not succeed by your own strength or power. But by my Spirit says the Lord almighty.”

**3. Ask God to fill us with
His Spirit every day.**

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Galatians 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.”

4. Ask God to help us manage
our mouths every day.

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**Proverbs 13:3 “Self control
means controlling the tongue.” *LB***

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Psalm 19:14 “May the words of my mouth and the meditations of my heart be pleasing in your sight O Lord.” *NIV*

So in conclusion:

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