

Silver Creek Fellowship NOTES

February 28 and March 3, 2019

50 Days of Transformation
Week 4 - Emotional Health

HOW TO DEAL WITH HOW YOU 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)

UNDERSTAND MY EMOTIONS

- _____

“Then God said, ‘Let us make man in our image, in our likeness...’” Genesis 1:26 (NIV)

- _____

- **Two extremes to avoid:**

Emotionalism: _____

Stoicism: _____

WHY I MUST LEARN TO MANAGE MY EMOTIONS

1. **BECAUSE** _____

“There is a way that SEEMS right to a man, but in the end, it leads to death. Proverbs 14:12 (NIV)

2. **BECAUSE** _____

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

“Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour.” 1 Peter 5:8 (NIV)

3. BECAUSE _____

“And we all, who with unveiled faces contemplate the Lord’s glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit” 2 Corinthians 3:18 (NIV)

“Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, 3 because you know that the testing of your faith produces perseverance. 4 Let perseverance finish its work so that you may be mature and complete, not lacking anything” James 1:2-4 (NIV)

HOW DO WE CHANGE UNWANTED EMOTIONS

- **Everyday:** _____

“But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.” Galatians 5:22-23 (NLT)

“On the last and greatest day of the festival, Jesus stood and said in a loud voice, “Let anyone who is thirsty come to me and drink. 38 Whoever believes in me, as Scripture has said, rivers of living water will flow from within them.” 39 By this he meant the Spirit, whom those who believed in him were later to receive. Up to that time the Spirit had not been given, since Jesus had not yet been glorified.” John 7:37-39

- **Everyday:** _____

“Death and life are in the power of the tongue, and those who love it will eat its fruits” Proverbs 18:21 (ESV)

“May the words of my mouth and the meditation of my heart be pleasing in your sight, O Lord!” Psalm 19:14 (NIV)