



Dealing with Feelings

Transformed Week 4—Emotional Health

Mark 12:29-30 (NLT) ²⁹Jesus replied, "The most important commandment is this: 'Listen, O Israel! The Lord our God is the one and only Lord.'³⁰ And you must love the Lord your God with all your heart, all your soul, all your mind, and all your strength."

The top 20 emotions we experience: love, peace, fear, anger, lust, sadness, contentment, excitement, happiness, uncertainty, denial, anxiety, hurt, pride, joy, frustration, discouragement, compassion, betrayal, and rejection.

Facts about emotions...

- God has EMOTIONS.
- My ability to feel is a GIFT from God.
- There are two extremes to avoid: EMOTIONALISM and STOICISM.
- The Bible uses words for emotions: PASSIONS, AFFECTIONS and the most used word, HEART.
- Understanding our emotions is a great reason to read the book of PSALMS.

Why I should learn how to deal with how I feel...

- 1) Because my feelings are often UNRELIABLE.
- 2) Because I don't want to be MANIPULATED.

1 Peter 5:8 (NIV) *Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.*

- 3) Because I want to PLEASE God.
- 4) Because I want to SUCCEED in life.

How do I manage an unwanted feeling?

- NAME it.
- CHALLENGE it.
- OWN it.

Additional Notes:

resources

Pastoral Counseling for Denver: 303-741-5588 or info@pcdcounseling.com

Cornerstone Christian Counseling: 303-902-3068

Mental Health First Aid Training: October 18, 8:00am - 4:00pm, COON
Mental Health First Aid (MHFA) is a vital health education training designed for the general public that teaches participants how to recognize and respond to mental health and addiction crises. MHFA instructs us how to identify, understand and respond to those who are experiencing a behavioral health crisis - including depression, anxiety disorders, psychosis, suicidal thoughts and substance use disorders. This interactive training will teach you to provide basic, appropriate interventions and learn about useful resources available to you.

scriptures that relate

Monday: Matthew 11:25-30

Wednesday: Psalm 23:1, 4

Friday: Romans 8:1

Tuesday: John 14:27

Thursday: Deuteronomy 33:27

Saturday: Nehemiah 8:10

small groups—talk it over

1. God never wastes a hurt. Do you have a personal story of how God brought emotional healing to your life?
2. Why do you think we would rather hide the things that have happened to us instead of revealing them to someone?
3. Why is it so hard to forgive when we have been wronged? What happens if we don't forgive?
4. What is one thought you need to change about yourself?