



50 DAY TRANSFORMED SERIES
 Part Four: "Dealing with Your Feelings"
 Pastor David Cannistraci | March 8, 2015

Transformed _____
are a big part of a transformed life.

"The most important commandment is this: You must love the Lord your God with all your heart, all your soul, all your mind, and all your strength."
 Mark 12:29-30 (NLT)

WHY MUST I LEARN TO MANAGE MY EMOTIONS?

• **My feelings can be _____.**

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

• **I don't want to be _____.**

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

• **I want to _____ God.**

"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." Romans 8:6-8 (GNT)

• **I want to _____ in life.**

"[People] get lost and die because of their foolishness and lack of self-control." Proverbs 5:23 (CEV)

HOW TO MANAGE AN UNWANTED FEELING

1. _____ **the feeling.**

"Pay attention to me, and answer me. My thoughts are restless, and I am confused." Psalm 55:2 (GWT)

Feelings (Cont'd)

ASK: Am I feeling sad, angry or _____?

2. _____ **the feeling.**

"Put me on trial, Lord, and cross-examine me. Test my motives and my heart." Psalm 26:2 (NLT)

ASK: Is this feeling helpful or _____ to me?

3. _____ **the feeling.**

• Sometimes we need to _____ a feeling.

"Let Christ himself be your example as to what your attitude should be."
 Philippians 2:5 (JBP)

• Sometimes we need to _____ a feeling.

"Go ahead and be angry—but don't use your anger as fuel for revenge. And don't stay angry... Don't give the Devil that kind of foothold in your life." Ephesians 4:26-27 (MSG)

Your greatest _____
comes from your deepest pain.

FATHER GOD, Thank you for a heart that can feel and follow you. Too often, my feelings have been selfish, foolish and wrong. Lord Jesus, I give my heart to you. Only you can make it new. Fill me with the Holy Spirit. Transform my way of thinking and use me I pray. In Christ's Name, AMEN



GROW TOGETHER IN SMALL GROUPS

Special TRANSFORMED Groups have formed throughout the church for a 50 day journey. New groups are always forming, so you can GATHER, GROW and GO with us!

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