

## HOW TO DEAL WITH HOW YOU FEEL

Transformed  
Rick Warren

*"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)

### UNDERSTAND MY EMOTIONS

- **GOD HAS EMOTIONS**

- **MY ABILITY TO FEEL IS A GIFT FROM GOD**

*"Then God said, 'Let us make mankind in our image, in our likeness.'"*

Genesis 1:26 (NIV)

#### TWO EXTREMES TO AVOID:

EMOTIONALISM: **ALL THAT MATTERS IS HOW I FEEL**

STOICISM: **FEELINGS AREN'T IMPORTANT AT ALL**

- **GOD GAVE US PSALMS TO UNDERSTAND OUR EMOTIONS**

### WHY I MUST LEARN TO MANAGE MY EMOTIONS

1. **BECAUSE MY FEELINGS ARE OFTEN UNRELIABLE**

*"There is a way that appears to be right, but in the end it leads to death."*

Proverbs 14:12 (NIV)

2. **BECAUSE I DON'T WANT TO BE MANIPULATED**

*"Like a city that is broken into and without walls so is a person who has no self-control over his spirit." Proverbs 25:28 (NASB)*

*"Be self-controlled and vigilant always, for your enemy the devil is always about, prowling like a lion roaring for its prey." 1 Peter 5:8 (PHILLIPS)*

3. **BECAUSE I WANT TO PLEASE 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)*

4. **BECAUSE I WANT TO SUCCEED IN LIFE**

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

*"From now on, you must live the rest of your earthly lives controlled by God's will and not by human desires." 1 Peter 4:2 (GNT)*

### HOW TO MANAGE AN UNWANTED FEELING

1. **I MUST NAME IT**

Ask: **WHAT AM I REALLY FEELING?**

2. **I MUST REFRAME IT**

Ask: **WHAT'S THE REAL REASON I'M FEELING THIS?**

Elephaz asked Job: *"Why has your heart carried you away, and why do your eyes flash?" Job 15:12 (NIV)*

3. **I MUST TAME IT**

- **EVERYDAY: ASK GOD TO FILL ME WITH HIS SPIRIT**

*"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)

- **EVERYDAY: ASK GOD TO HELP ME MANAGE MY MOUTH**

*"Self-control means controlling the tongue!" Proverbs 13:3 (TLB)*

*"May these words of my mouth and the meditation of my heart be pleasing in your sight, Lord." Psalm 19:14 (NIV)*

### Next Step

Visit [PastorRick.com](http://PastorRick.com) for more Bible teaching and to sign up for the daily devotional.