



HOW TO DEAL WITH HOW YOU FEEL TRANSFORMED / Part 4 / Emotional Health Pastor Aaron Hanson

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

- Two diamond symbols followed by horizontal lines for notes.

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

- Two diamond symbols with text: 'TWO extremes to avoid: Emotionalism: Stoicism: God gave us to understand our emotions.'

WHY I MUST LEARN TO MANAGE MY EMOTIONS

- Three numbered 'BECAUSE' sections with horizontal lines and associated Bible verses (Jeremiah 17:9, Proverbs 25:28, 1 Peter 5:8, Romans 8:6-8).

- Section 4: 'BECAUSE' with horizontal line, followed by text: '[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 (TEV)'

HOW TO MANAGE AN UNWANTED FEELING

- Three numbered sections for managing unwanted feelings, each with a horizontal line and 'Ask:' prompt.

Everyday:

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. Galatians 5:22-23 (NLT)

Everyday:

Self-control means controlling the tongue! Proverbs 13:3 (LB) May the words of my mouth and the meditation of my heart be pleasing in your sight, O Lord! Psalm 19:14 (NIV)

YOUR SMALL GROUP THIS WEEK: How to Heal Your Damaged Emotions