



CHANGE

 midtowne
church

2.9.2020

CHANGING EMOTIONALLY

How to Tame Your Emotions

1. _____ in _____.

I weep with sorrow; encourage me by your word. Psalm 119:28 NLT

I meditate on your age-old regulations; O Lord, they comfort me. Psalm 119:52 NLT

In your faithful love, O Lord, hear my cry; let me be revived by following your regulations.

Psalm 119:149 NLT

2. Get a _____.

Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble.

Ecclesiastes 4:9-10 NLT

Share each other's burdens, and in this way obey the law of Christ. Galatians 6:2 NLT

3. Search for a _____ to _____.

He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us. 2 Corinthians 1:4 NLT

For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many. Matthew 20:28 NLT

4. _____ your _____ to _____.

Give your burdens to the Lord, and he will take care of you. He will not permit the godly to slip and fall. Psalm 55:22 NLT

SO WHAT

Give all your worries and cares to God, for he cares about you. 1 Peter 5:7 NLT

**When your _____ get _____
do not be _____ just _____
_____ and they
will be _____ .**

KEEP THE CHANGE

1. How do our Emotions help us Experience God's Best?
2. How can our Emotions keep us from Experiencing God's Best?
3. What do you think is the Most Common Emotional Struggle in our Community? Why?
4. Why is it so important to Tame our Emotions and not let them Control us?
5. On a scale of 1 (Easy Peasy) to 10 (Herding Cats), where would you rank Taming Your Emotions? Why?
6. Which of the things that Doug mentioned did you find Most Helpful as you Tame your Emotions? Why?
7. How important do you think God's Word and God's Help is in taming your Emotions?
8. What will you begin doing to help you Tame Your Emotions?