



**EPIISODE 6 - U AND YOUR
EMOTIONS**

WHAT THE BIBLE SAYS ABOUT EMOTIONS

1. _____ US EMOTIONS.

SO GOD CREATED HUMAN BEINGS IN HIS OWN IMAGE. IN THE IMAGE OF GOD HE CREATED THEM; MALE AND FEMALE HE CREATED THEM. GENESIS 1:27 NLT

2. EMOTIONS _____ BE _____.

THE HUMAN HEART IS THE MOST DECEITFUL OF ALL THINGS, AND DESPERATELY WICKED. WHO REALLY KNOWS HOW BAD IT IS? JEREMIAH 17:9 NLT

THOSE WHO TRUST THEIR OWN INSIGHT ARE FOOLISH, BUT ANYONE WHO WALKS IN WISDOM IS SAFE. PROVERBS 28:26 NLT

3. EMOTIONS CAN BE _____.

WHEN HE SAW THE CROWDS, HE HAD COMPASSION ON THEM BECAUSE THEY WERE CONFUSED AND HELPLESS, LIKE SHEEP WITHOUT A SHEPHERD. HE SAID TO HIS DISCIPLES, "THE HARVEST IS GREAT, BUT THE WORKERS ARE FEW. SO PRAY TO THE LORD WHO IS IN CHARGE OF THE HARVEST; ASK HIM TO SEND MORE WORKERS INTO HIS FIELDS." MATTHEW 9:36-38 NLT

I AM NOT SORRY THAT I SENT THAT SEVERE LETTER TO YOU, THOUGH I WAS SORRY AT FIRST, FOR I KNOW IT WAS PAINFUL TO YOU FOR A LITTLE WHILE. NOW I AM GLAD I SENT IT, NOT BECAUSE IT HURT YOU, BUT BECAUSE THE PAIN CAUSED YOU TO REPENT AND CHANGE YOUR WAYS. IT WAS THE KIND OF SORROW GOD WANTS HIS PEOPLE TO HAVE, SO YOU WERE NOT HARMED BY US IN ANY WAY. FOR THE KIND OF SORROW GOD WANTS US TO EXPERIENCE LEADS US AWAY FROM SIN AND RESULTS IN SALVATION. THERE'S NO REGRET FOR THAT KIND OF SORROW. BUT WORLDLY SORROW, WHICH LACKS REPENTANCE, RESULTS IN SPIRITUAL DEATH. 2 CORINTHIANS 7:8-10 NLT

4. WE MUST _____ OUR EMOTIONS.

- _____ **TO GOD.**

GIVE ALL YOUR WORRIES AND CARES TO GOD, FOR HE CARES ABOUT YOU. 1PETER 5:7 NLT

- _____ **YOUR _____ AND _____.**

GUARD YOUR HEART ABOVE ALL ELSE, FOR IT DETERMINES THE COURSE OF YOUR LIFE. PROVERBS 4:23 NLT

DON'T COPY THE BEHAVIOR AND CUSTOMS OF THIS WORLD, BUT LET GOD TRANSFORM YOU INTO A NEW PERSON BY CHANGING THE WAY YOU THINK. THEN YOU WILL LEARN TO KNOW GOD'S WILL FOR YOU, WHICH IS GOOD AND PLEASING AND PERFECT. ROMANS 12:2 NLT

- _____ **WHEN NEEDED.**

GET ALL THE ADVICE AND INSTRUCTION YOU CAN, SO YOU WILL BE WISE THE REST OF YOUR LIFE. PROVERBS 19:20 NLT

DON'T LET ANYONE CAPTURE YOU WITH EMPTY PHILOSOPHIES AND HIGH-SOUNDING NONSENSE THAT COME FROM HUMAN THINKING AND FROM THE SPIRITUAL POWERS OF THIS WORLD, RATHER THAN FROM CHRIST. COLOSSIANS 2:8 NLT

SO WHAT?

SO LETTING YOUR SINFUL NATURE CONTROL YOUR MIND LEADS TO DEATH. BUT LETTING THE SPIRIT CONTROL YOUR MIND LEADS TO LIFE AND PEACE. ROMANS 8:6 NLT

**DON'T LET YOUR EMOTIONS _____ YOU NOR
_____ YOU BUT LET GOD _____ TO
_____ YOU TO HIS BEST FOR YOU.**

HOMEWORK

- 1. WHAT DO YOU THINK IS THE MOST HARMFUL EMOTION?**
- 2. WHAT EMOTION IS MOST HELPFUL TO YOU?**
- 3. WHY DO YOU THINK GOD GAVE US EMOTIONS?**
- 4. HOW HAVE EMOTIONS HARMED YOUR WALK WITH GOD? HOW HAVE EMOTIONS HELPED YOUR WALK WITH GOD?**
- 5. DO YOU FIND IT EASY OR DIFFICULT TO TAME YOUR EMOTIONS?**
- 6. WHAT HAVE YOU DONE TO HELP YOU TAME YOUR EMOTIONS?**
- 7. HOW WILL YOU ALLOW GOD TO USE YOUR EMOTIONS TO LEAD YOU TO HIS BEST?**