

# Follow Me The Disciple's Emotions Matthew 22:37

My ability to feel is a \_\_\_\_\_

*“So God created man in his own image, in the image of God he created him; male and female he created them.”* (Genesis 1:27)

*“I praise you, for I am fearfully and wonderfully made.”*  
(Psalm 139:14)

## **2 Extremes to Avoid:**

- \_\_\_\_\_ – feelings are most important
- \_\_\_\_\_ – feelings aren't important at all

## **Why Is It Important For Me To Learn To Manage My Emotions?**

### **1. My feelings are often \_\_\_\_\_**

*“There is a way that seems right to a man, but its end is the way to death.”* (Proverbs 14:12)

I don't have to accept everything I feel!

### **2. I can be \_\_\_\_\_ through my feelings**

*“A man without self-control is like a city broken into and left without walls.”* (Proverbs 25:28)

*“Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.”* (1 Peter 5:8)

One of Satan's favorite tools in our lives is \_\_\_\_\_  
\_\_\_\_\_

**3. I want to \_\_\_\_\_**

*“For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For the mind that is set on the flesh is hostile to God, for it does not submit to God’s law; indeed, it cannot. Those who are in the flesh cannot please God.”*

(Romans 8:6–8)

\_\_\_\_\_ can’t rule in my life if \_\_\_\_\_  
rule my life

**4. I want \_\_\_\_\_ for my life**

*“He dies for lack of discipline, and because of his great folly he is led astray.”* (Proverbs 5:23)

*“Keep your heart with all vigilance, for from it flow the springs of life.”* (Proverbs 4:23)

*“so as to live for the rest of the time in the flesh no longer for human passions but for the will of God.”* (1 Peter 4:2)

## **How To Manage My Emotions**

**1. \_\_\_\_\_**

*“My heart is in anguish within me; the terrors of death have fallen upon me. Fear and trembling come upon me, and horror overwhelms me.”* (Psalm 55:4–5)

- What am I feeling right now?
- What are my triggers? What triggered this?
- What is the thinking behind this?

I can’t \_\_\_\_\_ it if I can’t \_\_\_\_\_ it

**2.** \_\_\_\_\_

*“Prove me, O LORD, and try me; test my heart and my mind.”*  
(Psalm 26:2)

*“Search me, O God, and know my heart! Try me and know my thoughts!”* (Psalm 139:23)

- What’s the real reason I’m feeling this?
- Is it true?
- Is what I am feeling helping me or hurting me?

**Tips:**

- Some find it very helpful to write out their thoughts and feelings
- You might need a trusted friend or counselor to help you unpack your thoughts and emotions

**3. If needed,** \_\_\_\_\_

- \_\_\_\_\_ to the Lord (Book of Psalms)
- \_\_\_\_\_

*“put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness.”*

(Ephesians 4:22–24)

- \_\_\_\_\_

*“Be angry and do not sin;”* (Ephesians 4:26)

- **Day by day, ask God to fill me with** \_\_\_\_\_

*“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.” (Galatians 5:22–23)*

Self-control comes from \_\_\_\_\_

- **Continually fill my mind with** \_\_\_\_\_

Our actions and our emotions flow from our beliefs

- **Harness the power of** \_\_\_\_\_

*“About midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them,” (Acts 16:25)*

<p><b>I cannot separate following Christ from managing my emotions.</b></p>
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### **Questions for Reflection:**

- Am I aware of my emotions? Can I identify them in my day to day life?
- What emotion is the most challenging for me to manage right now?
- With God’s help, what strategies will I put in place to help better manage this emotion?