

Transformed: Emotional Health “Feel It—Control It”

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Psalm 26:2

EMOTIONAL FACTS

- God has _____
- My ability to _____ is a _____ from God
- Avoid _____ and _____
- The _____ contains a _____ book

WHY DO I NEED TO MANAGE MY EMOTIONS?

- 1) Because my feelings are often _____.
Proverbs 14:12
- 2) Because I don't want to be _____.
- 3) Because I want to _____ God.
- 4) Because I want to be _____ in life. Proverbs 5:23

HOW DO I MANAGE MY EMOTIONS?

- 1) _____ the _____.

* I can't control _____.

“Feel It—Control It”

Psalm 26:2

2. _____ the _____.

Step one: What is the _____ I feel this way?

Is it _____?

Is it _____ or _____?

Step two: Talk to _____ about it. Psalm 26:2

Step three: Talk to a _____.

3. _____ j_ or _____ the _____.