

Pastor Kevin Fischer ~ February 12th & 13th, 2022

WHY I NEED TO MANAGE MY EMOTIONS

- **My feelings can be _____.**

The heart is a puzzle that no one can figure out. [Jeremiah 17:9 \(MSG\)](#)

- **I don't want to be _____.**

Like an open city with no defenses is the person with **no check on their feelings**. [Proverbs 25:28 \(NAB\)](#)

- **I want to _____ in life.**

From now on, then, you must live the rest of your earthly lives **controlled by God's will** and not by **human desires**. [1Peter 4:2 \(GNT\)](#)

HOW DO I MANAGE MY EMOTIONS?

1. _____ IT.

ASK:

- **WHAT AM I REALLY FEELING?**
- **WHAT CAUSED THIS?**

GOD IS ABLE to do immeasurably more than all we ask or imagine, according to his power that is at work within us. [Ephesians 3:20 \(NIV\)](#)

2. _____ IT.

The wisdom of the righteous can **save** you. [Proverbs 11:9 \(GNT\)](#)

3. _____ IT.

TWO SUGGESTIONS:

- **THINK LONG TERM.**
- **RE-CHANNEL WHAT YOU'RE FEELING.**

You will not succeed by your own strength and power, **but by my Spirit**, says the Lord. [Zechariah 4:6 \(NCV\)](#)

For your own notes:

Daily Bible Readings

Mon—[Galatians 5:22-25](#)//**Tue**—[2 Peter 1:5-9](#)

Wed—[Ephesians 4:1-6](#)//**Thu**—[Joshua 1:6-9](#)

Fri—[Matthew 11:28-30](#)//**Sat/Sun**—[Isaiah 42:1-9](#)

Memory Verse:

Like an open city with no defenses is the person with no check on their feelings. [Proverbs 25:28 \(NAB\)](#)

Join us online or in-person next weekend for:

#GOALS, Episode 7

Weekend Service Times:

Sat. at **6:15 p.m.** & Sun. at **10:30 a.m.** & **12:15 p.m.**