

**Up Your Spirit Game
Part 4**

*Jesus said, 'The most important commandment is this, you must love the Lord your God with all your heart, and all your soul, and all your mind and all your strength. **Mark 12:29-30***

FACTS ABOUT EMOTIONS

God has _____

God created my _____

*Let us make man in our image. **Genesis 1:26***

There are two emotional _____

Emotionalism
All that matters is how I feel

Stoicism
Feelings aren't important at all

WHY SHOULD I MANAGE MY EMOTIONS?

Don't accept as fact everything you feel

*There is a way that SEEMS right to a person but in the end, it leads to death. **Proverbs 14:12***

*Like an open city with no defenses is the person with no check on his emotions. **Proverbs 25:28***

*Be self-controlled and alert. Your enemy, the devil, prowls around like a roaring lion looking for someone to devour. **1 Peter 5:8***

*To be controlled by human nature results in death; to be controlled by the Spirit results in life and peace ... Those who obey their human nature cannot please God. **Romans 8:6-8***

*From now on you must live the rest of your earthly lives controlled by God's will and not by human desires. **1 Peter 4:2***

**LEARNING TO LIVE WITH
SPIRIT-CONTROLLED EMOTIONS**

*My thoughts are restless and confused. **Psalm 55:2***

I can't tame it until I name it

*Lord, cross-examine me. Test my motives and my affections. **Psalm 26:2***

Three Questions To Dig Deeper

- What's the real _____?
- Is it based _____?
- Is what I'm feeling _____?

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*Your attitude should be the same as that of Christ Jesus. **Philippians 2:5***

The Holy Spirit is stronger than my emotions

*You will not succeed by your own strength or power. But by my Spirit says the Lord Almighty. **Zechariah 4:6***

Everyday you ask God to fill you with His Spirit

*When the Holy Spirit controls our lives, He will produce this kind of fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. **Galatians 5:22***