

#trapped

living free in a bound-up world

#Trapped... _____

Message 3 – How To Deal With How You Feel _____

Mark 12:29-30 (NLT) _____

Understanding Our Emotions: _____

1. God has _____.

Hebrews 4:15 (NKJV) _____

2. Our ability to feel is a _____.

Genesis 1:26 (NIV) _____

3. Avoid the _____.

Emotionalism: All that matters is _____.

Stoicism: Feelings aren't _____.

Why We Need To Address Unhealthy Emotional Patterns:

1. Our feelings are often _____.

Proverbs 14:12 (NKJV) _____

2. We don't want to be _____.
Proverbs 25:28 (NASB) _____

3. We want to _____.
Romans 8:6,8 (GNT) _____

4. We want to _____.
Proverbs 5:23 (CEV), 1 Peter 4:2 (GNT) _____

How We Manage Unwanted Feelings:

1. _____.
Psalm 55:2 (GW) _____

2. _____.
Psalm 26:2 (NET) _____

Thoughts => Emotions => Beliefs _____

Ask Yourself Three Questions:

- What's the _____ I'm feeling this?
 - Is it _____?
 - Is what I'm feeling _____?
3. _____ it.
- Sometimes we need to _____ what we're feeling.
- Philippians 2:5 (NIV) _____
- Sometimes we need to _____ what we're feeling.

What is God speaking to me through this message? Who can I invite to church next weekend? _____

All Scripture is from version listed. Message notes and Scriptures on your web-enabled phone at ChurchoftheKing.com/youversion.