

Part 5: Emotional Transformation!

Text: Romans 12:2; Selected Scriptures

[1] Our Emotions Are ... _____-Determining!

Proverbs 14:30 (NLT) -- A **peaceful heart** leads to a **healthy body**; **jealousy** is like **cancer** in the **bones**.

Proverbs 15:30 (NLT) -- A **cheerful look** brings **joy to the heart**; **good news** makes for **good health**.

Proverbs 16:24 (NLT) -- **Kind words** are **like honey**— **sweet to the soul** and **healthy** for **the body**.

Proverbs 17:22 (NLT) -- A **cheerful heart** is **good medicine**, but a **broken spirit saps** a person's **strength**.

[2] Our Emotions Must Be ... _____!

Proverbs 29:11 (GW)

A **fool expresses all** his **emotions**, but a **wise** person **controls them**.

- To "manage our feelings" we must _____ them!
- To "manage our feelings" we must _____ them!

What am I feeling and why?

Is what I'm feeling helping or hurting me?

- To "manage our feelings" we must direct our _____!

2 Corinthians 10:5 (MSG)

We use our powerful God-tools for smashing warped philosophies, tearing down barriers erected against the truth of God, **fitting every loose thought** and **emotion** and **impulse** into the **structure of life shaped** by **Christ**.

- [3] Our Broken Emotions Can Be ... _____!

Psalm 147:3 (MSG)

God heals the **heartbroken** and **bandages** their **wounds**.

Genesis 41:51-52 (NIV)

Joseph named his firstborn **Manasseh** and said, "It is because God has **made me forget** all my trouble and all my father's household."⁵² The second son he named **Ephraim** and said, "It is because God has **made me fruitful** in the land of my suffering."

- "Emotional healing" require _____ the hurt!
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