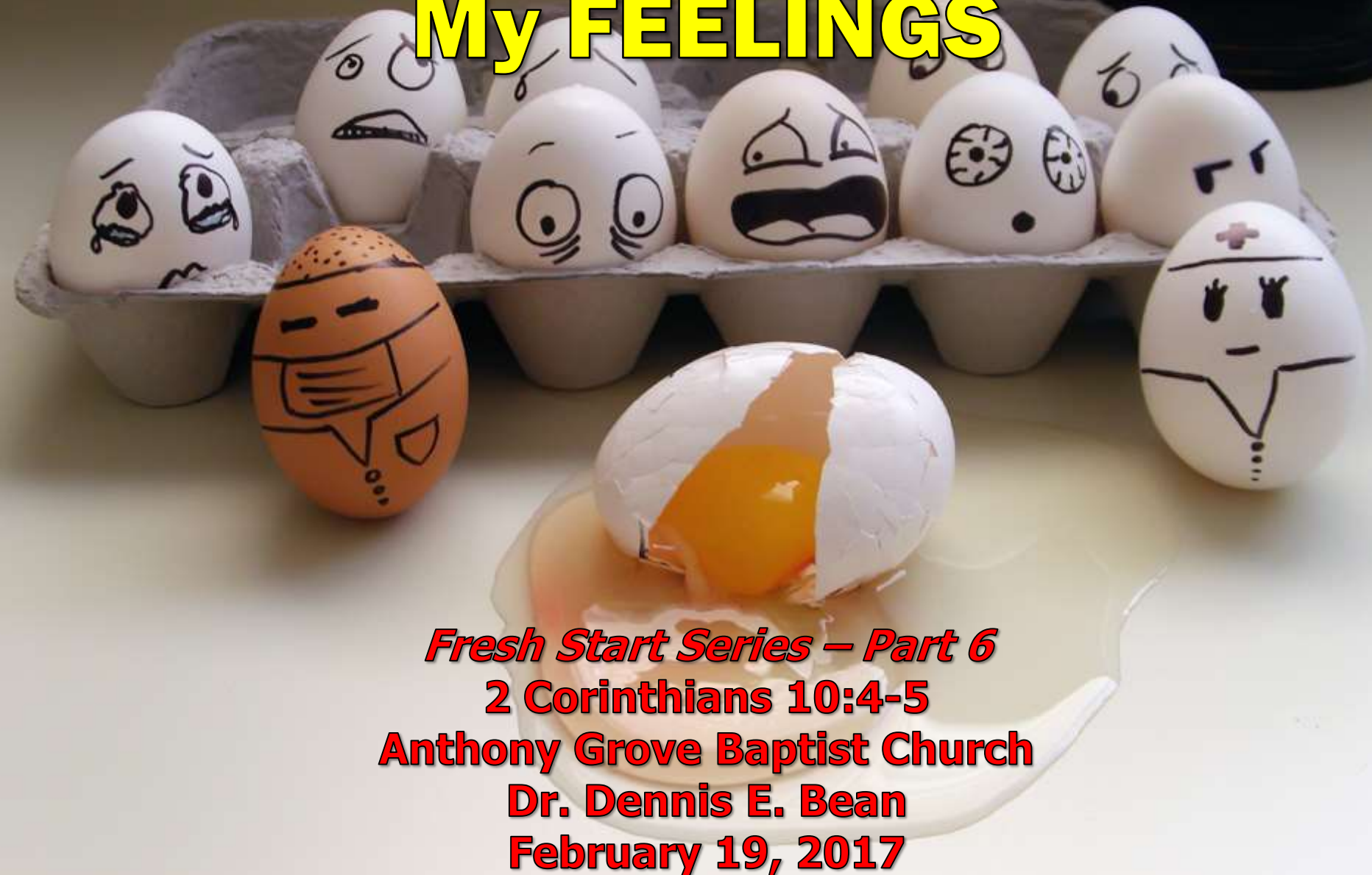


Making A Fresh Start In My FEELINGS



Fresh Start Series – Part 6
2 Corinthians 10:4-5
Anthony Grove Baptist Church
Dr. Dennis E. Bean
February 19, 2017

1 Peter 1:13a



**13 Therefore, prepare
your minds for action; be
self-controlled; ...(NIV)**

2 Corinthians 10:4-5

⁴ The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. ⁵ We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. (NIV)



1 Corinthians 14:20

²⁰ Brothers, stop thinking like children. In regard to evil be infants, but in your thinking be adults. (NIV)



Mark 12:29-30

29 Jesus replied, "The most important commandment is this: 'Listen, O Israel! The LORD our God is the one and only LORD. 30 And you must love the LORD your God with all your heart, all your soul, all your mind, and all your strength.'-- (NLT)





**Making A Fresh Start In
My FEELINGS**

1. God Has **Emotions**.

 **John 11:35³⁵ Jesus wept.-- (NIV)**  

John 15:11¹¹ I have told you this so that my joy may be in you and that your joy may be complete.-- (NIV)

2. My Ability To Feel Is A Gift From God.



Genesis 1:26²⁶ Then God said, "Let us make mankind in our image, in our likeness, (NIV)

3. I Need To Avoid Two Extremes

A. I Need To Avoid Emotionalism.

Emotionalism is:

All that matters is how I feel

Jeremiah 17:9⁹ The heart is deceitful above all things and beyond cure. Who can understand it?-- (NIV)

B. I Need To Avoid Stoicism.



Stoicism is:

**Feelings aren't
important at all**

4. God Gave Us His Word To Help Us.



Proverbs 23:7⁷ For as he thinketh in his heart, so is he: (KJV)

Psalm 1:2-3

² but whose delight is in the law of the LORD, and who meditates on his law day and night. ³ That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither— whatever they do prospers.-- (NIV)



1. Because My Feelings Are Often Unreliable.



Proverbs 14:12¹² There is a way that appears to be right, but in the end it leads to death.-- (NIV)

2. Because I Don't Want To Be Manipulated.



**Proverbs 25:28²⁸ Like an
open city with no defenses
is the man with no check on
his feelings.-- (NAB)**

1 Peter 5:8

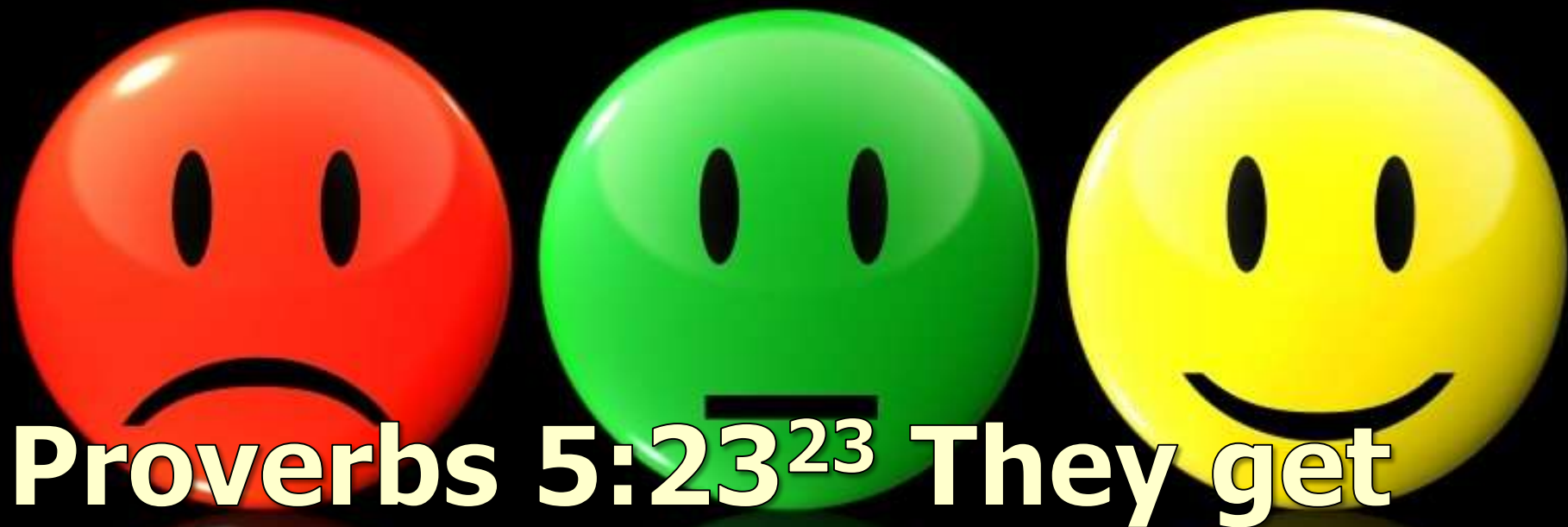


⁸ Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour.-- (NIV)

3. Because I Want To Please God


Romans 8:6–8⁶ To be controlled by human nature results in death; to be controlled by the Spirit results in life and peace. . . .⁸ Those who obey their human nature cannot please God.-- (GNB)

4. Because I Want To Win At Life.



**Proverbs 5:23²³ They get
lost and die because of
their foolishness and lack of
self-control.-- (CEV)**

1 Peter 4:2



² From now on, then, you must live the rest of your earthly lives controlled by God's will and not by human desires.-- (GNB)

1. I Will Name It.

Psalm 55:2² hear me and answer me. My thoughts trouble me and I am distraught-
- (NIV)

ASK: What Am I Really Feeling

ASK: What Makes Me Feel That Way

ASK: What Are My Triggers



2. I Will Reframe It.

Job 15:12¹² Why has your heart carried you away, and why do your eyes flash,--
(NIV)

ASK: What's the real reason I'm feeling this

ASK: Is It True

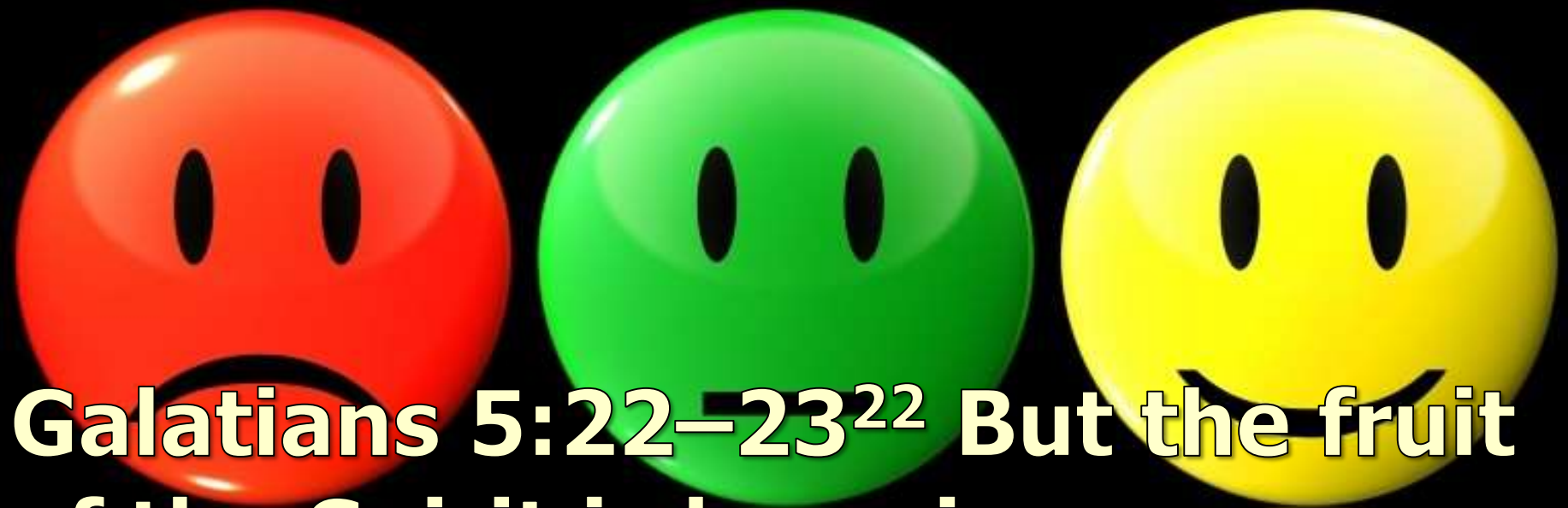
ASK: What I feel, Is it helping or hurting me

3. I Will TAME It.



Philippians 2:5⁵ Your attitude
should be the same as that of
Christ Jesus:-- (NIV)

B. Sometimes You Need To **Channel What You Feel.**



Galatians 5:22–23²² But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness and self-control. (NIV)

Psalm 19:14



**14 May the words of my mouth
and the meditation of my heart
be pleasing in your sight, O LORD,
my Rock and my Redeemer.**



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