

Sunday Celebration

Gathering Song

"Open the Eyes of My Heart"

Greeting & Welcome

*Worship Songs

"Love the Lord"

"Here for You"

Joys & Prayers

Offering & Tithe

Offering Song

"I Can Just Be Me"

Scripture

Mark 12:29-30 (NLT)

Message

"Transformed: Dealing With How I'm Feeling"

Jack D. Cohen

*Response/Prayer Time

"I Life My Hands"

*Closing

"Your Grace is Enough"



We hope that the worship service today has helped you know & grow closer to the Lord. If you are visiting or have further questions & comments please fill out the Response Card so we can connect with you.

Haven Community Church

March 30, 2014

Love the Lord your God

with all your

heart

with all your

SOUL

and with all your

MIND.

"Though our feelings come and go, God's love for us does not."

— C.S. Lewis



Haven Community Church
March 30, 2014



DEALING WITH HOW I'M FEELING (EMOTIONAL HEALTH)

"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 (NLT)

UNDERSTAND MY EMOTIONS

"Then God said, 'Let us make man in our image, in our likeness...'" - Genesis 1:26 (NIV)

Two extremes to avoid:

🦋 Emotionalism: _____

🦋 Stoicism: _____

🦋 God gave us _____ to understand our emotions.

I. WHY I MUST MANAGE MY EMOTIONS?

1) Because _____
"There is a way that SEEMS right to a man, but in the end, it leads to death." - Proverbs 14:12 (NIV)

2) Because _____
"Like an open city with no defenses is the man with no check on his feelings." - Proverbs 25:28 (NAB)

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

3) Because _____
"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 (TEV)

4) Because _____
"[People] get lost and die because of their foolishness and lack of self-control." - Proverbs 5:23 (CEV)

"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 (TEV)

II. HOW TO MANAGE AN UNWANTED FEELING

1) _____

ASK: _____

2) _____

ASK: _____

Eliphaz asked Job: "Why has your heart carried you away, and why do your eyes flash?" - Job 15:12 (NIV)

3) _____

Everyday: _____

"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 5:22-23 (NLT)

Everyday: _____

"Self-control means controlling the tongue!" - Proverbs 13:3 (LB)

This week in your small group: "How to Heal Your Damaged Emotions"