



#trapped

living **free** in a bound-up world

How To Deal With How You Feel – Message #3

Announcements

- **FINAL SMALL GROUP LESSON.** Semester break begins May 13th. No small group lessons will be available during break. We will resume small group lessons during the summer semester.
- **Your Summer Small Group Plans** // You should have received an email and text with a survey asking for your small group plans for the Summer Semester (**now May 28-August 5**). Please complete the form or email smallgroups@churchoftheking.com by Wednesday, May 10th.

Warm-up

What food do you enjoy eating but know it is not good for you?

This is the third message in our *#Trapped* series discussion. This week we equip you on how to get unstuck from our emotions by examining God's Word.

Word and Application

In your opinion, are emotions a good thing or a bad thing? Explain your answer.

Read Mark 12:29-30. To what magnitude does God want us to love Him? How can this help us with our emotions?

Emotions are neither good nor bad. When kept in the proper context, emotions can draw us closer to God. However, we get trapped when we allow our feelings to control us and make decisions that are detrimental to our future, health and relationships.

Let's start by understanding our emotions as displayed in the Bible.

1. *God has emotions.*

Read Hebrews 4:15. We are created in the image of God hence we have emotions like God does. How does knowing that Jesus experienced emotions like we do, give you hope that you can overcome negative emotions?

2. *Our ability to feel is a gift from God.*

Read Ecclesiastes 3:4, Romans 12:15, Proverbs 15:13, Philippians 4:6-7. What do these passages reveal to you about emotions? It is our emotions that allow us to love and create, to be generous etc. What is an emotion that helps drive you toward your purpose in life?

3. *Avoid the two extremes: emotionalism and stoicism.*

- Emotionalism says, "All that matters is how I feel."
- Stoicism says, "Feelings aren't important at all."

Which of these two extremes might you lean more towards? What truth from today's discussion can you apply to help shift your mindset?

Now that we understand our emotions, let's look at **4 Reasons Why We Need to Address Unhealthy Emotional Patterns.**

1. *Our feelings are often unreliable.*

Read Proverbs 14:12. Just because you feel it doesn't make it true. Share a time when you allowed your emotions to negatively cloud your judgment.

2. *We don't want to be manipulated.*

Read Proverbs 25:28. If you don't control your emotions they will control you. Give an example of a promotion or commercial that lures you in through your emotions.

3. *We want to please God.*

Read Romans 8:6 & 8. God cannot be God in our lives if emotions are god in our lives. What kind of life can we have when controlled by the Holy Spirit instead of emotions?

4. *We want to win in life.*

Read Proverbs 5:23 & 1 Peter 4:2. We can miss out on what God has planned for our life if we don't control our emotions. Now that we are a Believer, our life is to be controlled by God's will, not how we feel. How do these passages tie to our *winning in life*?

How We Manage Unwanted Feelings

1. Name it.

Read Psalm 55:2. We need to first identify and name the emotion you want to change or manage. Name one emotion you would like to be able to manage more effectively.

2. Challenge it.

Read Psalm 26:2. We must challenge what we feel. What does the Lord want us to do with our thoughts?

Ask Yourself Three Questions to Challenge Unwanted Feelings:

1) What's the real reason I'm feeling this? 2) Is it true? 3) Is what I'm feeling helping or hurting me?

3. Tame it.

Read Philippians 2:5. Sometimes we need to change what we're feeling. Other times we need to channel what we're feeling. Name the emotions you are feeling during the week that cause you pain and turmoil. Identify those root thoughts and emotions and delete the negative ones.

Prayer

Thank God for the hope He gives us with truth. Ask the Lord to show you the root cause of the emotions that are making you feel trapped and to lead you out of the trap. Pray for specific needs of the group.