

DEALING WITH FEELINGS #3

092114sa

There are emotions we should embrace and others we should _____.

There are some emotions that are in _____.

We're to live by the word of God, not our _____.

God created people to feel _____ when they violate the created order.

2 Corinthians 7:8–10

Stop allowing someone else's mistake, immaturity, or wickedness to control your _____.

Ephesians 2:4–6

Colossians 2:13

There are two main things that weaken a person's faith.

Poor _____.

Changing how we _____ is always easier than changing how we _____.

Unexplainable _____.

As long as your faith is grounded in what you see around you and what you experience, your faith will be _____.

The foundation of our faith is _____, not what's going on around us.

What you _____ about God and _____ about yourself will affect your feelings.

Ultimately, there are only two options for dealing with our guilt:

(a) Hide and _____ it, or

(b) Bring it to God, asking for His _____.

1 John 1:9

We need to take sin seriously, but we need to take _____ more seriously.

DEALING WITH FEELINGS #3—Group Homework

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1. Reviewing your notes from this week's teaching was there anything that encouraged, challenged or confused you?

2. Pastor Phil said that we need to take grace more seriously than we do sin. Does "guilt" motivate you?
If yes, how might this group help you become motivated more by God's word instead of guilt?

3. We can feel guilt about many issues in life: what we should have done, and what we should not have done, etc.. Sometimes we can battle with guilt feeling but not know why we are feeling guilty. How might the following verse help you battle pseudo-guilt?

1 John 3:19–21 (NKJV)

19 And by this we know that we are of the truth, and shall assure our hearts before Him.

20 For if our heart condemns us, God is greater than our heart, and knows all things.

21 Beloved, if our heart does not condemn us, we have confidence toward God.

4. **James 5:16 (NIV84)** says, "Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective." Based on this verse, how might it be applied to removing guilt in your life?