



Small Group Member Goal Ideas

Instructions: Use one of these suggestions if you're having trouble determining a 3-month goal for being transformed emotionally.

- Identify a negative emotional place & choose to move from there. What steps must you take to remain in a healthier place? Is there someone in your group or family/friends that can keep you accountable in this?
- Forgive yourself or someone who you have been holding back from forgiving completely. Memorize Ephesians 4:31-32 and Colossians 3:12-13 and repeat them when you are struggling to forgive.
- Ask someone close to you to identify negative self-talk you express, giving them permission to hold you accountable to stop negative self-talk.
- Memorize a list of verses to combat negative thoughts - you might start with the 7 verses for this week in *Transformed* beginning on page 104.
- Discover one relational strength & begin using it in a key relationship. Journal your progress for the next three months.
- Join a care group (DivorceCare, GriefShare). You can register at www.myriversidechurch.com/caregroups.
- Who should you get to know despite a past hurt? Take a step in their direction 1-2 per times per month. What might you learn through this?
- Read that book - the one you've been putting off and know you need to read! Need help choosing? Consider *Pain Free for Life and/or Boundaries w/ Boundaries Workbook*, *Emotionally Healthy Spirituality* or *Bait of Satan*.
- Ask daily to be filled with the Holy Spirit, helping you to deal with your emotions in healthy ways each day.
- If you are not seeing progress in a relationship or emotional area, seek professional counseling. There is a list of Christian counselors in the area at www.myriversidechurch.com/counselors.



TRANSFORMED

Message Notes & Small Group Discussion

Transformed Emotionally
October 8, 2017



“Transformed Emotionally”
[Tom Lundeen, Senior Pastor]

MESSAGE NOTES

Note Mark 12:29-30

Jesus clearly indicates that the kind of relationship God wants to have with every single one of us includes _____...

1. Why Our Emotions Matter

Because:

- A. God _____ things (i.e., “ Do not _____ the Holy Spirit,” Ephesians 4:30).
- B. God intends our emotions to be a _____ to us (emotions make us _____).

2. _____ To Avoid

- A. E _____
- B. S _____

Note Mark 7:6b

“Emotions” = “passions, affections, _____”

Our _____ are wired for both feeling and thinking.

Thoughtfully reading through the _____ will expose you to nearly every human emotion.

3. M _____ My Emotions Matters

Because:

- A. I can't always _____ my feelings (note Proverbs 14:12).
- B. Otherwise I'll be manipulated by my _____ - “ _____ buying” (note Proverbs 25:28).
- C. It helps me _____ God (note Romans 8:6-8).
- D. _____ is often more important than _____ (note Proverbs 5:23; I Peter 4:2).

4. How to _____ with How You Feel

- A. I _____ it (note Psalm 55:2b)
 - i. _____ am I feeling?
 - ii. What _____ these emotions? “When you swallow your emotions, your _____ keeps score.” (Warren)
- B. _____ it (note Psalm 26:2) - is what I'm _____ helping or hurting me?
- C. _____ it (note Philippians 2:5) - I can _____ emotions that don't make me more like Jesus. I can also learn to c _____ my feelings in healthier ways (note Ephesians 4:26 a; II Corinthians 1:3-6a, b).

We can be transformed by God:

How do we tame a “ _____ emotion” (note Zechariah 4:6b)?

- Ask the Holy Spirit to _____ us daily (note Ephesians 5:18; Galatians 5:22-23) - “self-control” comes from God.
- Ask the Lord to help me manage my _____ (note Proverbs 10:19; 13:3; James 3).
- Make God's Word _____ word (note Psalm 119:11; 19:14) - my _____ is revealed in my words.
- Do we need a “heart transplant” (note Jeremiah 31:33; Ezekiel 36:26)?

Tell someone about the next step you took today in your spiritual journey. You can also use the connect card to let us know about your commitment, too!



“Transformed Emotionally” Tom Lundeen, Senior Pastor

MESSAGE NOTES

Note Mark 12:29-30

Jesus clearly indicates that the kind of relationship God wants to have with every single one of us includes emotions...

1. Why Our Emotions Matter

Because:

- A. God feels things (i.e., “Do not grieve the Holy Spirit”, Ephesians 4:30).
- B. God intends our emotions to be a gift to us (emotions make us human).

2. Extremes To Avoid

- A. Emotionalism
- B. Stoicism

Note Mark 7:6b

“Emotions” = “passions, affections, heart”

Our brains are wired for both feeling and thinking.

Thoughtfully reading through the Psalms will expose you to nearly every human emotion.

3. Managing My Emotions Matters

Because:

- A. I can't always trust my feelings (note Proverbs 14:12).
- B. Otherwise I'll be manipulated by my moods – “impulse buying” (note Proverbs 25:28).
- C. It helps me honor God (note Romans 8:6-8).
- D. EQ is often more important than IQ (note Proverbs 5:23; 1 Peter 4:2).

4. How to Deal with How You Feel

- A. Identify it (note Psalm 55:2b)
 - i. What am I feeling?
 - ii. What triggers these emotions? “When you swallow your emotions, your stomach keeps score.” (Warren)
- B. Question it (note Psalm 26:2) – is what I'm feeling helping or hurting me?
- C. Train it (note Philippians 2:5) – I can reject emotions that don't make me more like Jesus. I can also learn to channel my feelings in healthier ways (note Ephesians 4:26a; 2 Corinthians 1:3-6a, b).

We can be transformed by God:

How do we tame a “wild emotion” (note Zechariah 4:6b)?

- Ask the Holy Spirit to fill us daily (note Ephesians 5:18; Galatians 5:22-23) – “self-control” comes from God.
- Ask the Lord to help me manage my mouth (note Proverbs 10:19; 13:3; James 3).
- Make God's Word my word (note Psalm 119:11; 19:14) - my heart is revealed in my words.
- Do we need a “heart transplant” (note Jeremiah 31:33; Ezekiel 36:26)?

Tell someone about the next step you took today in your spiritual journey. You can also use the connect card to let us know about your commitment, too!