

FAITH and FEELINGS

The Power of Understanding:

January 16th, 2022

W O O D L A N D

Instruct the wise and they will be wiser still; teach the righteous and they will add to their learning.

Proverbs 9:9

1. We need _____.

...The Spirit searches all things, even the deep things of God. ¹¹ For who knows a person's thoughts except their own spirit within them? In the same way no one knows the thoughts of God except the Spirit of God. ¹² What we have received is not the spirit of the world, but the Spirit who is from God, so that we may understand what God has freely given us. ¹³ This is what we speak, not in words taught us by human wisdom but in words taught by the Spirit, explaining spiritual realities with Spirit-taught words. ¹⁴ The person without the Spirit does not accept the things that come from the Spirit of God but considers them foolishness, and cannot understand them because they are discerned only through the Spirit. ¹⁵ The person with the Spirit makes judgments about all things, but such a person is not subject to merely human judgments, ¹⁶ for, "Who has known the mind of the Lord so as to instruct him?" But we have the mind of Christ.

1 Corinthians 2:6-16

- God's coach helps us _____ and moves us toward correction, leading us to emotional health and our ability to influence others in a positive way.

The mind of sinful man is death, but the mind controlled by the Spirit is life and peace...

Romans 8:6

- Life is _____ – how we _____.
- Peace is _____ – how we _____ and treat others.

2. We must _____.

- _____ . The emotion that _____ someone or something.

- _____ . The emotion that moves us towards someone or something, but it _____.
- _____ . The emotion that _____ someone or something.

"The LORD is gracious and compassionate, slow to anger and rich in love."
Psalm 145:8

Who is going to harm you if you are eager to do good? But even if you should suffer for what is right, you are blessed. Do not fear what they fear: do not be frightened.

1 Peter 3:13-14

There is no fear in love. But perfect love drives out fear...

1 John 4:18

3. We must _____.

The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. ⁷ The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so. ⁸ Those who are in the realm of the flesh cannot please God.

Romans 8:6-8

- The _____ mind. It's the mind that _____.

...for as he thinketh in his heart, so is he...

Proverbs 23:7 KJV

- The _____ mind. It's the mind that _____.

WE _____, WE _____, WE _____

WE _____ OR _____ - _____

4. We must _____.

- A – The _____. This represents the situation. Someone says or does something to us.
- B – _____. What we think about the situation.
- C – The _____. How we respond through emotions and behaviors.

*He has walled me in so I cannot escape; he has weighed me down with chains.
8 Even when I call out or cry for help, he shuts out my prayer. 9 He has barred my way with blocks of stone; he has made my paths crooked.*
Lamentations 3:7-9

PERSONAL EVALUATION

- Do you feel that you are ruling over your emotions or your emotions are ruling over you? Why or why not?

- Do you respond with anger most often or with fear? Give an example.

- Do you tend to think before acting or re-acting without thinking? Give an example.

- If you have unhealthy emotions, what role has having wrong beliefs played in your struggle?

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