

RE-NEW

Sermon by Todd Lester

September 20, 2015

Mark 12:29-30 The most important commandment is this ... you must love the Lord your God with all your heart, all your soul, all your mind, and all your strength.

Stuffer

Gusher

WHY I MUST LEARN TO MANAGE MY EMOTIONS

1. THE _____ FACTOR

Proverbs 14:12 (NIV) There is a way that appears to be right, but in the end it leads to death.

2. THE _____ FACTOR

Prov. 25:28 A person without self-control is like a city with broken-down walls.

3. THE _____ FACTOR

Romans 8:6-8 So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace ... That's why those who are still under the control of their sinful nature can never please God.

4. THE _____ FACTOR

Proverbs 5:23 He will die for lack of self-control; he will be lost because of his great foolishness.

HOW TO MANAGE AN UNWANTED FEELING

1. _____ IT

Psalms 51:3 For I recognize my rebellion; it haunts me day and night.

2. _____ IT

Psalms 26:2 Put me on trial, Lord, and cross-examine me. Test my motives and my heart.

1. What is the real _____ I'm feeling this?
2. Is what I'm feeling right now _____?
3. Is what I'm feeling _____ or _____ me?

3. _____ IT

Philippians 2:5 You must have the same attitude that Christ Jesus had.

1. Each day ask God to fill _____.
2. Each day ask God to help you _____.

Measuring Your EQ (Emotional Intelligence)

1. In my group of friends, I am generally aware of how each person feels about the other people in our social circle.

- Strongly agree Agree Disagree Strongly disagree

2. When I am upset, I can usually pinpoint exactly why I am distressed.

- Strongly agree Agree Disagree Strongly disagree

3. While there are some things that I would like to change, I generally like who I am.

- Strongly agree Agree Disagree Strongly disagree

4. When I make mistakes, I often berate and criticize myself and my abilities.

- Strongly agree Agree Disagree Strongly disagree

5. I feel uncomfortable in emotionally charged situations.

- Strongly agree Agree Disagree Strongly disagree

6. I tend to avoid confrontations. When I am involved in a confrontation, I become extremely anxious.

- Strongly agree Agree Disagree Strongly disagree

7. I am generally aloof and detached until I really get to know a person.

- Strongly agree Agree Disagree Strongly disagree

8. I tend to overreact to minor problems.

- Strongly agree Agree Disagree Strongly disagree

9. I feel confident about my own skills, talents, and abilities.

- Strongly agree Agree Disagree Strongly disagree

10. I would describe myself as a good judge of character.

- Strongly agree Agree Disagree Strongly disagree

11. Which of the following statements best describes you?

- I have an easy time making friends and getting to know new people.
- I get along well with others, but I have to really get to know someone before they become a true friend.
- I find it difficult to meet people and make friends.
- I cannot make friends.

You can take the complete test (and get a score) at:

http://psychology.about.com/library/quiz/bl_eq_quiz.htm?questnum=1&cor=2853

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Icebreaker/Introduction

The 'Emotional Intelligence' activity flows out of Todd's point that some experts feel that EQ is more important than IQ. I thought it might be interesting for people to answer questions about their emotional intelligence to get them reflecting on how well they understand themselves or their feelings. These questions are for discussion starter only – there are about 5 more questions in the online version and they could then get a brief EQ evaluation (all free but it would take a bit more time). Once the participants answer the given questions you could ask them about the quiz and their answers – was it difficult, how high do they think they would rate, do they think EQ is valid, etc.

Ask if there was anything from this week's message that stood out – either a point that was made that really resonated with them, or perhaps a question or difficulty that came up for them.

Read Mark 12:29-30

Todd made the statement that most people are not good at managing their emotions. Do you agree? What would be some reasons why this is true? (or false)

Todd cautioned us about the dangers of extremes when it comes to our emotions:

emotionalism = only feelings matter vs. stoicism = feelings don't matter at all

Where would you fit on a scale with these at each end. (ie. are you a 'stuffer' or a 'gusher'?)

Todd reminded us that the way we think determines how we feel, which determines how we act. That is, the thoughts come first and so in order to change something we don't start with trying to change our actions but with changing our thoughts. Do you agree with this?

WHY I MUST LEARN TO MANAGE MY EMOTIONS

1. THE RELIABILITY FACTOR

Focuses on Proverbs 14:12

Discuss Todd's statement: 'you don't have to believe everything you think, or accept everything you feel.'

Give an example from your life when you found out that acting on your feelings is unreliable.

2. THE MANIPULATION FACTOR

Focuses on Proverbs 25:28

Share an example of impulse buying. Was it based on being controlled by your feelings? Is it usually?

What are some of the negative emotions Todd mentioned that our sinful nature or Satan will use to 'whip us around'? (fear, anxiety, resentment, jealousy, envy, bitterness, worry, shame)

3. THE MOTIVATION FACTOR

Focuses on Proverbs 5:23

How can emotions get in the way of the Holy Spirit (ie. God) working in your life?

4. THE SUCCESS FACTOR

Focuses on Romans 8:6-8

It seems to be easier to come up with examples of people who lacked self-control and experienced failure (David, Moses, Jimmy Bkker) but can you come up with names of people who have shown self-control and have been successful in their lives? (Joseph, Job, Paul, Martin Luther King Jr.)

Todd said that the heart is the seat of our emotions. How do you then understand the idea of how we talk about 'giving our heart to Jesus'?

HOW TO MANAGE AN UNWANTED FEELING

1. NAME IT

Focuses on Psalm 51:3

Do you think that most people are in touch with their feelings? Are you? What kinds of things get in the way of people being in touch with their emotions?

Todd pointed out that we often need to go below the surface and ask ourselves 'What am I really feeling?' Try to think of examples of sources of negative feelings that we sometimes miss (eg. unrealized expectations, tiredness,

2. CHALLENGE IT

Focuses on Psalm 26:2

Do you have a close friend that you can rely on to help challenge some of the things you might be feeling?

1. What is the real reason I'm feeling this?
2. Is what I'm feeling right now true?
3. Is what I'm feeling helping or hurting me?

Can you think of a time when a negative feeling was self-defeating (ie. made things worse, not better)?

3. TAME IT

Focuses on Philippians 2:5, Galatians 5:22-23

Todd said we have 2 options when it comes to taming a negative emotion – a) change it, or b) channel it for good. Think of examples for each of these options.

1. Each day ask God to fill you with His Spirit.
2. Each day ask God to help you manage your mouth.

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Mark 12:29-30 The most important commandment is this ... you must love the Lord your God with all your heart, all your soul, all your mind, and all your strength.

Genesis 1:26 Then God said, "Let us make human beings in our image, to be like us."

WHY I MUST LEARN TO MANAGE MY EMOTIONS

1. THE RELIABILITY FACTOR

Proverbs 14:12 (NIV) There is a way that appears to be right, but in the end it leads to death.

2. THE MANIPULATION FACTOR

Proverbs 25:28 A person without self-control is like a city with broken-down walls.

1 Peter 5:8 Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour.

3. THE MOTIVATION FACTOR

Romans 8:6-8 So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace ... That's why those who are still under the control of their sinful nature can never please God.

4. THE SUCCESS FACTOR

Proverbs 5:23 He will die for lack of self-control; he will be lost because of his great foolishness.

1 Peter 4:2 You won't spend the rest of your lives chasing your own desires, but you will be anxious to do the will of God.

HOW TO MANAGE AN UNWANTED FEELING

1. NAME IT

Psalms 51:3 For I recognize my rebellion; it haunts me day and night.

2. CHALLENGE IT

Psalms 26:2 Put me on trial, Lord, and cross-examine me. Test my motives and my heart.

Job 15:12 What has taken away your reason? What has weakened your vision?

3. TAME IT

Philippians 2:5 You must have the same attitude that Christ Jesus had.

Zechariah 4:6 It is not by force nor by strength, but by my Spirit, says the Lord.

Galatians 5:22-23 But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!

Proverbs 13:3 Those who control their tongue will have a long life; opening your mouth can ruin everything.