

Dealing with Feelings
Break Every Chain – Part 3
Life Church St. Louis – June 4, 2017
Lead Pastor – Dr. Dan Walker

Matthew 18:15 (ESV) “If your brother sins against you, go and tell him his fault, between you and him alone. If he listens to you, you have gained your brother.

1. Grow in _____

2 Peter 1:5 (ESV) For this very reason, make every effort to supplement your faith with virtue, and virtue with knowledge,

A. Grow in the knowledge of _____

2 Peter 1:2 (ESV) May grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord.

B. Grow in _____ God

2 Peter 1:3 (ESV) His divine power has granted to us all things that pertain to life and godliness, through the knowledge of him who called us to his own glory and excellence,

2. Know your _____ in Christ

2 Corinthians 5:17 (ESV) Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.

A. You are _____, not guilty

Ephesians 1:7 (ESV) In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace,

B. You are _____, not weak

Philippians 4:13 (ESV) I can do all things through him who strengthens me.

3. Know your _____ in God

Philippians 1:6 (ESV) And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ.

A. You will know all _____

John 16:13 (ESV) When the Spirit of truth comes, he will guide you into all the truth, for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to you the things that are to come.

B. You will be _____

Psalms 91:1-2 (ESV) He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. I will say to the LORD, “My refuge and my fortress, my God, in whom I trust.”

C. You will be a _____

Romans 8:37 (ESV) No, in all these things we are more than conquerors through him who loved us.

Action Plan for This Week

How will I obey God’s Word this week? _____

Dealing with Feelings Study Guide
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Intro. What are some of the reasons God gave us feelings?

How can feelings be a warning of something wrong in our lives?

What do you think is wrong with suppressing your feelings?

Rather than suppress anger towards another person, what should you do (Matthew 18:15)?

When we talk about our feelings to others, how can they help us with our blind spots?

1A. Why is the knowledge of God needed to supplement our faith (2 Peter 1:5)?

1B. How does God's Word help us grow in the knowledge of God (1 Peter 1:2)? What is the promise of this verse for growing in knowledge?

1C. What is the difference between knowing about God and knowing God (2 Peter 1:3)?

1D. What is wrong with living by feelings?

2A. According to 2 Corinthians 5:17, what changes when a person becomes a believer?

2B. What negative feelings does being forgiven help you overcome (Ephesians 1:7)?

2C. How does the truth of Philippians 4:13 help you deal with feelings of weakness or inadequacy?

2D. Explain the downward spiral that negative feelings can trigger in a person's life. How can knowing your identity in Christ help?

3A. How does Philippians 1:6 give you hope for the future?

3B. In what ways can the Holy Spirit take away worry (John 16:13)?

3C. How does God's Word in Psalm 91:1-2 protect you from worry and fear?

3D. How can you live like more than a conqueror (Romans 8:37)?

3E. What knowledge did you learn from this message that can help you overcome negative feelings?