

the feeling.

Since Jesus went through everything you're going through and more, learn to think like him. Think of your sufferings as a weaning from that old sinful habit of always expecting to get your own way. Then you'll be able to live out your days free to pursue what God wants instead of being tyrannized by what you want.

I Peter 4:1-2 (MSG)

And it will be said, "Build up, build up, prepare the way, Remove every obstacle out of the way of My people." ¹⁵ For thus says the high and exalted One Who lives forever, whose name is Holy, "I dwell on a high and holy place, And also with the contrite and lowly of spirit In order to revive the spirit of the lowly And to revive the heart of the contrite.

...“God opposes the proud but gives grace to the humble.” ⁶ So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor. ⁷ Give all your worries and cares to God, for he cares about you.

I Peter 5:5b-7 (NLT)

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³gentleness, self-control; against such things there is no law.
Galatians 5:22-23 (NASB)

Don't believe everything you _____,
and don't accept everything you _____.

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My heart can be _____.

Like a city that is broken down and without walls [leaving it unprotected] Is a man who has no self-control over his spirit [and sets himself up for trouble]. Proverbs 25:28 (AMP)

“My _____ is Satan’s preferred workshop, and negative _____ are his tools of choice.”

So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor.⁷ Give all your worries and cares to God, for he cares about you.⁸ Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour. I Peter 5:6-8 (NLT)

God designed your emotions to be gauges not guides. They’re meant to report to you, not dictate you. (Jon Bloom)

So prepare your minds for action and exercise self-control. Put all your hope in the gracious salvation that will come to you when Jesus Christ is revealed to the world.¹⁴ So you must live as God’s obedient children. Don’t slip back into your old ways of living to satisfy your own desires. You didn’t know any better then.¹⁵ But now you must be holy in everything you do, just as God who chose you is holy. I Peter 1:13-15 (NLT)

My heart can bring honor to _____.

But the goal of our instruction is love from a pure heart and a good conscience and a sincere faith. I Timothy 1:5 (NASB)

But in your hearts set Christ apart [as holy—acknowledging Him, giving Him first place in your lives] as Lord... I Peter 3:15a (AMP)

For the eyes of the LORD move to and fro throughout the earth that He may strongly support those whose heart is completely His... II Chronicles 16:9 (NASB)

Do not let sin control the way you live; do not give in to sinful desires. Romans 6:12 (NLT)

So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.⁷ For the sinful nature is always hostile to God. It never did obey God’s laws, and it never will.⁸ That’s why those who are still under the control of their sinful nature can never please God. Romans 6:6-8 (NLT)

How do I guard my heart?

_____ what I am feeling.

Give heed to me and answer me; I am restless in my complaint and am surely distracted. Isaiah 55:2 (NASB)

A fool expresses all his emotions, but a wise person controls them. Proverbs 29:11 (GW)

_____ the feeling.

O LORD, You have searched me and known me.² You know when I sit down and when I rise up; You understand my thought from afar.³ You scrutinize my path and my lying down, And are intimately acquainted with all my ways.⁴ Even before there is a word on my tongue, Behold, O LORD, You know it all. - ²³Search me, O God, and know my heart; Try me and know my anxious thoughts; ²⁴And see if there be any hurtful way in me, And lead me in the everlasting way.

Psalm 139:1-4,23-24 (NASB)

Test me, LORD, and try me, examine my heart and my mind; Psalm 26:2 (NIV)

Why does your heart carry you away [allowing you to be controlled by emotion]? And why do your eyes flash [in anger or contempt]. Job 15:12 (AMP)

- What is the real reason I am feeling this?
- Is it true? John 17:17; Psalm 119:9-11
- Is what I am feeling hurting me or helping me?