

How's That Workin' For You'
How To Make Decisions That Will Bless Your Life
"Stop Relying On Your Feelings"
(Part 6)
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I. Blessing Requires Us To Resist Using Our Emotions As A Guide

A. Our hearts are not trustworthy navigational tools.

Prov. 28:26 "He who trusts in his own heart is a fool..." (NASB)

Jer. 17:9 "The heart is deceitful above all things and beyond cure. Who can understand it?" (NIV)

B. Our emotions can drag us in the wrong directions

James 1:14-15 "Temptation comes from our own desires, which entice us and drag us away. These desires give birth to sinful actions. And when sin is allowed to grow, it gives birth to death." (NLT)

II. Blessing Requires Us To Ignore Our Emotions At Times

A. Our emotions can be barriers to obedience

Josh. 1:9 "Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the LORD your God will be with you wherever you go." (NLT)

Prov. 29:25 "Fear of man will prove to be a snare, but whoever trusts in the LORD is kept safe." (NIV)

B. Blessing is the result of obedience despite our emotions

- Jesus in the Garden of Gethsemane.

Matt. 26:37-39 "...he became anguished and distressed. He told them, "My soul is crushed with grief to the point of death. Stay here and keep watch with me." He went on a little farther and bowed with his face to the ground, praying, "My Father! If it is possible, let this cup of suffering be taken away from me. Yet I want your will to be done, not mine."(NLT)

III. Blessing Requires Us To First Think Right In Order To Feel Right

A. Our thinking influences our behavior and emotions

Col. 3:2 "Set your minds on things above, not on earthly things." (NIV)

Rom. 8:6 “So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.” (NLT)

Rom. 12:2 “Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.” (NLT)

B. Our thinking is changed as we utilize God’s tools of transformation

II Cor. 10:5 “We use our powerful God-tools for smashing warped philosophies, tearing down barriers erected against the truth of God, fitting every loose thought and emotion and impulse into the structure of life shaped by Christ.” (Message)

- 4 tools of transformation

1. The word of God transforms our thinking.

Ps. 119:92-93 “If your instructions hadn’t sustained me with joy, I would have died in my misery. I will never forget your commandments, for by them you give me life.” (NLT)

2. Prayer transforms our thinking

Phil. 4:6-7 “Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.” (NLT)

3. Other godly people transform our thinking

Prov. 11:14 “Without good direction, people lose their way; the more wise counsel you follow, the better your chances.” (Message)

4. The Holy Spirit transforms our thinking

Rom. 8:6 “...But letting the Spirit control your mind leads to life and peace.” (NLT)