

DEALING WITH OUR EMOTIONS

“If we all just learned to trust our feelings, this world would be a better place.”

Do you think this is true? Why or why not?

Let's take a look at a typical day. Write down the feelings that accompany each section!

6:15AM Your alarm clock goes off and you realize it's Monday - time for school.

How do you feel? _____.

6:16AM Then you remember that your mom bought a new box of your favorite sugar cereal, and it's waiting for you at the breakfast table!

How do you feel now? _____.

6:17AM As you walk in, you see your little brother or sister eating the last bite of cereal. They didn't save you any!

How do you feel now? _____.

6:18AM Then your mom walks in and tells your little brother/sister that because they didn't save any cereal for you, they are in big trouble!

Now how do you feel? _____.

Our feelings swing rather drastically, rather quickly! Consider that in the above story it's possible to go from mad - to happy - to mad - to happy - in the span of 4 minutes!

Today we're going to discover that although emotions are a natural, God-given part of life, they must be balanced by self-control.



THE EMOTIONS OF JESUS

God created us to be emotional people. Jesus Himself was an emotional person. Let's look up a few verses that show some of the feelings Jesus displayed.

READ JOHN 2:13-16.

- How do you think Jesus felt? _____
- What was Jesus upset about? _____

READ John 11:33-36.

- How did Jesus feel? _____
- Why? _____

READ Matt. 9:36.

- How did Jesus feel? _____
- Why? _____

As we see from these verses, Jesus had emotions and displayed them freely. God made us emotional people. However, we must remember that though emotions are natural, we must balance them with self-control.

GOD'S WILL FOR MY EMOTIONS

Look up these verses that describe the attitudes and actions God desires for us.

Look up Colossians 3:12-14. According to these verses, we should clothe ourselves with...

_____	_____
_____	_____
_____	_____

Look up Galatians 5:22,23. According to these verses, our lives should exhibit these fruit...

_____	_____
_____	_____
_____	_____
_____	_____

While EMOTIONS are a natural, God-given part of life, they must be balanced by SELF-CONTROL. Our FEELINGS never give us a right to sin. We must learn to make decisions based on God's values, not our FEELINGS.

Take some time to discuss the following scenarios. Write what your actions might be if you allowed your feelings to control you. Then write what your actions would be if based on self-control and God's values.

1. You share a secret with your best friend and he/she promises never to tell another soul. But when Monday comes around, you find out that your friend told your secret to everyone! At lunchtime, when you meet your friend, the first thing he/she does is apologize for breaking your secret. He/she says they didn't mean to hurt you.

If you let your FEELINGS control you, what do you do?

If you let self-control and God's values control you, what do you do?

2. You tell your younger brother that he is not allowed to go into your room without your permission. He understands how upset you get when he takes stuff without asking. But sure enough, you come home one Friday afternoon and catch your brother taking something from your room!

If you let your FEELINGS control you, what do you do?

If you let self-control and God's values control you, what do you do?

3. A few friends are meeting at one of their houses on Saturday afternoon. They call you up and invite you. You would love to go! But when you ask your parents, they say, "Sorry, you were out twice this week and we think you need to stay home this afternoon."

If you let your FEELINGS control you, what do you do?

If you let self-control and God's values control you, what do you do?

Based on your responses to these scenarios, what are the pitfalls of allowing your feelings to control you?

What do you think are some of the benefits of relying on God to give you self-control?

WRAPPING UP

Emotional changes are an important part of adolescence. Be prepared to have days when you feel like you're on an emotional roller-coaster, up one minute, down the next.

Problems come when we allow our feelings to control us. Being emotional shouldn't be an excuse to have bad attitudes. Our feelings never give us a right to sin!

Instead of allowing our feelings to determine our actions, remember to trust God for self-control. Following His values will help us avoid the pitfalls that come with our emotions.

Before leaving this evening, take a few minutes to pray for one another. Ask God for self-control rather than allow your feelings to control you.

