

WHAT'S ONE THING YOU ARE GOING TO PRAY ABOUT
BASED ON THE SERMON?

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IN RESPONSE TO HIS WORD, WHAT IS THE NEXT
STEP GOD IS CALLING YOU TO?

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WHO ARE THE PEOPLE THAT WOULD BE MOST
IMPACTED IF YOU APPLIED THIS MESSAGE?

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Sermon Notes

Proverbs: Emotions | June 8th

Outline

Accept the _____ of Emotions

Learn to _____ Your Emotions

Work to _____ your Emotions

Trust God for the _____ of your
Emotions

Passages in Today's Sermon

Proverbs 15:13, Proverbs 14:30, Proverbs 14:10, Proverbs
17:27, Proverbs 29:11, Proverbs 14:17, Romans 12:15-16,
Proverbs 25:20, Proverbs 4:23, Proverbs 18:14, Psalm
147:3, Proverbs 23:17-18, Revelation 21:1-5

Proverbs 15:13 - "A happy heart makes the face cheerful, but heartache crushes the spirit."

What messages did you receive about emotions growing up? How does this verse challenge the idea that emotions don't matter or should be ignored?

Proverbs 14:30 "A heart at peace gives life to the body, but envy rots the bones."

How have you seen emotions affect someone's physical health or overall well-being? What does this teach us about the connection between our inner and outer life?

Proverbs 14:10 - "Each heart knows its own bitterness, and no one else can share its joy."

Since our emotional experiences are deeply personal, how can we become better at recognizing and understanding our own emotions? What makes this difficult?

Proverbs 17:27 - "The one who has knowledge uses words with restraint, and whoever has understanding is even-tempered."

How would you describe the difference between suppressing emotions and regulating them? What things do you do to restrain your own heart?

Proverbs 25:20 - "Like one who takes away a garment on a cold day, or like vinegar poured on a wound, is one who sings songs to a heavy heart."

Think of a situations where you or someone around you responded like vinegar to someone's feelings. What would have been more helpful in that situation?

Proverbs 4:23 - "Above all else, guard your heart, for everything you do flows from it."

What does it mean to "guard your heart"? What are some practical ways we can protect our emotional and spiritual well-being?

Revelation 21:1-5 - "Then I saw 'a new heaven and a new earth,' for the first heaven and the first earth had passed away... 'He will wipe every tear from their eyes. There will be no more death' or mourning or crying or pain, for the old order of things has passed away."

How does knowing that God will ultimately restore all things help us deal with present emotional struggles? What difference should this eternal perspective make in how we approach our current challenges?