



# How To Handle Our Emotions

## Read Psalm 42:1-5

1. What do we mean by \_\_\_\_\_?

Our word “emotion” comes from the Latin word, “emovare” which is pronounced, “em-o-WAR-ay.” It means:

Affect =

Passion =

Mood =

2. What are some of the \_\_\_\_\_?

A. Unpleasant emotions:

1.

2.

3.

4.

5.

6.

7.

8.

9.

B. Pleasant emotions:

1.

2.

3.

4.

What happened to love?

3. What must I \_\_\_\_\_?

A. Commit self to live biblically, not by \_\_\_\_\_ Mt. 7:24.

B. Understand, life is not always \_\_\_\_\_ Psalm 73:3.

C. Remember, God is in \_\_\_\_\_ Romans 11:33-34.

D. Make Christ my \_\_\_\_\_ Matthew 11:28.

E. Die to \_\_\_\_\_ and \_\_\_\_\_ daily Matthew 8:34.

F. Take care of self \_\_\_\_\_ 1 Corinthians 6:19-20.

G. Build in daily \_\_\_\_\_ Mark 6:31-32.

H. Forgive \_\_\_\_\_ and \_\_\_\_\_ Ephesians 4:32.

I. I need times of \_\_\_\_\_ 1 John 1:3.

J. Keep the big \_\_\_\_\_ John 13:7, 13.