



Getting Past My Past

April 8, 2018 | GETTING PAST MY EMOTIONAL PAST

3 Truths About Emotions:

1. Emotions Are _____ By God, But
_____ By Sin.

Genesis 1:27 So God created mankind in his own image, in the image of God he created them; male and female he created them.

Jeremiah 17:9 The heart is deceitful above all things and beyond cure. Who can understand it?

2. Emotional Trauma Is _____. It's _____ To
Seek Help.

3. God Has _____. Jesus Has _____.

Genesis 1:31; Genesis 6:6; Jeremiah 30:24; Jeremiah 31:3; Hosea 11:8; Mark 3:5; Matthew 26:37-38

Lamentations 3:19-20 I remember my affliction and my wandering, the bitterness and the gall. 20 I well remember them, and my soul is downcast within me.

3 Pathways To Healthier Emotions:

1. _____ With God And Myself Is _____
For The Hopeless Soul.

Lamentations 3:1-20

2. Embrace The _____ Of Emotions (Including The _____ Ones).

Lamentations 3:19-20

3. Build My Emotions Daily On A _____ That _____ Changes: Jesus.

Lamentations 3:21-26 Yet this I call to mind and therefore I have hope: 22 Because of the Lord's great love we are not consumed, for his compassions never fail. 23 They are new every morning; great is your faithfulness. 24 I say to myself, "The Lord is my portion; therefore I will wait for him." 25 The Lord is good to those whose hope is in him, to the one who seeks him; 26 it is good to wait quietly for the salvation of the Lord.

• **Jesus' Love** Means That No Matter Where I've Been Or What I've Done, I Will Always _____ To God.

• **Jesus' Compassion** Means That God's _____ Is Always Met With God's Compassion And Is Meant To _____ Me Around.

• **Jesus' Faithfulness** Means I Can _____ God When It's Difficult To _____ Anyone Else, Including Myself.

The One Thing:

_____ Becomes
_____ When I Remember Jesus.