

***“A New You Emotionally”***

**The New You - Part 3**

***January 19th, 2020***

**Pastor Chris Rollins**

*“A cheerful heart is good medicine, but a broken spirit saps a person’s strength.” Proverbs 17:22 (NLT)*

**3 Truths About Emotions:**

**1. God \_\_\_\_\_.**

**2. My emotions are \_\_\_\_\_.**

**3. I can’t always \_\_\_\_\_.**

**To Experience The New You Emotionally. . .**

**1. Recognize that \_\_\_\_\_.**

*“O Lord, you have examined my heart and know everything about me.” Psalm 139:1 (NLT)*

**2. Saturate my mind with \_\_\_\_\_.**

*“I lie in the dust; revive me by Your word.  
I weep with sorrow; encourage me by Your word.”  
Psalm 119:25,28 (NLT)*

**3. Build a \_\_\_\_\_.**

*“Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble.”  
Ecclesiastes 4:9-10 (NLT)*

**4. Pinpoint \_\_\_\_\_ for my  
negative emotions.**

*“Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life.”  
Psalm 139:23-24 (NLT)*

**3 Surprising Sources of Negative Emotions:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

*“He heals the brokenhearted and bandages their wounds.”  
Psalm 147:3 (NLT)*

**5. Surrender my \_\_\_\_\_.**

*“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.”  
Philippians 4:6-7 (NLT)*