

CHRISTIAN GROWTH COURSE on Controlling Feelings

1. Are strong emotions themselves wrong? Exodus 4:14; 20:5; 1 Kings 14:22; Genesis 6:6.

2. Where did we get our emotions? Genesis 1:27.

3. Can feelings and emotions be useful and helpful? Name some examples:
John 3:16.
Romans 9:1-3; 10:1.
Genesis 2:24; 29:18, 20.
John 2:13-17.
Acts 17:16, 17.

4. What should not happen with our emotions? 1 Corinthians 6:12b.

5. What does God expect each person to do concerning his emotions? Proverbs 16:32; 1 Corinthians 10:3-5.

6. List some damages and problems caused by uncontrolled feelings and emotions:
Matthew 27:3-5
Genesis 4:3-8
Proverbs 29:22
2 Samuel 13:1-19
1 Kings 19:1-5
2 Corinthians 2:7
Psalm 37:1, 8; 73:2, 3, 13-15
Acts 5:17, 18
1 Samuel 18:6-11
Genesis 37:3, 4

7. Do you think depression or discouragement is always a sin? Mark 14:34.

8. Name some great servants of God who became depressed:

Mark 14:34

1 Kings 19:1-5

Acts 18:9, 10

Psalm 55:1-4

9. When Elijah became depressed and despairing, did God deal harshly and critically with him, or with understanding and kindness and patience? 1 Kings 19:1-18.

10. List briefly some assurances from scripture about God's help for the depressed and discouraged:

Psalm 18:28

Psalm 34:18

Romans 8:31-39

Deuteronomy 31:8

Philippians 4:6, 7, 13

Psalm 126:5, 6

Isaiah 58:8

Psalm 30:5

Hebrews 6:18, 19

Psalm 42:11

Jeremiah 29:11

Romans 8:28

John 15:11

11. What kind of Spirit do we receive from God? 2 Timothy 1:7.

12. What is given by God to help us control and channel our emotions constructively? Galatians 5:22, 23.
13. Acceptance and approval from other people is not as important as acceptance and approval from . John 5:44; 12:43; Romans 2:29c.
14. Though we are rejected by some person, we are accepted and valued by whom? John 3:16; Matthew 18:12-14; John 10:11.
15. If there are old stored-up supplies of emotional hurt that keep coming up to undo us, what can we do about them? Psalm 139:23, 24; Matthew 18:35b; John 14:1; 1 Peter 5:7; Romans 12:2.
16. Is a person responsible for controlling, restraining and channeling his emotions? James 1:19, 20; Ephesians 4:26, 27.