

A black silhouette of a person walking from left to right against a grey brick wall. The person's head is bowed, and their hands are in their pockets, suggesting a somber or contemplative mood.

# HOW TO DO DEAL WITH HOW YOU FEEL

An exploration of:  
Stress, Depression, Guilt,  
Anger, Grief, and Bitterness

## *Dangers to avoid*

- **Ascribing omnipotence to our emotions**



## *Dangers to avoid*

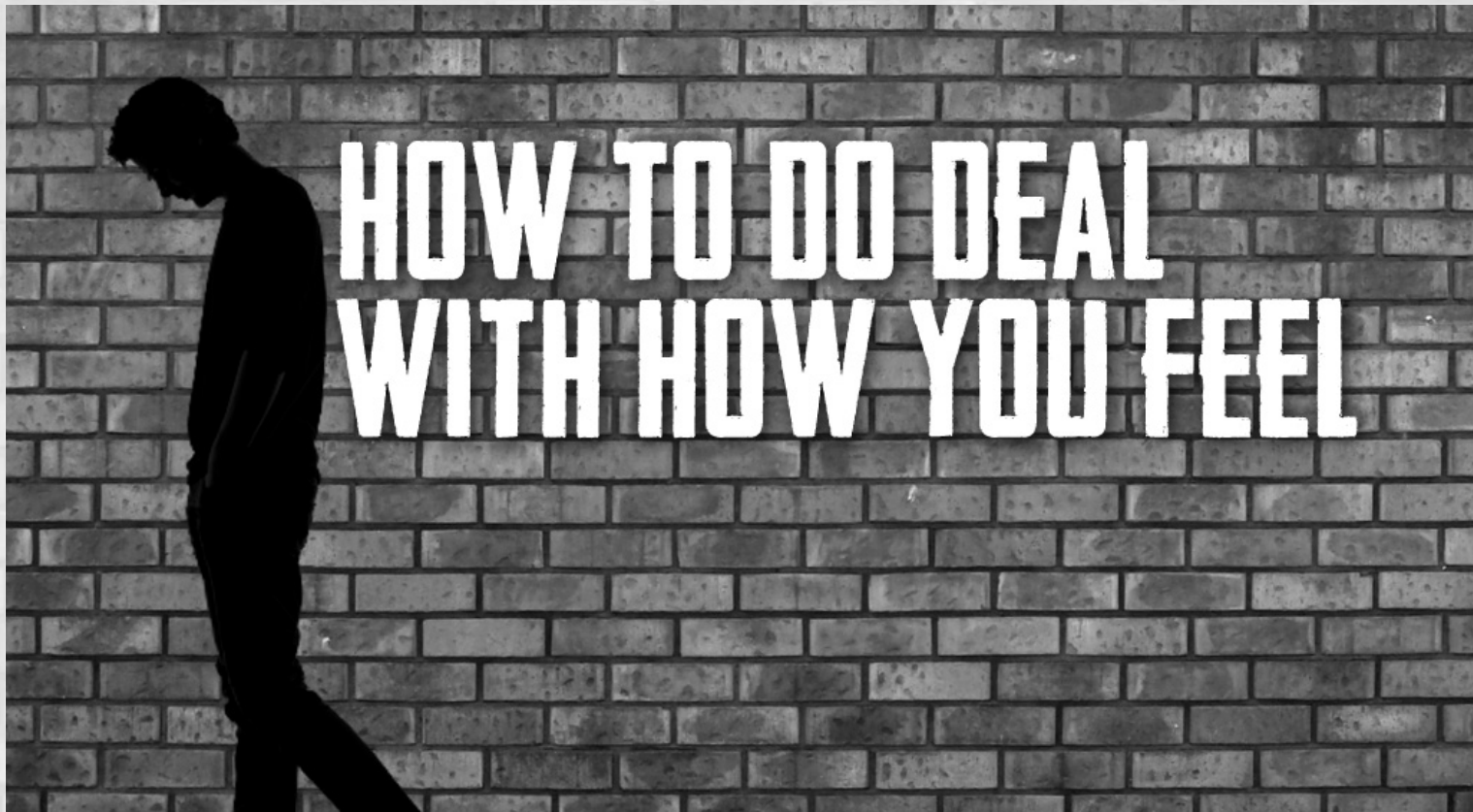
- **Ascribing omnipotence to our emotions**
- **Denying our emotions**



## *Dangers to avoid*

- **Ascribing omnipotence to our emotions**
  - We make bad decisions
  - We come to faulty conclusions
- **Denying our emotions**
  - We exhaust ourselves
  - We fail – emotions cannot really be denied





**dealing with anxiety**



## *Philippians 4*

**4 Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all**



**understanding, will guard your hearts and your minds in Christ Jesus.**

**8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such**



*Philippians 4*

**things. <sup>9</sup> Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.**

**<sup>10</sup> I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. <sup>11</sup> I am not**





*Philippians 4*

**saying this because I am in need,  
for I have learned to be content  
whatever the circumstances. <sup>12</sup> I  
know what it is to be in need, and I  
know what it is to have plenty. I  
have learned the secret of being  
content in any and every situation,  
whether well fed or hungry,  
whether living in plenty or in want.**



*Philippians 4*

**13 I can do all this through him who gives me strength.**



## *The nature of peace*

- **The sense of being protected**

“And the peace of God, which transcends all understanding, **will guard** your hearts and your minds in Christ Jesus.”



## *The nature of peace*

- **The sense of being protected**
- **Contentment**

"I have **learned to be content** whatever the circumstances."



## *The nature of peace*

- **The sense of being protected**
- **Contentment**
- **Confidence**

**"I can do everything** through him who gives me strength."



## *How do we get it?*

- **Present our requests to God**

“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, **present your requests to God.**”



## *How do we get it?*

- **Present our requests to God**
- **Be thankful to God**

“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, **present your requests to God.**”



## **How** *do we get it?*

- **Present our requests to God**
- **Be thankful to God**
- **Change your thinking**

**"...think about such things."**





## **How** *do we get it?*

- **Present our requests to God**
- **Be thankful to God**
- **Change your thinking**
- **Be vigilant**


“Watch and pray so that you will not fall into temptation. The spirit is willing but the body is weak.”

Matthew 26:41



## **How** *do we get it?*

- **Present our requests to God**
- **Be thankful to God**
- **Change your thinking**
- **Be vigilant**
- **Pursue community**



“Therefore encourage one another and build each other up.” 1Thessalonians 5:11

# *The Secret*

- **All of this happens “in Christ.”**



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