



**NO LONGER
CONTROLLED BY
UNPLEASANT
FEELINGS**

**FFC WOMEN'S DISCIPLESHIP RESOURCES
TAKE YOU TO GOD'S WORD FOR ANSWERS**

NO LONGER CONTROLLED BY UNPLEASANT FEELINGS

Feelings are a good thing! God commands us to love, to be joyful, to have peace. As we obey the Bible and walk by the Holy Spirit, we will choose joy, we will love, and we will have peace in every situation. Our bad feelings are good indicators that there is sin in our inner man. If our unpleasant feelings are not caused by conviction of sin, they are usually connected to unbiblical thoughts and unbiblical desires. Life as a disciple of Christ is a life of love, joy, and peace!

Directions for Study

- Complete the following questions. Share your answers with your coach, go over the Scriptures on the next page, and discuss what God shows you.
- Ask your coach to pray for you and hold you accountable to biblical thinking during unpleasant circumstances.

1. ANALYZE YOUR RESPONSES

- Describe the unpleasant or unwanted circumstance that occurred when you were tempted or actually did experience unpleasant feelings. _____

- Identify what you **felt** when that happened (angry, sad, hurt, frustrated, etc.) _____

- What were your **thoughts** or interpretations of what was going on in your life. _____

- What **desire** weren't you getting, or what did you get that you didn't want? _____

- What were your **action or words** when you experienced the unpleasant circumstance? _____

2. HOW ARE YOUR UNPLEASANT FEELINGS CONNECTED TO UNBIBLICAL THOUGHTS OR DESIRES?

Philippians 4:4, 8, 2 Corinthians 10:3-5, Romans 8:6

- How have you allowed your thoughts to interpret your circumstance in an unbiblical way?

2 Corinthians 5:9, Ephesians 4:23, 1 Peter 1:13, Acts 17:24-27

- Identify how you are more concerned about getting what you want than pleasing God and letting Him be in charge? How do you want to control the situation to make it come out your way, rather than yield to God and His control of the situation? _____

3. SUMMARIZE WHAT YOU HAVE LEARNED ABOUT YOURSELF

- Make a summary of what you have learned about yourself. What unbiblical desires have been revealed? How were you tempted to or how actually did you respond in an unbiblical way?

Romans 8:6, 1 Peter 2:3-4, Psalm 34:8-22

- What will you do to bring your feelings under the control of the Holy Spirit?

