

50 Days of Transformation — Week 5 My Emotional Life

Key Verse(s)

“² Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.”

Romans 12:2 (NLT)

“(1-2) So here’s what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don’t become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You’ll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.”

Romans 12:1-2 (MSG)

God is an Emotional God

Key Learning: Emotions are not a design flaw or a spiritual weakness to overcome — they are a gift built into us with intention, because we are made in the image of an emotional God.

“²⁶ Then God said, ‘Let us make human beings in our image, to be like us.’”

Genesis 1:26a (NLT)

“²⁹ Jesus replied, ‘The most important commandment is this: “Listen, O Israel! The Lord our God is the one and only Lord. ³⁰ And you must love the Lord your God with all your heart, all your soul, all your mind, and all your strength.”’”

Mark 12:29-30 (NLT)

Two Extremes to Avoid

Key Learning: The goal is neither emotionalism (“all that matters is how I feel”) nor stoicism (“feelings don’t matter”) — it’s emotional maturity: fully feeling, wisely managing, and faithfully channelling what God has placed within us.

Four Reasons You Should Learn to Manage Your Emotions

Key Learning: Just because we feel something doesn't make it true — our emotions are data to be examined, not verdicts to be obeyed without question.

"¹² There is a path before each person that seems right, but it ends in death."

Proverbs 14:12 (NLT)

"²⁸ A person without self-control is like a city with broken-down walls."

Proverbs 25:28 (NLT)

"⁸ Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour."

1 Peter 5:8 (NLT)

"⁶ To be controlled by human nature results in death; to be controlled by the Spirit results in life and peace"

Romans 8:6-8 (GNB)

"²³ He will die for lack of self-control; he will be lost because of his great foolishness."

Proverbs 5:23 (NLT)

Three Steps for Managing A Difficult Emotion

Key Learning: You can't tame it until you name it — deal with a difficult emotion by naming it, challenging it, then choosing to change it or channel it for good.

"² Please listen and answer me, for I am overwhelmed by my troubles."

Psalms 55:2 (NLT)

"² Examine me and test me, Lord; judge my desires and thoughts."

Psalms 26:2 (NLT)

"⁵ You must have the same attitude that Christ Jesus had."

Philippians 2:5 (NLT)

"⁶ Then he said to me, 'This is what the Lord says to Zerubbabel: It is not by force nor by strength, but by my Spirit, says the Lord of Heaven's Armies.'"

Zechariah 4:6 (NLT)

"²² But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, and self-control. There is no law against these things!"

Galatians 5:22-23 (NLT)

Three Daily Habits for Sustained Emotional Life

Key Learning: Emotional health is sustained daily, not just managed in the moment. Yielding to the Spirit, allowing the fruit of self-control to grow, guarding our words, and letting God's Word become our own are keys to sustaining an emotionally healthy life.

³ Those who control their tongue will have a long life; opening your mouth can ruin everything."

Proverbs 13:3 (NLT)

¹¹ I have hidden your word in my heart, that I might not sin against you."

Psalms 119:11 (NLT)

¹⁴ May the words of my mouth and the meditation of my heart be pleasing to you, O Lord, my rock and my redeemer."

Psalms 19:14 (NLT)

Daily Prayer

Key Learning: Bring your emotional life honestly before God each day and invite the Holy Spirit to fill you and reshape what flows out of you under pressure.

