

# Your Emotions | Transformed

WEEK NINE | PASTOR CARLA STEPHENS

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- ◇ Romans 8:29
- ◇ Predestined means that the outcome or course of events was determined in advance by God's divine will.
- ◇ We make Christ Our Saviour. God makes us to be like Our Saviour.

## **Transformation is the Process.**

- ◇ How? By the renewing of our minds
- ◇ Proverbs 23:7: "As a man thinks... so is he."
- ◇ The mindset of the world, will shape a man of the world. The mindset on the Word, will shape a man of the Word.
- ◇ Transformation is the process that moulds and shape us to be like Jesus.

## **The Person doing the Transformation is the Holy Spirit.**

- ◇ The Holy Spirit is the Agent of Transformation. He uses the Word of God.
- ◇ The Scriptures enlighten us and the Spirit empowers us act.

## **God has a Purpose for your life.**

- ◇ God is shaping our "being" to make us effective at our "doing".

## **The Provision to Manage Emotions**

- ◇ 2 Peter 1:2-4, Galatians 5:24
- ◇ We manage emotions by using the fruit.
- ◇ The fruit of the Spirit which includes: love, joy, peace, patience, kindness, goodness, faith, gentleness, and self-control"
- ◇ If we live by the Spirit, let's also walk by the Spirit.

SCRIPTURES

**Galatians 5:16-23**

**Romans 12:2**

**Proverbs 23:7**

**2 Corinthians 3:18**

**Ephesians 2:10**

**Romans 8:14**

**2 Peter 1:2-4**

**Galatians 5:16-24**

**Philippians 4:6-8**

QUOTE

**The mindset of the world, will shape a man of the world. The mindset on the Word, will shape a man of the Word.**

**- Dr. Carla Stephens**

# WARM-UP | Getting Started

How are you feeling right now?

## GROW | Dive Deeper

1. **Pastor Carla said, “The mindset of the world, will shape a man of the world. The mindset on the Word, will shape a man of the Word.”**
  - a. How are our minds shaped by the world?
  - b. How does the Word shape our minds?
  
2. **Read 2 Peter 1:2-4 and Galatians 5:19-24 together. In what ways has God made provision to manage our emotions?**
  
3. **What are some visible changes in the life of a believer? Find Scriptures to support your response.**
  
4. **Transformation is the process that molds and shapes us to be like Jesus. Take some time to share your story of transformation with each other. For an example, take a look at the Apostle Paul’s story in Acts 22:1-22.**
  - a. What I was like before Christ?
  - b. How I met and came to believe in Christ?
  - c. What Christ is doing in me now?

## GO | Apply

Pastor Carla said, God wants us to be led by the Spirit and not by our feelings, and we can also draw on the fruit of the Spirit that is already in us. Read Galatians 5:19-23 again this week, and draw on a fruit of the Spirit to help you manage any feelings/emotions that you have been struggling with.



**GROW TOGETHER**

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