

# Dealing with Feelings that Aren't so Appealing by Mike Shrock

**Jn 10:10b** I have come that they may have life, and that they may have it more abundantly. Cares like \_\_\_\_\_ weigh us down and make us so we can't help others because we can't see past our own burdens. **1 Pe 5:6-7** Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, **casting all your care upon Him**, for He cares for you.

## **I. Are you \_\_\_\_\_ or \_\_\_\_\_?**

**Definition of \_\_\_\_\_:** The Humble is not the one who thinks \_\_\_\_\_ of himself.... he is the one who doesn't \_\_\_\_\_ of \_\_\_\_\_ at all.

**1 Pe 5:5** "God resists the proud, But gives grace to the humble ."

Grace is more than unmerited favor....His grace, that is sufficient for us, has raised us from being a sinner to being a saint...grace helps us rise to God's standard, to God's blessings.

The key to overcoming depression, loneliness, inadequacy, stage fright is to get God's

\_\_\_\_\_....  
The key to getting God's grace is to \_\_\_\_\_yourself....

The key to humbling yourself is to get your \_\_\_\_\_ off of your self and on to \_\_\_\_\_ and \_\_\_\_\_.

A. The **Depressed** person is looking \_\_\_\_\_.

**Solution to depression:** Humble yourself...get eyes off self and on to others...seek to meet a need. Seek to give and not get.

B. The **Lonely** person is looking \_\_\_\_\_.

**Solution for loneliness:** seek to give, not to get....**Lk 6:38**

C. The **Inadequate** person is looking \_\_\_\_\_. **Php 4:13, 2 Co 9:8, Co 3:5-6**

**Solution to inadequacy:** See God the as your sufficiency...Get eyes off yourself and on to Him.

D. The **Stage Fright** person is looking \_\_\_\_\_.

**Solution to stage fright:** focus on the needs of those you are blessing and seek to meet their need.

## **II. Is Your \_\_\_\_\_ Clear- Dealing with Feelings Caused by \_\_\_\_\_.**

**Mt 5:23-24** Therefore if you bring your gift to the altar, and there remember that **your brother has something against you**, leave your gift there before the altar, and go your way. First be reconciled to your brother, and then come and offer your gift. (**Acts 24:16, 1 Ti 1:19**)

A. **Keeping the soul in \_\_\_\_\_** Clean it up, don't \_\_\_\_\_ it.

God never intended us to keep our conscience in balance...He wants it to be clear.

### **What to Do to Get a Clear Conscience? (With people)**

1. Pray- seek God's help
2. \_\_\_\_\_ to them- face to face if possible
3. Confess wrong doing (without \_\_\_\_\_ or \_\_\_\_\_)
4. Ask for \_\_\_\_\_ (not the same as confession)
5. Offer to make restitution (pay them back)

### **What to Do If You Offended God?**

1. \_\_\_\_\_ - Admit to God- (1 Jn 1:9) Confess- to a \_\_\_\_\_ or sister in Christ (Not for forgiveness, but for \_\_\_\_\_ and \_\_\_\_\_)
2. Let there be no secret sin. Partial confessions don't set you free.

**Lk 12:2-3 Jas 5:16** Confess your trespasses to one another, and pray for one another, that you may be healed.

### **What if they will not forgive?**