

Scripture reading: 1 Thessalonians 5:23

Message: Colossians 3:15-17

I. Introduction

- A. Feelings are powerful
- B. We are often swayed by our emotions
- C. We can make good decisions, or they can be terrible decisions

II. Feelings come from different places

- A. The Bible gives us a clue on finding the sources
- B. We are made up of a body, soul and spirit *1 Thessalonians 5:23*

III. Your body is a temple

- A. The Bible tells us this *1 Corinthians 6:19*
- B. Our bodies need to be maintained and kept under control
- C. You cannot trust your body to be your moral guide *1 Corinthians 9:27*

IV. Your soul can impact your feelings

- A. Jesus felt grief in His soul *Matthew 26:38*
- B. Thoughts in your head and core beliefs will affect your emotions
- C. You may be physically healthy, but unhealthy thoughts lead to darkness and bondage
2 Peter 2:8

V. Your spirit affects your feelings

- A. Love, joy and peace are spiritual truth *Galatians 5:22*
- B. King David felt a loss of spiritual joy *Psalms 51*
- C. God will guide us v. 15
- D. He is our plumb line v.16
- E. God is in control *1 John 3:20*

MESSAGE NOTES

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- B.
- C.

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- B.
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- B. *Psalms 51*
- C. *v. 15*
- D. *v. 16*
- E. *1 John 3:20*