**Messages Series: Feeling Some Type Of Way**

**Pastor Demetric Felton Sr. August 28, 2016**

**It All Starts Within the Heart**

**Proverbs 4:23-27**

**Key truth**: You cannot be **spiritually** mature, and remain **emotionally** immature.

**The Heart of the Matter:**

1. Christianity is a matter of the heart being **transformed** by

 Holy Spirit and growing in maturity. Mark 7:14-23

2. Our emotions play a bigger role in our **discipleship** than we

 know and are willing to admit. Matthew 5:21-30

 A. We all have stuff **beneath** the surface that affects how we

 relate to other people.

 B. We all have **blind** spots that need to be revealed to us by

 God and other mature believers.

 C. Before there is **action** there is a **thought**. Matthew 5:21-

3. God wants us to grow up spiritually and emotionally.

 Ephesians 4:11-16

 A. Maturity is expressed in **love**. 1 Corinthians 13:1-13

**How do we become emotionally healthy?**

1. We must be **honest** with ourselves about how we feel.

 A. **Define** the feeling. Ephesians 4:26

2. Go to God with your feelings and allow him to **examine** your

 heart. Psalm 139:23

3. Deal with the feelings quickly so that they don’t find a home

 in your heart and turn into **bitterness**. Hebrews 12:15

**Conclusion:** Jesus Christ not only came to save us from our sins he came to give us the abundant life. Deal with the pain and the past so can live victoriously in the present.

**Food for Thought for the week of August 28, 2016**

**(Questions and Scriptures for further study)**

Read: Psalm 139. The Psalmist concludes with an appeal for God to search me. King David submitted his thoughts and motives to the Lord’s scrutiny. He asked God to reveal any grievous way in him. The Scriptures speak of two opposite ways: that of the upright and that of the wicked (Proverbs 12:28; Matthew 7:13-14).

Have you ever spent time allowing God to search your heart? If not, spend time in solitude and silence before the Lord. Allow Him to speak to your heart and reveal areas that need to be confessed or repented of.

Why is it of utmost importance for the believer to “guard the heart” (4:23)?

What are some practical ways believers can do this?

How can believers show wisdom with their “mouth” (4:24)? With their “eyes” (4:25)? With their “feet” (4:26)?

Are you a person of wisdom?

**Meditate on this verse this week**

Psalm 139:23-24(ESV)

Search me, O God, and know my heart!

Try me and know my thoughts!

And see if there be any grievous way in me,

and lead me in the way everlasting!