

"The only thing that counts is faith expressing itself through love." GALATIANS 5:6b NIV

CHECK YOUR ATTITUDE

1. Where are you, emotionally?
2. Manage/regulate your emotions

PSALM 42:11 NIV

*"Why, my soul, are you downcast?
Why so disturbed within me?"*

PSALM 28:7 NIV

*"The LORD is my strength and my shield;
my heart trusts in him, and he helps me.
My heart leaps for joy,
and with my song I praise him."*

PSALM 22:1 NIV

*"My God, my God,
why have you forsaken me?
Why are you so far from saving me,
so far from my cries of anguish?"*

1. Where are you, emotionally?

2. Manage/regulate your emotions

*"But the fruit of the Spirit is love, joy, peace, forbearance,
kindness, goodness, faithfulness, gentleness and self-control."
GALATIANS 5:22-23 NIV*

THIS WEEK

Think of a relationship that you have that is challenging.
Before you enter a conversation with this person,
CHECK YOUR ATTITUDE:

1. Where are you, emotionally?
2. Manage/regulate your emotions