



One Christ-One Commission-One Commandment

Visiting with us today?  
Please stop at the Visitor Center in the lobby for more information

christstreetministry@christstreetfellowship.org  
720-556-4092

Our Vision

ONE CHRIST

In a spiritually confused world we will bring the truth that there is only one way to know God, and that is through Jesus Christ, the Savior of the world.

ONE COMMISSION

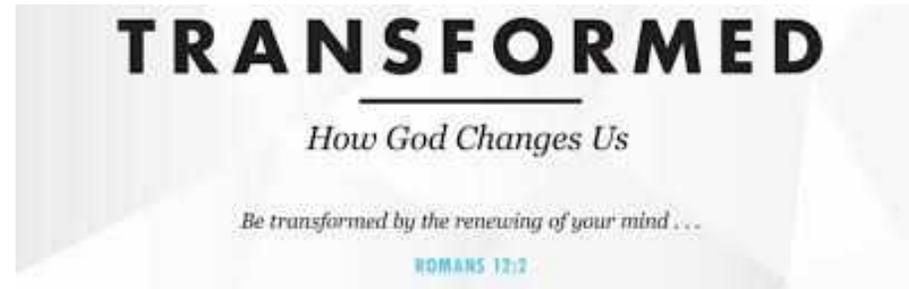
In an often distracted church we will prioritize telling others the good news about Jesus and mentoring those who want to grow deeper in their Christian Faith. "Now go out to the Street corners and invite everyone you see." Matthew 22:9

ONE COMMANDMENT

In an increasingly isolated society we will love God, love others and build a healthy, life- giving Christian Fellowship.

**3 Ways to give electronically to Christ Street**

1. Text the word "give" to 720-552-6702: or
2. Download the tithe.ly app or
3. Give on our website: christstreetfellowship.org



**Transformed in My Emotional Health  
1-28-2018**

"The most important commandment is this: You must love the Lord your God with ALL YOUR HEART, and all your SOUL, and all your MIND, and all your STRENGTH." Mark 12:29-30

**FACTS ABOUT EMOTIONS**

1. \_\_\_\_\_
2. My ability to feel emotions is a \_\_\_\_\_

"Then God said, 'Let us make man in our image, in our likeness...'" Genesis 1:26

3. There are \_\_\_\_\_ to avoid when it comes to emotions.
  - a. Emotionalism believes that all that matters is: \_\_\_\_\_
  - b. Stoicism believes that: \_\_\_\_\_
4. God gave us \_\_\_\_\_ to understand our emotions.

**WHY I MUST LEARN TO MANAGE MY EMOTIONS**

1. **BECAUSE** my feelings are often \_\_\_\_\_

“There is a way that SEEMS right to a man, but in the end, it leads to death.” Proverbs 14:12

**2. BECAUSE I don’t want to be \_\_\_\_\_**

“Like an open city with no defenses is the man with no check on his feelings.” Proverbs 25:28

“Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour.” 1 Peter 5:8

**3. BECAUSE I want to \_\_\_\_\_**

“To be controlled by human nature results in death; to be controlled by the Spirit results in life and peace. . . Those who obey their human nature cannot please God.” Romans 8:6-8

**4. BECAUSE I want to \_\_\_\_\_**

“[People] get lost and die because of their foolishness and lack of self-control.” Proverbs 5:23

“From now on you must live the rest of your earthly lives controlled by God’s will and not by human desires.” 1 Peter 4:2

**HOW TO MANAGE AN UNWANTED FEELING**

**1. \_\_\_\_\_**

Ask two questions:

- a. What am I really \_\_\_\_\_?
- b. What \_\_\_\_\_ this feeling?

**2. \_\_\_\_\_**

Ask two questions:

- a. “God, help me \_\_\_\_\_ this feeling.”
- b. Is this \_\_\_\_\_?”

“Lord, cross examine me. Test my motives and my affections.” Ps. 26:2

**3. \_\_\_\_\_**

- a. Sometimes you need to \_\_\_\_\_ your feeling.
- b. Sometimes you need to \_\_\_\_\_ your feeling.

Every day: Ask God to fill me with \_\_\_\_\_.

“When the Holy Spirit controls our lives, he will produce this kind of fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.” Galatians 5:22-23

Every day: Make God’s Word \_\_\_\_\_.

“May the words of my mouth and the meditation of my heart be pleasing in your sight, O Lord!” Psalm 19:14

“I have hidden your word in my heart that I might not sin against you. Psalm 119:11

**My Emotional Health Goal:**

---



