



I Guess I Just Feel Like – Part 1, 10/04/2026

Take Control of your Thought Life

This is a Four-week teaching series:

1. Week One: Take Control Of Your Thought Life, 10/4/26
2. Week Two: When You're Running On Empty, 10/11/26
3. Week Three: Stop Stuffing It, 10/18/26
4. Week Four: How To Get Unstuck, 10/25/26

Big Idea for this teaching series:

It's impossible to separate spiritual maturity from mental and emotional health.

Key scripture for this teaching series:

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind" - Romans 12:2a



1. Recognize my emotions as indicators.

Similar to how the check engine light indicates something needs attention with the engine of your car, your emotions can often be indicators that something needs attention with your emotional and mental health.

If your check engine light comes on, are you more likely to ignore it or look into it?

*23 "Search me, God, and know my heart; test me and know my anxious thoughts.
24 See if there is any offensive way in me, and lead me in the way everlasting." -
Psalm 139:23-24*

Talk about an experience you had where your emotions revealed to you an underlying issue that needed attention, and what you did to address it.

2. Determine if there is a thought or belief behind this emotion.

Pastor Adam shared an experience he had recently where he was anxious for three days in a row and traced it back to a thought he had that caused this anxiety.

Talk about a time when you experienced anxiety and were able to trace it back to what caused it.

What recurring emotion are you noticing in your life now? What do you think is causing it?

What action can you take to address it?

5 “Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. 6 The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.” - Romans 8:5-6

3. Test the thought or belief behind the emotion.

Pastor Adam made the point that *“not every thought you believe is true”*. And also that, *“you can’t believe every thought you have and you can’t trust every feeling you have.”*

How can you test your thoughts, feelings, and beliefs?

Talk about a time when you have done this.

Where is there an opportunity for you to apply this to a situation you are dealing with in your life now.

5 “We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.” - 2 Corinthians 10:5

4. Choose what to “set” and what to “reject.”

Pastor Adam mentioned that what we allow ourselves to consume can impact our thoughts, feelings, and emotions. Further, he shared that he challenged his teenage sons to only listen to Christian music during their car ride to school in the morning.

Do you believe that what we allow ourselves to consume can impact our thoughts, feelings, and emotions?

What content might you be consuming that is negatively impacting your thoughts, feelings, and emotions?

Would you be willing to abstain from consuming that content for the next four weeks? If so, what will you replace it with?

5 “Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires.” - Romans 8:5

5. Replace the lies with the truth.

Pastor Adam compared *removing negative thoughts* to *pulling weeds*. He also made the point that sometimes we have deep seated beliefs that are contrary to God’s word and are causing issues in our lives and in our spiritual walk with God. He compared this to an oak tree and made the

point that it is much more difficult to remove and may require professional help.

Spend time considering if you have any oak trees that are causing issues with your mental and emotional health. If so, what steps will you take to remove them?

Talk about a “weed” you need to remove and what you will replace it with.

8 “Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things.”

- Philippians 4:8