

Don't Let Feelings Fool You

(PART 1)

When we follow our feelings instead of God's Spirit, we risk missing God's will for our lives. As women of God, we need to learn how to walk in the Spirit, not in the flesh.

READ: Rom. 8:1-14; Gal. 5:16-25; Gal. 6:8, 1 Cor. 2:14-15; 1 Cor. 3:1-3; Is. 11:2-5.

HEART ISSUE: How much do your emotions guide your decisions and choices? What can you do to begin walking more in the Spirit?

PRAYER FOCUS: Lord, forgive me for all the times I've allowed myself to be led by my emotions instead of Your Spirit. Help me to walk in the Spirit more and more each day. Amen.

(PART 2)

We can't exercise self-control over our emotions in our own strength. We need to develop the habit of running to God for the grace and power we need to stay calm in all circumstances.

READ: Ps. 62:1-23; Rom. 8:6; ; 2 Cor. 2:12-13; Phil. 4:6-7; Heb. 4:16.

HEART ISSUE: In situations that stir up your emotions, are you able to stay calm and at peace? Why or why not?

PRAYER FOCUS: Father, I need Your power to keep my heart at rest. Teach me to run to You whenever my emotions are swirling. Amen.

Read a companion article.