



Feelin' It

Proverbs 4:23

Is it possible for two people to fall in love and stay in love forever?

We have to learn to _____
to what's going on _____ of us.

Your ability to _____ certain things is deter-
mined by the _____ of your _____.

Above all else, guard your heart, for it is the wellspring of life.
(Proverbs 4:32, NIV)

To Help Guard Your Heart:

1. _____ and _____ about what you're
_____ before you _____.

How Am I Feeling?

- Left out
- Embarrassed
- Unappreciated
- Like a failure
- Stupid
- Lonely
- Abandoned
- Scared
- Out of control
- Betrayed
- Picked on
- Disrespected
- Jealous

When I _____ what I'm feeling,
what I'm feeling begins to lose its _____.

2. I _____ my _____.