

**“Living by Faith and Not by Feelings”**  
**Philippians 4:6-9**

I. The Problem

“Indeed, I suppose that one of the greatest problems in our life in this world, not only for Christians, but for all people, is the right handling of our feelings and emotions.” Martyn Lloyd-Jones, *Spiritual Depression*, p. 109

We let our feelings tell us what's \_\_\_\_\_, instead of letting the truth \_\_\_\_\_ our feelings.

Our culture tells us: “ \_\_\_\_\_ !”

Jeremiah 17:9

II. The Solution

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

Philippians 4:6-7; Matthew 6:10; Psalm 139:23-24

2. Get \_\_\_\_\_ on your situation and believe what \_\_\_\_\_ says.

Romans 12:1-2; Ephesians 4:23; Colossians 3:2,10; 1 Thessalonians 5:21

3. \_\_\_\_\_ to yourself instead of \_\_\_\_\_ to yourself.

Philippians 4:8-9; Proverbs 23:7

