

# THE BUTTERFLY EFFECT

HOW SMALL STEPS OF FAITH  
CAN CHANGE EVERYTHING



Part  
2

## Managing Your Emotions

This week Pastor Ken continued his series called *Butterfly Effect*. We are looking together at how small changes on the inside can make big changes on the outside. So gather with your family or go through these points alone each week and let's grow together.

*And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.*  
Romans 12:2

1. God has emotion and when He created us in His image he made us with emotion.
2. Sin has messed up our emotions but we need to allow God to harness them and use them in the right way for the right purpose (read Proverbs 25:28).
3. The way you think influences the way you feel (read Proverbs 4:23; Psalm 42:5; and Isaiah 26:3). Ask God to help you to change the way you think.
4. We all have emotional scars. God truly does understand and we can take those scars to Him and allow Him to turn those damaged emotions into what Pastor Ken called stars (read Psalm 147:3 and Hebrews 4:15). Where do you need emotional healing today?
5. One of the areas that a lot of people struggle with is a feeling of inferiority or a deep sense of inadequacy. If you will come to Jesus and open up your wounds to Him, He will take the scars and turn them into stars and fill your weakness with His strength.

Close in prayer