

# The Renewed Life

## Key 5: EMOTIONAL AWARENESS

*Ecclesiastes 3:4, Ephesians 4:26*



**KEY 5. EMOTIONAL AWARENESS - We understand and deal with our emotions and internal needs. We don't live at the mercy of our emotions, but neither do we ignore, or try to suppress them.**

### HOW CHRISTIANS FALL INTO THE DITCH:

**1. The Near Side Ditch: Not \_\_\_\_\_**  
(*Ecclesiastes 3:4*)

**A. Being created in the image of God means that \_\_\_\_\_**  
\_\_\_\_\_ (*Psalms, Lam 3:20, John 11:35*)

**B. Emotional awareness helps us \_\_\_\_\_**  
(*Rom 12:15, Eph 4:2*)

**2. The Far Side Ditch: Letting our \_\_\_\_\_**  
(*Ephesians 4:26, also Prov 25:28, Gal 5:22-23, James 1:19-20*)