

Master Your Moods

1 - Act Better Than You Feel

The wise man Solomon said, “*A dull ax means harder work. Being wise will make it easier.*” (Ecclesiastes 10:10, New Century). The same is true of life. Developing good, godly habits is a way of “sharpening the saw,” and living skillfully. The habit of “*acting better than you feel*” is one of the best ways you can develop the important skill of mastering your moods.

Welcome

How has God been in or through your life this week?

Worship

Read **Psalm 66:1-5; 8-9; 16-17**. Focus your worship by singing songs of praise and adoration to God.

Word

1. Comment on the following statement, “*If you go through the motions, you’ll change the emotions.*” [You cannot will yourself to feel a certain way. You can will yourself to act a certain way which, in turn, will cause your feelings to follow along.]

Read Matthew 5:39-45

2. Sometimes you have to make yourself do some things that you don’t feel like doing. Choose one of the verses from the passage we’ve just read and share how doing what Jesus commanded helped you in a difficult situation to act your way into a better way of thinking and feeling.
3. *In what ways has experiencing God’s love in your own life given you a greater capacity to act in a person’s best interest, even when you haven’t felt like it (1 John 4:19; Eph. 5:1)?*
4. Someone has said that most of the good that is done in this world is done by people who don’t feel like it. *Do you know some people who’ve demonstrated the ability of not “growing weary in doing good” (Galatians 6:9)? What can you learn from their lives that would be helpful for your own?*
5. Share a situation in your life right now—at home, work, church—in which you need God’s help act better than your feelings might otherwise allow. *What can you do to act yourself into a better way of thinking and feeling about this situation?*

[As a group leader, keep in mind that you want to encourage “one-another” ministry and not just discussion. Be sensitive to opportunities for prayer and mutual edification.]

Works

It’s easier to act your way into a feeling than it is to feel your way into an action. Highly maturing Christians develop the habit of “*acting better than you feel.*”

Learning to master your moods is perhaps one of the most difficult skills to develop. Your biggest obstacle is procrastination. So don’t wait, don’t delay, get moving. Identify one good deed you’ve been putting off because “you just haven’t felt like doing it,” and act on it—this week!