

# WHO'S CONTROLLING YOUR THOUGHTS?

*How To Control Your Thoughts and Emotions?*



**Brought to you by:**

The Hem's *School-Of-The-Spirit.org*

## **Lesson 3: What Would Jesus Do?**

### **Guided Notes:**

Use these guided notes to guide you through this lesson.

*Scripture References:* Hebrews 4:15, Mark 14:32-36

#### **Whispers of Destruction...**

- Satan's Lies.
  - Deceiving thoughts snuck into your mind to give you the impression that they are your own.
  - If you keep them there long enough... they eventually will be.
- And, following closely behind your thoughts...
  - Your \_\_\_\_\_.
  - And, until we totally give our emotions over to the Lord and learn how to \_\_\_\_\_ them...
- **Our emotions usually lead to our \_\_\_\_\_.**

#### **How Do You Stop This?**

- So, how do you stop this chain of events before it even starts?
- We can all learn a powerful lesson by looking at our Lord, Jesus Christ.
  - How did He handle His own thoughts and emotions while He was here on the \_\_\_\_\_.

Scripture Reference: Hebrews 4:15

#### **Additional Notes**

### Jesus' Example

- Sometimes I forget that Jesus faced the same \_\_\_\_\_ that we come up against every day.
  - But, Satan's \_\_\_\_\_ don't change.
  - He recycles them and dresses them up a bit...
    - **He's been pulling the same old stunts since the fall of man!**
- While He was here in the \_\_\_\_\_, Jesus had to deal with Satan's tricks too.
  - He is our example of how to be \_\_\_\_\_ over our thoughts and bring them into submission to the \_\_\_\_\_.
- Jesus knew what His \_\_\_\_\_ held.
  - A date with the \_\_\_\_\_...
- As His destiny grew closer His \_\_\_\_\_ began to rear their ugly heads.

### My Soul is Crushed...

*They went to the olive grove called Gethsemane, and Jesus said, "Sit here while I go and pray."*

*He took Peter, James, and John with Him, and*

**He became deeply troubled and \_\_\_\_\_.** He told them, "My \_\_\_\_\_ is \_\_\_\_\_ with grief to the point of death.."

-Mark 14:32-34 (NLT)

- Can you imagine the \_\_\_\_\_ and emotions that must have been going through His mind?
  - He was after all subject to the same \_\_\_\_\_ that we are.
- **Yet, He never \_\_\_\_\_ to the them...**
- **So, what did Jesus do?**

### He Knew What Was At Stake...

- He knew Satan was using His emotions \_\_\_\_\_
  - If He did not regain \_\_\_\_\_, He would not only be sacrificing His own \_\_\_\_\_ over the cross, but all of ours as well?
- He knew what we must learn...
  - His mind was a \_\_\_\_\_

### Additional Notes

- If He gave up that valuable \_\_\_\_\_, we would all lose the war.

*He went on a little farther and fell to the ground.  
He prayed that, if it were possible,  
the awful hour awaiting Him might pass Him by.  
"Abba, Father," He cried out, "everything is possible for You.  
Please take this cup of \_\_\_\_\_ away from Me.  
Yet I want Your \_\_\_\_\_ to be done, not Mine."*  
- Mark 14:35-36 (NLT)

### **Which Do You Want More?**

- Jesus' desire was for the coming torment and pain to be taken away.
- His emotions were kicking in, and He wanted \_\_\_\_\_ of God's plan.
- But, more than appeasing His emotions
  - He wanted \_\_\_\_\_.

### **What's On Your Heart....**

**Lesson 3: *What Would Jesus Do?***  
**Reflection Questions**

1. It is widely accepted that our *Thoughts* lead to our *Emotions* and our *Emotions*, if left unchecked, will lead to our *Actions*. Many people take this one step further saying that our *Actions* ultimately lead to our *Destiny*. Making the connection that our unchecked *Thoughts* will eventually control our *Destiny*. How does that thought process relate to what we've been learning about the importance of our thoughts? \_\_\_\_\_

---

---

---

2. When you think of the fact that Jesus Himself went through the same testings and temptations that you do, how does that affect the way that you relate to Him?

---

---

---

3. Are you ever shocked by looking at Jesus' personal battle with His emotions or by the fact that He actually asked the Father to stop the crucifixion? Why or why not? \_\_\_\_\_

---

---

---

4. In your own words, what do you think we can all learn from looking at Jesus' emotional struggle, and how He handled it? \_\_\_\_\_

---

---

---