# "Mastering Moods & Emotions with God's Help"

## Proverbs 25:28 (NKJV)

"Whoever has no rule over his own spirit is like a city broken down, without walls."

# Introduction:

Let's be real—some days we're on cloud nine, praising Jesus with a hallelujah dance, and other days... we're more like "Lord, don't let me say what I'm really thinking!"

Our moods and emotions are part of how God designed us—but they were never meant to *control* us. With the help of the Holy Spirit, we can learn to respond with grace instead of react with chaos.

### **Lesson Points:**

## 1. God Created Emotions, but Not Emotional Chaos

- Emotions like joy, sadness, anger, and even frustration are part of the human experience.
- Jesus Himself felt emotions—He wept (John 11:35), got angry with injustice (Mark 11:15-17), and rejoiced (Luke 10:21).
- Emotions are signals, not steering wheels. They alert us, but they shouldn't direct us.

#### 2. Our Moods Must Be Surrendered to the Holy Spirit

- Galatians 5:22-23 (NKJV)
  - "But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control."
- We are called to walk in the Spirit—not our feelings.
- Feelings may come and go, but God's truth remains constant.

#### 3. Renewing the Mind is Key

#### Romans 12:2 (NKJV)

- "Do not be conformed to this world, but be transformed by the renewing of your mind..."
- When we fill our minds with God's Word, our emotions start lining up with His truth.
- Worship, prayer, and speaking scripture over your soul can calm any stormy mood!

#### 4. Be Honest with God about Your Emotions

- King David poured out his emotions in the Psalms—joy, sorrow, fear, and praise.
- God isn't surprised by your rollercoaster days. Talk to Him! Invite Him in. (I do often)
- Psalm 34:18 (NKJV)

  "The Lord is near to those who have a broken heart..."

# **I** got Questions

**Is it a sin to feel angry or sad?** No! Emotions themselves are not sin. It's what we *do* with them that matters (Ephesians 4:26).

What should we do when our emotions feel overwhelming? Run to God, pray, and renew your mind with scripture. Emotions must submit to God's truth.

What fruit of the Spirit helps us control our moods? *Self-control*—it keeps us from snapping, quitting, or falling apart when things get tough.

**Can worship change your mood?** Yes! Praise and worship shift the atmosphere. Isaiah 61:3 says we receive "the garment of praise for the spirit of heaviness."

# 😽 Takeaways:

1. Emotions aren't evil, but they're not the boss—God is.

Let the Holy Spirit lead, even when your feelings scream louder than your faith.

# 2. You can have peace even when your emotions don't make sense.

God's peace surpasses understanding (Philippians 4:7), and it can calm the wildest emotional waves.

**Truth:** Emotions are part of our design, but they are not our decision-makers. Moods fluctuate, but God is constant. Learning to manage our emotions is a **mark of spiritual maturity**. It doesn't mean we fake a smile—but that we anchor ourselves in the truth when storms hit. With Jesus, even our bad days can be redeemed and turned into testimonies.

# **Wisdom Nuggets:**

- 1. "Feelings are real, but they aren't always right. Let faith filter your feelings."
- **2.** "God doesn't change with your mood—He remains faithful even when you're feeling funky."

# This week, when you feel overwhelmed or moody:

- Pause
- Pray
- Praise
  - Let God meet you in that moment and speak peace to your soul.

"Feelings are real, but they're not always right. Let faith filter your feelings."

"God doesn't change with your mood—He remains faithful even when you're feeling funky."

The bible-based connection between moods and foods read more below.... Yep, we are going there! I need this and I think many of you will too.

#### **EXTRA!!**

## 20 Biblical Ways to Eat Less (and Honor God with Your Body)

#### 1. Pray Before You Eat

"In everything by prayer and supplication... let your requests be made known to God." – Philippians 4:6

Ask God to help you eat with self-control, not out of habit or emotion.

#### 2. Eat to Live, Don't Live to Eat

"Do not labor for the food which perishes, but for the food which endures to everlasting life." – John 6:27

→ Shift your focus to spiritual nourishment first.

#### 3. Practice Self-Control

"But the fruit of the Spirit is... self-control." – Galatians 5:22-23

→ Self-control applies to the fridge too!

#### 4. Give Thanks and Slow Down

"In everything give thanks." - 1 Thessalonians 5:18

→ Gratitude can help us eat mindfully, not mindlessly.

#### 5. Avoid Gluttony

"Do not mix with gluttonous eaters of meat." - Proverbs 23:20-21

→ Overeating robs us of energy and focus—keep it in check.

#### 6. Drink Water First

"Whoever drinks of the water that I shall give him will never thirst." – John 4:14

Sometimes we're thirsty, not hungry.

#### 7. Renew Your Mind

"Be transformed by the renewing of your mind." – Romans 12:2 Ask God to rewire your thinking about food.

#### 8. Eat Only When Truly Hungry

"To everything there is a season... a time to eat, and a time to

stop." (paraphrased from Ecclesiastes 3:1)

Don't let boredom boss your belly.

#### 9. Don't Eat in Secret (snacking - GOD sees)

"For everyone practicing evil hates the light... lest his deeds should be exposed." – John 3:20

🦙 Accountability keeps us honest (yes, even with snacks).

#### 10. Serve Smaller Portions

"Let all things be done decently and in order." – 1 Corinthians 14:40

Even your plate can reflect godly order. (Smaller portions)

#### 11. Eat with Others, Not in Isolation

"They broke bread from house to house... with gladness." – Acts 2:46

Fellowship discourages overindulgence.

#### 12. **Fast Regularly**

"When you fast..." Matthew 6:16

Fasting teaches us we don't live by bread alone.

#### 13. Eat at the Table, Not in Front of Screens (ah oh..)

"Set your mind on things above." - Colossians 3:2

→ Don't let distractions lead to unintentional overeating.

#### 14. Don't Let Food Be Your Comfort

"God is our refuge and strength, a very present help in trouble." Psalm 46:1

Run to God, not the pantry, when stressed.

### 15. Honor God With Your Body

"You were bought at a price; therefore glorify God in your body."

1 Corinthians 6:20

Treat your body as His temple. (God's Office)

#### 16. Avoid Idolatry (Even of Food)

"Little children, keep yourselves from idols." - 1 John 5:21

If food is your go-to for every emotion, check your heart. (ouch! Yes, that hurts- I feel it too)

#### 17. Have a Cut-Off Time for Eating

"Let all things be done with self-control." – 1 Corinthians 9:25

Discipline your body, including nighttime cravings.

#### 18. Don't Eat Just Because It's "There"

"All things are lawful... but not all things are helpful." – 1 Corinthians 10:23

🔭 Just because it's available doesn't mean it's needed.

#### 19. Let the Holy Spirit Lead, Even at Mealtime

"As many as are led by the Spirit of God, these are sons of God." Romans 8:14

- ז Invite the Holy Spirit into your health journey.
- 20. **Remember: Man Shall Not Live by Bread Alone**"But by every word that proceeds from the mouth of God." –
  Matthew 4:4
  - → Feed your soul, not just your stomach.

#### **Bonus Wisdom Nugget:**

"If food is calling you louder than God is, it's time to turn the volume down with prayer and purpose!"

#### The bible-based connection between moods and foods

What? Yep, let's go there!!!

## Moods and Foods: A Spiritual Connection

Our moods can often drive our appetite, and our appetite can influence our mood—it's a cycle!

But as believers, we are called to walk by the Spirit, not by our cravings.

# "All things are lawful for me, but not all things are helpful... I will not be brought under the power of any."

— 1 Corinthians 6:12 (NKJV)

We may crave comfort food when we're feeling low, sweets when we're stressed, or snacks when we're bored—but food was never meant to fix our feelings. **Only God can truly fill us.** 

Sometimes, we "feed" emotional hunger with physical food—hoping that a treat can calm a stormy heart. But that temporary fix often leads to guilt, not peace.

# Let's Make the Connection:

<b>Mood</b>	<b>Craving</b>	Truth to Remember
Sad or Depressed	Sweets or carbs	"The joy of the Lord is your strength." – Neh. 8:10
Angry or Frustrated	Crunchy/salty foods	"Be angry, and do not sin." – Eph. 4:26
Anxious or Worried	Constant snacking	"Be anxious for nothing" – Phil. 4:6
Lonely or Bored	Comfort foods	"God sets the solitary in families." - Ps. 68:6

# **Spiritual Strategy**

Instead of feeding a feeling, pause and pray. Ask God:

"Am I hungry, or am I hurting?"

"Do I need food, or do I need fellowship with You?"

Invite the Holy Spirit to guide your choices—not your emotions. Emotions may be real, but **they're not your ruler—Jesus is.** 

#### **Declaration of Faith:**

## "I will walk in His peace, His power, and His light."

Because I am a child of the Most High God, I don't have to walk in fear, confusion, or darkness. His peace steadies me, His power strengthens me, and His light leads me every step of the way.

"The Lord will give strength to His people; The Lord will bless His people with peace." –  $Psalm\ 29:11\ (NKJV)$ 

"Arise, shine; For your light has come! And the glory of the Lord is risen upon you." –  $Isaiah\ 60:1\ (NKJV)$ 

Extra Extra! Luke 18:1 (NKJV) "Then He spoke a parable to them, that men always ought to pray and not lose heart."

# **Takeaway:**

Never stop praying, even when you feel like giving up.

Jesus reminds us that **prayer is our lifeline**, especially in times of weariness or delay. Don't let unanswered prayers shake your faith—let them stir your persistence. Keep praying with confidence, knowing that God hears, God cares, and God moves in His perfect timing.

⚠ Prayer isn't a last resort—it's our first response. Keep your heart steady through the power of prayer!

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