

Managing your Emotions – Lesson Part III

Instructor – Minister Jeff Hoskins

Ephesians 6:12, 2 Corinthians 10:3-5

Biblical Definition – Emotions are the language of the soul; they are the cries that give the heart a voice. God gave them to us to energize our behavior and to be a catalyst for actions. They express our values and evaluations, and also influence motives and conduct.

Negative Emotions - carry the abilities to stop, discourage, or confuse the plan of God with corresponding feelings or behaviors.

Anger, Sadness, Fear, Disgust, Jealousy, Frustration, Guilt, Laziness, Emptiness.

Positive Emotions – carry the abilities to encourage, facilitate, or perform to completion the goals of plans of God.

Love, Gratitude, Serenity, Interest, Hope, Amusement, Inspiration, Trust, Satisfaction, Determination.

For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. (Ephesians 6:12)

Religious meanings:

Principalities - In biblical theology, principalities are considered a type of spiritual force, either angelic or demonic, that has authority in the "heavenly realms".

Powers - represents an echelon of demonic, spiritual forces of evil that operate in opposition to God's will.

Rulers of the darkness - The "rulers of the darkness of this age" refers to spiritual, evil entities that hold authority in the unseen realm and work to oppose God's influence.

Spiritual host of wickedness in the heavenly - refers to evil, supernatural forces or high-ranking demons that are believed to reside in the unseen realms of the spiritual world, often called the "heavenly realms" or the "air".

The following mentions are weapons of the enemy that are used to cause problems; circumstance, or issues in our lives to manipulate or weaken our faith, through certain emotions. Weapons that sole purpose is to wreck our lives, by causing us to choose negative emotions to affect our actions and thoughts to move us away from Gods will or purpose, by an idea or actions.

Pastor so often speaks about arsenal scriptures; these scriptures are used to strengthen us and keep us believing God to move in whatever circumstance by faith. And also, they guide us toward positive emotions of strength and push us toward the faith In Gods word.

Arsenal scriptures help to encourage us to trust Gods word and its ability to uphold us in every occasion or situation. They move us to holdfast or strengthen us in our faith with positives thoughts and healthy emotions.

(Isaiah 41:10; Isaiah 40:31; Philippians 4:13; John 16:33; Romans 8:28; Philippians 4:19,20)

3 For though we walk in the flesh, we do not war according to the flesh. 4 For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, 5 casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ, (2 Corinthians 10:3-5)

Bringing our thoughts and holding them to the obedience of the word is how we battle emotions that affect us negatively or discredit us from believing truth received in Gods word.

One of the greatest emotions, I believe is love. This is also one of the emotions that God demonstrated to us by action.

For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. (John 3:16)

God so loved the world that He gave His only begotten Son. That act of love gave us something tangible – (Life) that whoever believes in Him should not perish, but have everlasting life.

His love gave something, and does not take anything from us or up from us. Gave us an opportunity to receive through believing. God's love demonstrated His purpose.

God's love is unconditional! Although we put conditions on love, and it doesn't always give us what we conditioned it for in the beginning.

One of the emotions that the enemy uses to rob us of God's victory in our lives is fear.

Fear - defined as "an unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain, or a threat."

2 Timothy 1:7

For God has not given us a spirit of fear, but of power and of love and of a sound mind.

1. **Fear** keeps us from taking a stand on the word of God and from believing that it will come to pass.
2. **Fear** keeps us from moving in the direction of the spirit that we hear from the unction of God.
3. **Fear** keeps us standing still or stagnant. In a position of instability or unsteadiness.

Scripture that we use should steady us in emotions to the completions of God's will.

Emotions of hurt, anger, and bitterness, become actions that take control of an individual's ability to produce anything positive or productive.

They will most often cause a person to self-destruct from an action that may or may not have been by purpose.

We should; as best we can, set our emotions to be biblically driven to in line with a God sent purpose.

II - Managing and directing emotions –

1. **Bring emotions to God.**

Christians are encouraged to bring their emotions and anxieties to God in prayer, where they can receive peace and guidance.

2. **Control emotions with reasons.**

The Bible advises controlling emotions, rather than letting them control you.

James 1:20 states: "For the wrath of man worketh not the righteousness of God." This verse emphasizes that anger does not lead to the righteousness that God desires.

3. Spirit-led control.

Believers are called to be controlled by the Holy Spirit, not by their emotions. Emotions should be seen as a "gauge, or report," not as a guide.

iii - What does the Bible say about emotion?

A. Do not be anxious.

Philippians 4:6, 7

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

B. Control your temper.

Proverbs 15:18

A hot-tempered man stirs up strife, but he who is slow to anger quiets contention.

C. Set your mind on things not material.

Colossians 3:2

Set your minds on things that are above, not on things that are on earth.

IV - Emotions significantly influence behavior in various ways:

1. Physical Responses –

Emotions create physical responses that can impact how we act.

2. Decision Making -

Emotions shape our thoughts and decisions, driving our actions and interactions with others.

3. Guiding Actions –

Emotions guide our lives by influencing our choices and behaviors, often determining how we respond to different situations.

4. Positive vs Negative Emotions –

Positive emotions can lead to a healthier lifestyles and foster creativity, while negative emotions mat contribute to unproductive habits and isolation.

V - Strategies for Effective Communication:

- 1. Self-Awareness:** Recognizing your emotional state before and during communication can help you respond more thoughtfully rather than reactively.
- 2. Active Listening:** Pay attention to both verbal and non-verbal cues from others to understand their emotional states better.
- 3. Empathy:** Try to understand the emotions of others and respond with compassion, which can help de-escalate tensions and foster collaboration.