

“MANAGING MY EMOTIONS”

“YOU SHOULD RULE OVER THEM”

OBJECTIVE: TO EXPLORE THE BIBLE CONCERNING HOW OUR EMOTIONS PLAY A ROLE IN HOW WE RELATE TO SITUATIONS IN OUR LIFE. AS WELL AS GUIDE OUR ACTIONS. THE BIBLE GIVES CLEAR EVIDENCE AND COUNSEL ON HOW TO DEAL WITH RAW EMOTIONS THAT IMPACT US IN OUR LIVES.

KEY SCRIPTURES: (GENESIS 4:1-7) / (JOB 2:9-10)/

(NUMBERS 20:7-12) (MATTHEW 14:3-12)



EMOTIONS ARE A VERY REAL PART OF WHO WE ARE! THE MORE YOU IGNORE OR SUPPRESS THEM THE MORE CONTROLLING THEY ARE IN YOUR LIFE.

THE BIBLE TEACHES BELIEVERS TO CONTROL THEIR EMOTIONS, NOT BY SUPPRESSING THEM, BUT BY SUBMITTING THEM TO GOD'S TRUTH AND THE GUIDANCE OF THE HOLY SPIRIT. KEY PRINCIPLES INCLUDE BEING SLOW TO ANGER AND QUICK TO LISTEN, TAKING THOUGHTS CAPTIVE TO OBEDIENCE TO CHRIST, AND RECOGNIZING SELF-CONTROL AS A FRUIT OF THE SPIRIT. INSTEAD OF LETTING EMOTIONS DICTATE ACTIONS, THE BIBLE ENCOURAGES PRAYER, SEEKING GOD'S WISDOM, AND ALLOWING HIS SPIRIT TO CULTIVATE INNER PEACE AND STRENGTH.

CULTIVATE SELF-CONTROL:

THE BIBLE IDENTIFIES SELF-CONTROL AS A "FRUIT OF THE SPIRIT" (GALATIANS 5:22-23), MEANING IT IS A QUALITY GOD PROVIDES FOR BELIEVERS TO DEVELOP.

BE SLOW TO ANGER:

SCRIPTURES LIKE [JAMES 1:19](#) AND [PROVERBS 19:11](#) ADVISE BELIEVERS TO BE "QUICK TO HEAR, SLOW TO SPEAK, AND SLOW TO ANGER".

TAKE THOUGHTS CAPTIVE:

2 CORINTHIANS 10:5 INSTRUCTS BELIEVERS TO "TAKE EVERY THOUGHT CAPTIVE INTO THE OBEDIENCE OF CHRIST," SUGGESTING THAT NEGATIVE EMOTIONS CAN BE COUNTERED BY TAKING CONTROL OF ONE'S THOUGHTS.

SUBMIT TO GOD'S TRUTH:

EMOTIONS SHOULD NOT CONTROL DECISIONS OR ACTIONS; INSTEAD, THEY SHOULD BE BROUGHT UNDER THE GUIDANCE OF GOD'S WORD.

WE LIVE IN AN EMOJI WORLD WHERE SELF-EXPRESSION AND "BEING THE TRUE YOU" HOLD HIGHEST PRIORITY — NO ONE CAN TELL US HOW TO FEEL. WE QUICKLY, EVEN REFLEXIVELY, LEND OUR SMILEY, SAD, CRYING, SURPRISED, OR MAD FACES VIA TEXT OR COMMENT. AND SHORT OF ROLLING ON THE FLOOR, WE DEEM IT BETTER TO EXPRESS ANY AND ALL EMOTIONS RATHER THAN HOLD BACK AND BECOME "FAKE." NO OTHER OPTIONS EXIST. OUR UNFILTERED EMOTIONAL LIFE CAN, AND SOME SAY SHOULD, EXTEND TO ANY AND ALL PERSONS — SPOUSES, PARENTS, OR STRANGERS INCLUDED. SOME EVEN COMMEND YELLING AT GOD WHEN UPSET. IN ALL, THE ASSUMPTION STANDS: YOU ARE YOUR EMOTIONS — FOR BETTER OR WORSE. TO REPRESS THEM IS TO REPRESS YOURSELF.

GOD GIVES US THE WONDERFUL GIFT OF EMOTIONS TO COLOR LIFE. HE IS A FEELING GOD, AND THOSE MADE IN HIS IMAGE ARE NOT ROBOTS. BUT WHILE FEELINGS ARE WONDERFUL SERVANTS, THEY ARE TERRIBLE GODS. WHEN THEY FLOW — UNGOVERNED

BY GOD'S SPIRIT AND GOD'S REALITY — THEY MAKE US THREATS BOTH TO OTHERS AND TO OURSELVES.

IN A WORLD GIVEN TO UNFILTERED EMOTIONS AND COLD APATHY, A WORLD IMPASSIONED BY TRIVIAL THINGS AND UNFEELING ABOUT ETERNITY, WE HAVE A STUNNING OPPORTUNITY: TO LET OUR REASONABLENESS BE KNOWN. WE CAN LIVE FOR GOD'S GLORY IN GOD'S WORLD AS CITIZENS OF THE NEXT, LOVING WHAT HE LOVES, HATING WHAT HE HATES, LIVING, LAUGHING, AND CRYING IN SUCH A WAY AS TO REFLECT THE HIGHEST REALITY: GOD IS. HE IS AT HAND, AND HE KEEPS THOSE IN PERFECT PEACE WHOSE MINDS ARE STAYED NOT ON THEIR FEELINGS, BUT ON HIM ([ISAIAH 26:3](#)).