

“MANAGING MY EMOTIONS”

PART 2

“SURVIVING YOUR FEELINGS”

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: (MATTHEW 15:21-28/ 2 SAMUEL 16:5-14/

1 KINGS 2:8-9/ 36-46/

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

EMOTIONAL PEOPLE MAKE BIG MISTAKES WHEN THEY BASE DECISIONS ON HOW THEY FEEL RATHER THAN OBEYING GOD AND WHAT THEY KNOW IS THE RIGHT THING TO DO. WE HAVE TO LEARN HOW TO LIVE BEYOND OUR FEELINGS AND DO WHAT IS RIGHT EVEN WHEN WE FEEL WE HAVE BEEN WRONGED.

WE SPEND TOO MUCH TIME AS CHRISTIANS CAUGHT UP IN OUR FEELINGS. I HAVE LEARNED WHENEVER YOU GET CAUGHT UP IN YOUR FEELINGS, IT MAKES LIFE UNPLEASANT AND ALL OF A SUDDEN EVERYTHING AROUND YOU THAT YOU USED TO ENJOY YOU DON'T ENJOY ANY LONGER BECAUSE YOU ARE CAUGHT UP IN YOUR FEELINGS.

OUR FEELINGS ARE LIKE INDICATOR LIGHTS ON OUR DASHBOARD OF LIFE. THEY DEMAND A RESPONSE. SOMETIMES WE OVERREACT AND SOMETIMES WE IGNORE THEM. WE ALL HAVE EMOTIONS WE PROCESS THROUGH AND WE LEARN OURSELVES THROUGH HOW WE RESPOND OR REACT.

IN OUR TEXT TONIGHT WE ARE ENGAGED WITH WITNESSING A CONVERSATION BETWEEN JESUS AND THIS CANNANITE WOMEN.

WE CAN LEARN THROUGH BOTH OF THEIR RESPONSES ON HOW TO MANAGE OUR EMOTIONS.

DID JESUS HAVE EMOTIONS?

HOW WOULD YOU HAVE REACTED IN A TIME OF CRISIS AND GOT BRUSHED OFF AND DEGROGADED?

UNCOMFORTABLE SITUATIONS TEST OUR EMOTIONAL FORTITUDE.

THREE WAYS WE ARE TESTED IN CRISIS

1. OUR FILTER- MOST TIMES IN OUR EMOTIONS IT IS NOT WHAT HAPPENS TO US BUT WHAT HAPPENS IN US THAT TRIGGERS US EMOTIONALLY IN OUR RESPONSE.
2. OUR THOUGHTS- AS A MAN THINKS IN HIS HEART, SO IS HE. WHEN WE HAVE A HEALTH CONFIDENCE, WE WILL HAVE HEALTH REACTIONS AND RESPONSES. WHEN WE ARE INSECURE EVERYTHING, WE HEAR IS BECOMES OFFENSIVE.
3. OUR DETERMINATION- MANY TIMES WE ARE EASILY DISCOURAGED IN OUR EXPECTATIONS WHEN ARE TOLD NO. DETERMINATION KEEPS US STEADFAST AND UNMOVABLE