

THE WISE CONTROL THEIR EMOTIONS

Proverbs 14:29, 29:11

- **We live in a world where many people are controlled by their emotions.**
- *"People with understanding control their anger; a hot temper shows great foolishness."* (Proverbs 14:29)
- *"A fool expresses all his emotions, but a wise person controls them."* (Proverbs 29:11 GW)
- **God instructs us to be led by His Spirit not by our feelings.**
- *"Let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves."* (Galatians 5:16)
- **Allowing our emotions to dictate our lives can lead us to be deceived, disobedient, and destroyed.**
- *"There is a path before each person that seems right, but it ends in death."* (Proverbs 14:12)
- ***What steps can we take to keep our emotions under control?***

We Will Control Our Emotions When We:

UNDERSTAND EMOTIONS ARE <u>GIFTS</u> FROM GOD

- **We see in the Bible that God is filled with emotions such as Love** (John 3:16), **Anger** (Psalm 106:40)**, Compassion** (Genesis 19:16)**, Hate** (Psalm 11:5)**, Joy** (Nehemiah 8:10)**, Grief** (Genesis 6:6)**, and Rejoicing** (Isaiah 62:5).
- **God has emotions, and He's blessed us with emotions as well.**
- *"God said, 'Let Us make human beings in our image, to be like Us."* (Genesis 1:26)
- **Just like any other gift that God has given us we're called to be good stewards of our emotions.**
- *"Show hospitality to one another without grumbling. As each has received a gift, use it to serve one another, as good stewards of God's varied grace.* (1 Peter 4:9-10 ESV)

- **Avoiding the extremes of emotionalism and stoicism will help guide us into good stewardship of our emotions.**
    - **Emotionalism tells us that "all that matters is how we feel."**
    - **Stoicism tells us that "feelings aren't important at all."**

We Will Control Our Emotions When We:

REALIZE THE <u>GRIEF</u> CAUSED BY DESTRUCTIVE EMOTIONS

- *"A person without self-control is like a city with broken-down walls."* (Proverbs 25:28)
- **Allowing emotions to dictate our actions can lead to dire consequences in our lives.**
- **"***But don't let the passion of your emotions lead you to sin! Don't let anger control you or be fuel for revenge, not for even a day. Don't give the slanderous accuser, the Devil, an opportunity to manipulate you!"* (Ephesians 4: 26-27)
- **When we're being led solely by our feelings we give access to the devil to use those feelings to manipulate us into disobeying the Lord.**
- *"Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour."* (1 Peter 5:8 NIV)
- **Unchecked emotions can lead to sin and sin destroys our lives.**
- *"These desires give birth to sinful actions. And when sin is allowed to grow, it gives birth to death."* (James 1:15)
- ***What emotions have you not been able to control and how has that caused grief in your life?***

We Will Control Our Emotions When We:

DO THE <u>WORK</u> TO OVERCOME DESTRUCTIVE EMOTIONS

- *"Work hard to show the results of your salvation, obeying God with deep reverence and fear."* (Philippians 2:12)
- ***What steps can we take to overcome destructive emotions?***
- **We overcome destructive emotions by *Digging Up The Roots Of Our Destructive Emotions.***
    - *"Instead, let us test and examine our ways,Let us turn back to the Lord."* (Lamentations 3:40)
    - **We must face the pain of our past and expose it to God and to someone we trust.**
    - *"In my distress I prayed to the Lord and the Lord answered me and set me free."* (Psalms 118:5)
    - *"Confess your sins to each other and pray for each other so that you may be healed."* (James 5:16)
- **We overcome destructive emotions by *Dismantling Ungodly Thoughts.***

    - *“We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ.”* (2 Corinthians 10:5 ESV)
    - **The way we think affects the way we feel, the way we feel affects the way we act, and the way we act determines the success or failure of our lives.**
    - *Letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.”* (Romans 8:6)
- **We overcome destructive emotions by *Guarding Our Hearts.***
    - *“Guard your heart above all else, for it determines the course of your life.”* (Proverbs 4:23)
    - **There are certain people, places, and things that we have to stay away from.**
    - **Our eyes and our ears are access points to our hearts.**
- **We overcome destructive emotions by *Being Filled With The Holy Spirit.***
    - *“Don’t be drunk with wine, because that will ruin your life. Instead, be filled with the Holy Spirit”* (Ephesians 5:18)
    - **If we’re full of ourselves we can’t be filled with the Holy Spirit, but if we empty ourselves we make room for God to fill us with His Spirit.**
- **We overcome destructive emotions by *Allowing God’s Spirit To Guide Our Lives.***
    - *“Let the Holy Spirit guide your lives. Then you won’t be doing what your sinful nature craves.”* (Galatians 5:16)
    - **We allow the Holy Spirit to guide our lives through prayer and repentance.**

- ***What sinful thoughts or emotions do I need to repent of and ask the Lord to help me overcome?***
- ***What steps do I need to take to overcome negative, destructive emotions?***