

October Development Guide

SUBJECT: HOW TO CONTROL YOUR EMOTIONS



God wants you to live a life free of being bound and slave to anything, emotions included. He has empowered us to be in control of our emotions.

“They went to the olive grove called Gethsemane, and Jesus said, “Sit here while I go and pray.” He took Peter, James, and John with him, and he became deeply troubled and distressed. He told them, “My soul is crushed with grief to the point of death. Stay here and keep watch with me.” - Mark 14:32-39

1. I'm allowed to have emotions

- There is a misconception that emotions are bad and we should not feel them, but if you read in the Bible you see that Jesus and God the Father both have emotions.
- They feel anger, sadness, jealousy, joy, and love.
- It's not a sin to have emotions, but it is what we do with them that makes the difference.

Jesus and God the Father never sinned while they had the emotions - they felt them. They may have had a response to them, but they never sinned with the emotion.

- He gave us emotions not as a curse, but as a resource to be used.
- Emotions are an indicator of something deeper going on the inside.
- When an emotion pops up, you need to explore why the emotion is there. Don't ignore it, don't let it rule your life, but give it the proper place in your life: which is something to be explored.

(v. 35) “He went on a little farther and fell to the ground. He prayed that, if it were possible, the awful hour awaiting him might pass him by. “Abba, Father,” he cried out, “everything is possible for you. Please take this cup of suffering away from me. Yet I want your will to be done, not mine.”

- Jesus's thoughts were in the right place

2. Perspective is everything

- We have the ability to control our emotions
 - “Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—His good, pleasing, and perfect will.” - Romans 12:2
 1. The word “mind” in this verse in the Greek means “the seat of our emotions and affections; our mode of thinking and feeling.”
- So it's not just our thoughts that we can line up with the Word of God, but it is also our emotions.

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- Two ways to do this:
 1. Thoughts proceed emotions which proceed actions
 2. Your feelings will always follow your thoughts, so if you want to change your emotions then you need to change your thoughts.
 3. By faith, we can declare that our emotions line up with what God's Word says.

Then he returned and found the disciples asleep. He said to Peter, "Simon, are you asleep? Couldn't you watch with me even one hour? Keep watch and pray, so that you will not give in to temptation. For the spirit is willing, but the body is weak." Then Jesus left them again and prayed the same prayer as before. (v. 37)

3. LEARN TO PROCESS YOUR EMOTIONS

- Jesus had emotions and knew how to process them
- Jesus was able to control His emotions because He knew what to do with them
- Four questions to help yourself process your emotions:
 1. What am I feeling
 2. Where is this feeling coming from?
 3. Is this a valid feeling?
 4. What do I need to do to with this?

Action Step: Identify which of these do you need to work on or start on?