

TD Jakes – Fight the fight - battling for your emotional health

1. **IQ, EQ, and AQ** = intelligence (quotients) “capacity”, emotional capacity, & adaptability capacity - you can be intellectual giant but an emotional dwarf!

We all have limits, many people push us to our limit / capacity (it is our fight)

We all have different capacity / quotient, don't ask for things beyond your ability to deal with the “intelligence” / emotional health required.

People often want more from us when we are giving all we got!

Our society has more angry people, busy people, selfish people because we're at our capacity and don't want to grow beyond our limit

We may have a job we are qualified to do but can work with people around us.

We hired you because of your IQ but we have to live with your EQ.

You may not have the ability to **adapt** to situations or people, so you can't grow with the company or the relationship when it matures.

You must change things when you grow. Don't ask for a blessing that requires things to be different. Time to work on your “AQ”

2. 2 Tim 4:7-8 - I have fought the good fight, I have finished the race, I have kept the faith.

⁸ Now there is in store for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day—and not only to me, but also to all who have longed for his appearing.

Paul talked about his “fight” before his “course” – we all have a fight

3. 2 Kings 4:8-16 - One day Elisha went to Shunem. And a well-to-do woman was there, who urged him to stay for a meal. So whenever he came by, he stopped there to eat. ⁹ She said to her husband, “I know that this man who often comes our way is a holy man of God. ¹⁰ Let's make a small room on the roof and put in it a bed and a table, a chair and a lamp for him. Then he can stay there whenever he comes to us.” ¹¹ One day when Elisha came, he went up to his room and lay down there. ¹² He said to his servant Gehazi, “Call the Shunammite.” So he called her, and she stood before him. ¹³ Elisha said to him, “Tell her, ‘You have gone to all this trouble for us. Now what can be done for you? Can we speak on your behalf to the king or the commander of

the army?” She replied, “I have a home among my own people.”¹⁴ “What can be done for her?” Elisha asked. Gehazi said, “She has no son, and her husband is old.”¹⁵ Then Elisha said, “Call her.” So he called her, and she stood in the doorway. ¹⁶ “About this time next year,” Elisha said, “you will hold a son in your arms.”

4. you can fight without ever throwing a punch, its between your own 2 ears

5. the fight has a limited amount of time before its over. You gonna run out of breath. Then you call for your mama!

6. the Shunamite woman was a great woman, the woman in the story before (at Zarephath) was a poor woman. We always associate the gospel with people in need.

7. the Shunamite had “no need” she always spent her time taking caring of others. Often its people who have the most who need the most. We masquerade as always saying “I’m fine”

8. but the servant (ones closest to you) knew what she really needed.

9. she had money but could not buy what she needed

10. pray for your kids, but they cant be saved if their not drowning! God may send a problem so we can see our need for him. God has no grandkids, they need their own relationship from their own experiences.

11. we often rebuke the devil when it is God who is stretching you through trouble. It is there he will show you your need. “It is good for me that I was afflicted”

12. Take me to the next level but not right now cause I’m **afraid** of heights!

13. Some of us are only happy to meet others needs and not be vulnerable to expose our own need because we might be disappointed. We have adjusted to our own limits. Comfortable in our disfunction.

14. It takes a lot of strength to say, I matter, and I have needs. Don’t pretend, it’s a sign of emotional limitation. Jesus avoided people who had no need.

15. we can be exposed to all the blessings and still be indifferent. We can eat grandmas pound cake our entire life and never even get the recipe.

16. it is possible to be a **good** mother, father husband, wife, and never be “great” because no one was vulnerable enough to say that they really needed me.

We’re afraid to say what we need. That limits others ability to give back.

17. If I don’t confront my need I don’t risk disappointment.

18. a song from the 70s says “ now that I’ve cried my love to sleep, don’t wake her up” ...that’s our attitude to our unmet needs. (just leave it alone)

19. Open up the door and it hurts to want, to dream, to have expectations.

20. you would rather stay single, unemployed, or broke so we adapt to our situation and make excuses to cope. We even change our theology to suit our situation.

21. when I matter, I hurt. This is the fight! Confronting the needs in our life.

22. Whenever God gives you a word (a promise, a vision) it will be disruptive!

23. How can Paul say I fought the good fight and he never through a punch? Every day of your life is a fight. Your worry, fears, insecurity, anxiety, etc

24. I am destroyed by **what I think**, it doesn’t really matter what you think. I just don’t want to fight these feelings. Always thought I was stupid, ugly, fat, simple, but don’t make me think that I could have more...a blessing, a promise, don’t make me think that I was wrong because I don’t have to “capacity / quotient” to evolve, mature, expand.

25. My AQ is weak, I have adapted to something that is beneath me. I have built my life on what is behind me.

26. My fight of faith is to re adapt to what is in front of me.

27. How many of Gods blessings are you saying no to? God sent me here to tell you that you are running out of time. By this time next year, you will have a son!

28. Be alright with the fight! Fight everyday of your life!

29. Her son died but she wouldn’t leave it that way, she went to the bed that she prepared for others (Elisha). When you meet others needs, you may be preparing a place to get your own need met later on.

30. when you win the fight you are fighting now, you are qualified to fight at a greater level. Be alright with the fight! Life is a struggle.

31. we all want to run from a fight (conflict) even Jesus said let this cup pass. But there has to be something in front of us worth the fight. He endured the cross for the joy of the reward set before him. Stop feeling sorry for yourself and challenge your limitations.

32. there's always a fight at the bus stop if trouble happened at school. When something changes that's when the fight ensues.

33. Legion (demoniac) could do one of 3 things – stay in the tombs with the dead people, follow Jesus, or go home and face people (family) from the past. Jesus said go home, I didn't heal you to run away from your issues.

34. your fight goes on in a way people don't even know. Job, kids, spouse, boss, health, peace, etc. You're only a bad warrior if you don't fight. People next to you are in a fight!

35. Fight to overcome emotional pain, to be a good father, to get up and go to work, to love people when you didn't get loved, when you didn't learn healthy boundaries...fight fight fight!