

Are you emotionally healthy? Joyce Meyer video

Sometimes our emotions are out of control we are wounded in our soul from things that have happened in the past.

When our behavior is bad and out of control there is always a root.

- Self-pity, Discouragement, Anger, Depression, rejection etc..

Getting to the bottom of it... The root of the problem.

What is the real problem?

Example: Joyce and Dave could not discuss problems, her complaint was we can't talk about anything, Dave's response 'Joyce you we don't talk,' 'you talk and want me to listen'! Unless Dave agreed with Joyce the fight was on.

What was the Problem? She didn't know, she blamed Dave for Her problems. The essence of the problem was a **Root of Rejection** from the way she was raised. A rejection based person, or a person with a fear of rejection. If everyone does not agree with you, you feel rejected. Joyce had to separate her opinion from who she was. Dave could reject her opinion and still love her.

God wants to reveal the truth to you about you. You need to take responsibility for your own happiness.

- nobody can make you happy
- nobody can make you unhappy

Root of rejection – If everyone doesn't agree with you then you feel rejected.

Your opinion can be rejected, and you can still be loved.

Learn who you are in Christ, a person who is loved and valued for who you are not what you think or do.

Separate what you do or what you think from who you are in Christ.

You must ask yourself what am I feeling. And what is the problem?

Where there are rotten roots there is rotten fruit

Matthew 12:33 "Make a tree good (healthy) and its fruit will be good (healthy) or make a tree bad (rotten /diseased) and its fruit will be bad (rotten/ diseased), for a tree is recognized by its fruit.

Example: Joyce's mother spent years avoiding the problem with what her husband was doing to Joyce even catching him in the act! Years later she had a nervous breakdown and was given shock treatments for two years. The **Root of her problem was guilt and avoidance.** You cannot avoid your problems, buried things will eat you alive, and our secrets make us sick. If you are not dealing with your problems they will continue to hurt you! Ask God to forgive you and let go, you must face problems and get help.

Hurting people hurt people. Sometimes you have to get away from the problem especially when someone is physically hurting you. If you are not fine be honest, **Church is a hospital for hurting wounded people.**

Sometimes Leaders have serious problems and they especially don't know who they can talk to. Because they are going to be Judged and criticized. What we don't need is a bunch of wounded healers. We need people in leadership to get their issues straightened out with God because the blind can't lead the blind.

The roots of your being: The knowledge that God loves you needs to be planted in the root of your being.

Love is not something God does, **Love is who God is.** You are loved and valuable.

Living in a cycle trying to prove your worth and value will not set you free.

Example: John McFadden a man who had an alcoholic mother. The father left them, the mother was violent alcoholic, the children were told that they were trash, she packed the older brother up and set him out by the trash and told him 'if your father doesn't come get you the trash men will.' She threatened John and told him he was trash and eventually pushed him away at 14. Because he felt like he was trash he went into the cycle trying prove his worth and value by the worlds standard.

The Bible tells us that Jesus comes to set us free – you are not free until you no longer feel the need to impress people.

The trickledown theory of conditional love and the trickledown theory of Un-conditional love.

How you are raised has a lot to do with the rest of your life.

- If you are raised wrong, you must unlearn some things while learning some things.
- It is important to have your mind renewed. When you have been mistreated you will always have a shame based nature and feel bad about yourself. If you do not love and value yourself there is nothing in life that will be enjoyable or in the right order. You are the one person that you'll never get away from. You cannot love someone else if you do not love yourself.

God's unconditional love

Joyce was born again at 9 years old the next day she cheated in a game and the devil told that she had lost her salvation. She did not have an active relationship with God until she was in her 20's. at 9 years old God gave her a strength to overcome the abusive situation that she was in. **God did not remover her from the abusive situation but gave her the grace to go through it.** Going through the situation made her who she is and gave her the ability to help others. Joyce believed that God loved her but she believed His love was based on the condition of what she could do. The only love she ever knew was based on her works and behavior.

One of the greatest things you can do is teach your children they are loved unconditionally.

- Loving someone unconditionally does not mean you agree with their behavior.

If the love I get is based on conditions

- God's love is based on my performance
- I am taking responsibility for Him loving me
- I am working for His love

Everything we do for God we should do because we love him -not to get him to Love us!

God loves our lives back from the pit of destruction

If you can believe that God loves you then you can begin to love yourself then you can begin to love other people then you can begin to enjoy your life.

- If I think God's love is based on my performance, then I **feel** like I have to earn His love by pleasing Him.

Therefore, when I please him I **feel** loved and when I don't please Him I **feel** rejected.

Crazy Emotions- Because everything we feel is not true

Believing is the most important thing.