

Emotional health --how to deal with how you feel

Mark 12:29-30 The most important one,” answered Jesus, “is this: ‘Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’

1. God has emotions he feels joy grief pain and we are made in Gods image.
God is Love
2. My ability to feel is a gift from God – Emotions are what make us human
Genesis 1:26 Then God said, “Let us make mankind in our image, in our likeness.
3. Two extremes to avoid.
Emotionalism: all that matters is how I feel “if it feels good do it” everything is controlld by emotions
Stoicism: feelings aren’t important at all
Both are extreme positions. God gave us emotions for a reason. The bible uses the words passions or affections the word most used is heart.
The Mind represents intellect and the heart represents emotions
Do you seek emotion only when you worship? Your mind can be an idol, and your emotion can be an idol
4. God gave us the book of psalms to understand emotions.
Psalms has every emotion in it good and bad

How to deal with how you feel.

1. **My feelings are often unreliable** you cannot depend on how you feel and you do not have to accept how you feel.
Proverbs 14:12 there is a way that appears to be right but in the end it leads to death.
2. **Because I do not want to be manipulated-** If you do not control your emotions they will control you.
Proverbs 25:28 Like an open city with no defenses is the man with no check on his feelings. NLT A person without self-control is as defenseless as a city with broken down walls.
You are defenseless from your old nature. You are being manipulated by a mood
Satan’s favorite tool is negative emotions, Fear, resentment, jealousy, envy, bitterness worry and anxiety shame. If you do not know how to manage your emotions, you are helpless against Satan

1 Peter 5:8 Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour

3. **Because I want to please God-** If feelings are God then God cannot be God
Romans 8:6-8 6 The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. 7 The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so. 8 Those who are in the realm of the flesh cannot please God.

4. **Because I want to succeed in life-** Your EQ-emotional quotient is more important than your intelligence quotient.

Proverbs 5:23 People get lost and die because of their foolishness and their lack of self-control.

When you give your heart to Jesus you also gave your emotions He want to be Lord of your emotions

1 Peter 4:2 From now on you must live the rest of your earthly lives controlled by God's will and not by human desires.

He must control your emotions and affections.

How do I manage an unwanted feeling?

1. **Name it-** you cannot manage a vague feeling. Identify your feeling. If you cant name it your cant change it. Psalm 55:2 My thoughts are restless and I am confused.

What am I really feeling? Look deeper. Find the disappointment, fear or anger.

2. **What are my triggers?**

Emotions were meant to be shared if you don't talk it out you will take it out. When you swallow your emotions, you will take it out on your body. Look for the triggers.

I can't tame it till I name it.

Challenge it –Are things as bad as I feel they are?

Psalm 26:2 Lord, cross examine me. Test my emotions and my affections. Get a friend a true friend to challenge your emotions.

Job 15:12 Elephaz asked Job: "Why has your heart carried you away and why do your eyes flash.

Questions to ask about your own emotions

a. Whats the real reason that I am feeling this?

b. Is it true?

c. Is it helping me or hurting me?

3. Change it – You must learn how to master your moods either change it or channel it.

Phil 2:5 Your attitude should be the same as that of Christ Jesus.

Change it dismiss any feeling that does not make me more like Jesus. Or channel the negative emotion. When you use anger for your own benefit that is selfish anger. If you use anger to benefit someone else that is righteous anger. If someone hurts your wife or children, you get angry you can use a negative emotion in a positive way.

How do you tame a wild emotion?

Not by will power.

Zechariah 4:6 You will not succeed by your own strength or power, but **by my spirit says the Lord** All-Powerful.

1. Everyday ask God to fill me with His Spirit.

Galatians 5:22-23 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.

This is better than anger, fear, worry, shame, doubt, loneliness, ego

2. Every day ask God to help me with my mouth

Proverbs 13:3 Those who guard their lips preserve their lives, but those who speak rashly will come to ruin.

Make Gods word my word.

Psalm 119:11 I have hidden your word in my heart that I might not sin against you.

Psalm 19:14 May the words of my mouth and the meditation of my heart be pleasing to you O Lord!

Notice the Heart / Mouth connection.