

## THE POWER OF EMOTIONS

*For in my inner being I delight in God's law; but I see another law at work in the members of my body, waging war against the law of my mind and making me a prisoner of the law of sin at work within my members. What a wretched man I am! Who will rescue me from this body of death? Thanks be to God--through Jesus Christ our Lord!*

Romans 7:22-25 (NIV)

### 1. God CREATED everything including our EMOTIONS.

*So God created man in His own image, in the image of God He created him; male and female He created them.*

Genesis 1:27 (NIV)

*And God saw everything that He had made, and behold, it was very good.*

Genesis 1:31 (NIV)

### 2. Our Emotions can be POSITIVE or NEGATIVE.

*The acts of the flesh are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy..."*

Galatians 5:19-21a (NIV)

*But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.*

Galatians 5:22-23a (NIV)

### 3. Jesus FELT and EXPRESSED emotions.

*When Jesus saw her weeping, and the Jews who had come along with her also weeping, he was deeply moved in spirit and troubled. "Where have you laid him?" He asked. "Come and see, Lord," they replied. Jesus wept.*

John 11:33-35 (NIV)

*"You unbelieving and perverse generation," Jesus replied, "how long shall I stay with you? How long shall I put up with you? Bring the boy here to me."*

Matthew 17:17 (NIV)

*When He saw the crowds, He had compassion on them, because they were harassed and helpless, like sheep without a shepherd.*

Matthew 9:36 (NIV)

*In the temple Jesus found people selling cattle, sheep and doves and the money changers seated at their tables ... He drove all of them out of the temple... "Take these things out of here! Stop making my Father's house a marketplace."*

4. Emotions are a GAUGE, not a GUIDE.

*Teach me to do your will, for you are my God! Let your good Spirit lead me on level ground!*

Psalm 143:10 (NIV)

*"When the Spirit of truth comes, he will guide you into all the truth, for he will not speak on his own authority, but whatever he hears he will speak and he will declare to you the things that are to come."*

John 16:13 (NIV)

*You, however, are controlled not by the sinful nature but by the Spirit, if the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, he does not belong to Christ.*

Romans 8:9 (NIV)

5. Flipping the Script is a matter of the HEART and MIND.

*The heart is deceitful above all things, and desperately sick; who can understand it?*

Jeremiah 17:9 (NIV)

*I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh.*

Ezekiel 36:26 (NIV)

*Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things.*

Colossians 3:1-2 (NIV)

The Now What...

1. How are you emotionally right now?
2. Are you letting your emotions guide the direction of your life, or is the Holy Spirit?
3. Action Item: Prepare for this series by setting your heart and mind on God... Asking what emotions are out of check and seeking God to heal.

Closing Truth:

*Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge Him and He will make straight your paths.*

Proverbs 3:5-6 (NIV)