

Dealing With The Ups And Downs Of Life

Managing your emotions

Matthew 21:7-14

- Joy -Matt. 21:9
- Anger -Matt. 21:12
- Compassion -Matt. 21:14
- Distressed -Matt. 26:37
- Sorrowful -Matt. 26:38
- Lonely -Matt. 27:46

1. Emotions are an expression of your soul and need renewing!
 - Romans 12:2
2. God has given us emotions to serve and not master us!
 - Feelings should flow but not control
 - Danger
 - Anger becomes wrath
 - Sorrow becomes despair
 - Perplexity becomes anxiety
 - Disappointment becomes depression
 - Concern becomes fear
 - Compassion becomes pity
3. A feeling is real but may not represent reality!
 - *Truth can change your emotional state -John 8:32*
4. Feelings should be submitted to wisdom before moving forward!
 - *“A fool vents all his feelings, but a wise man holds them back.” -Proverbs 29:11*
5. The Holy Spirit will help you manage your emotions!
 - *“...walk in the Spirit” -Gal. 5:25*