

EMOTIONALLY HEALTHY SPIRITUALITY PT. 2

HOW TO DEAL WITH WHAT YOU FEEL

5/24/15

“May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul, and body be kept blameless at the coming of our Lord Jesus Christ. The one who calls you is faithful, and he will do it.” (I Thes. 5:23-24)

“You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.” (Eph. 4:22-24)

I. Introduction

- A. We discussed last week how God not only wants to help us be spiritual on the outside but truly spiritually and emotionally healthy on the _____.
- B. An important part of the transformation He wants to bring comes as we learn how to deal with how we feel. God wants to teach us how to have all different kinds of emotions without letting those emotions _____ us. He wants to teach us to be on top of them instead of having them on top of us.
 - 1. Handling emotions in the right way leads to a blessed life, handling them in the wrong way can _____ our life.
 - 2. The fact is that when it comes to our emotions we do get to choose how they will be managed. *“Feelings are much like waves, we can’t stop them from coming, but we can choose which ones to surf.”* Jonatan Martensson
- C. The writer to the Hebrews tells us that a key to handling our emotions is learning to distinguish between our soul and spirit; understanding the difference between how we feel and who we are in Christ.

Thesis: It is by learning to stand in who _____ that we have the power to effectively deal with how we feel. I may feel weak but in Him I am strong.

“Hear my cry, O God; Attend to my prayer. From the end of the earth I will cry to You, when my heart is overwhelmed; lead me to the Rock that is higher than I. For You have been a shelter for me, a strong tower from the enemy. I will abide in Your tabernacle forever; I will trust in the shelter of Your wings.” (Psalm 61:1-3)

II. How we stand in who we are instead of being carried away by how we feel

- A. Recognize the difference between soul and _____. **Some facts:**
 - 1. We are a spirit, we have a soul, and we live in a body. My spirit is the real me, the person as a Christian who is united to Christ.
 - 2. My spirit doesn’t change but my soul _____ constantly.

fervent/apathetic, fresh/dry, compassionate/indifferent, bold/fearful, exalted/crushed, at peace with myself/condemned, certain/confused, self-controlled/tempted, loving/disliking

My spirit- I know, I am, I love

My soul- I feel, I think, I want

3. God made my spirit to be on top and _____ over my soul and body. We were meant to be: spirit, soul, body.

When our soul or body rule we live a defeated/unstable Christian life.

“I do not understand what I do. For what I want to do I do not do, but what I hate I do. And if I do what I do not want to do, I agree that the law is good. As it is, it is no longer I myself who do it, but is sin living in me.” (Rom. 7:15-17)

4. When I do let my spirit dominate I have _____.

- a. I do not feel condemnation for feelings and temptations my soul and body have that aren't the _____ me. (Rom. 8:1)
- b. I have the strength and ability to find strength and peace in my _____ even when the circumstances my body may be in and the emotions my heart are wrapped up in are distressing.

“I will not say much more to you, for the prince of this world is coming. He has no hold over me.” (Jn 14:30)

- B. We enter that rest by _____ the truth of God's Word no matter how beautiful it is. Rest comes from believing facts about what the Bible says you are instead of the feelings that tell you what you are not. God brings His life changing Word to our souls when we:

1. Let His Word _____ out the truth from the lies, the feelings from the facts.
2. Recognize the power of God's Word to

- Create God thoughts and God emotions within us.
- Expose _____ and sever ties with our past, from a Biblical perspective.

F.e.a.r = false evidence appearing real

Guilt = old bills that have already been paid for

Discouragement = circumstances in which we have yet to recognize the hand of God in.

- Power to shield/hide us from the onslaught
“Great peace have they which love thy law; and nothing shall offend them.” (Ps. 119:165)

3. Speaking God's Word to _____ and the condition of our hearts.

- *“Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.” (Col. 3:16)*
- *“But David strengthened himself in the Lord his God.” (1 Sam. 30:6)*

(**Answers:** I. inside, have, ruin, we are II. spirit, fluctuates, rule, victory, real, spirit, believing, sort, lies, ourselves)