



## #2 “Resetting Your Emotions” - Pt 1

**John 10:10 (NIV)** The thief comes only to steal and to kill and to destroy; I have come that they may have life, and have it to the full.

### 1. I am responsible for my emotions.

**Genesis 4:3-7 (NLT)** When it was time for the harvest, Cain presented some of his crops as a gift to the Lord. Abel also brought a gift — the best of the firstborn lambs from his flock. The Lord accepted Abel and his gift, but he did not accept Cain and his gift. This made Cain very angry, and he looked dejected. “Why are you so angry?” the Lord asked Cain. “Why do you look so dejected? You will be accepted if you do what is right. But if you refuse to do what is right, then watch out! Sin is crouching at the door, eager to control you. But you must subdue it and be its master.”

### 2. My emotions are connected to my thinking.

**2 Peter 3:1 (NLT)** This is my second letter to you, dear friends, and in both of them I have tried to stimulate your wholesome thinking and refresh your memory.

**Philippians 4:8, 9 (CEV)** Finally, my friends, keep your minds on whatever is true, pure, right, holy, friendly, and proper. Don't ever stop thinking about what is truly worthwhile and worthy of praise. You know the teachings I gave you, and you know what you heard me say and saw me do. So follow my example. And God, who gives peace, will be with you.

### 3. My emotions are affected by my spiritual life.

**Revelation 2:4, 5 (NCV)** But I have this against you: You have left the love you had in the beginning. So remember where you were before you fell. Change your hearts and do what you did at first. If you do not change, I will come to you and will take away your lampstand from its place.

### 4. My emotions are impacted by my experiences and exposures.

**1 Kings 19:2-8 (NLT)** So Jezebel sent this message to Elijah: “May the gods strike me and even kill me if by this time tomorrow I have not killed you just as you killed them.” Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. “I have had enough, Lord,” he said. “Take my life, for I am no better than my ancestors who have already died.” Then he lay down and slept under the broom tree. But as he was sleeping, an angel touched him and told him, “Get up and eat!” He looked around and there beside his head was some bread baked on hot stones and a jar of water! So he ate and drank and lay down again. Then the angel of the Lord came again and touched him and said, “Get up and eat some more, or the journey ahead will be too much for you.” So he got up and ate and drank, and the food gave him enough strength to travel forty days and forty nights to Mount Sinai, the mountain of God.