



#3 “Resetting Your Emotions” - Pt 2

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 resolving negative emotions.

Ephesians 4:26, 27 (NLT) And “don’t sin by letting anger control you.” Don’t let the sun go down while you are still angry, for anger gives a foothold to the devil.

- Anxiety and fears are reduced by faith, prayer and trust.
- Anger and resentment are resolved by forgiveness and release.
- Disappointment and loss are resolved by acceptance.
- Guilt is resolved by confession, repentance and receiving forgiveness.
- Discontentment is resolved by gratitude.

2. I must remember that thinking or feeling something doesn’t make it true.

1 Corinthians 13:12 (NLT) Now we see things imperfectly, like puzzling reflections in a mirror, but then we will see everything with perfect clarity. All that I know now is partial and incomplete, but then I will know everything completely, just as God now knows me completely.

John 8:44 (NLT) For you are the children of your father the devil, and you love to do the evil things he does. He was a murderer from the beginning. He has always hated the truth, because there is no truth in him. When he lies, it is consistent with his character; for he is a liar and the father of lies.

3. It’s easier to act your way into a better feeling than it is to feel your way into an better action.

Romans 12:14-21 (NLT) Bless those who persecute you. Don’t curse them; pray that God will bless them. Be happy with those who are happy, and weep with those who weep. Live in harmony with each other. Don’t be too proud to enjoy the company of ordinary people. And don’t think you know it all! Never pay back evil with more evil. Do things in such a way that everyone can see you are honorable. Do all that you can to live in peace with everyone. Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say, “I will take revenge; I will pay them back,” says the Lord. Instead, “If your enemies are hungry, feed them. If they are thirsty, give them something to drink. In doing this, you will heap burning coals of shame on their heads.” Don’t let evil conquer you, but conquer evil by doing good.