

SERMON NOTES



October 1 - 2, 2016

“Harnessing your emotions is a skill.”

Harnessing Your Emotions Is....

1. A skill
2. A process
3. Managing your emotions daily

2 Corinthians 5:7 (AMP)

⁷ For we walk by faith, not by sight [living our lives in a manner consistent with our confident belief in God's promises].

- Our feelings and emotions are a gift from God.
- God holds us accountable for our emotions and our feelings.
- We walk by faith, not by our feelings!
- Feelings are not reliable.
- Feelings can be positive or negative.
- Negative feelings are the devils greatest tool.
- Regulate our lives and conduct ourselves by what we believe.
- Our belief system is demonstrated by our actions.
- Your thinking is connected to your feelings.
- Character is developed when you are doing the right thing while in a hard place.

“God has given us our emotions.”

I Corinthians 3:3 (AMP)

³ You are still worldly [controlled by ordinary impulses, the sinful capacity]. For as long as there is jealousy and strife *and* discord among you, are you not unspiritual, and are you not walking like ordinary men [unchanged by faith]?

- Spiritual maturity is seen when you are not in control of your feelings.
- Rule over your feelings.
- We can't let our feelings lead us.
- Get a handle on your emotions.
- Thinking is connected to feelings.
- Control our thoughts – control our feelings!

How Do We Rule Over Our Emotions and Desires?

- Controlling your emotions and harnessing your feelings is a skill and is learned.

Deuteronomy 28.47 (AMP)

⁴⁷ “Because you did not serve the LORD your God with a heart full of joy and gladness for the abundance of all things [with which He blessed you].

- Serve God under a blessing, not a curse.
- The curse is choosing to let your emotions control you.
- Following your feelings will lead to lack.
- When we are right with God on the inside, then we will be right on the outside and respond correctly.
- The power to change comes from the inside.
- Let Christ be formed in our character.

“We are accountable for our emotions as we serve God.”

Discussion Questions:

1. What does harnessing your emotions mean?
2. How can you harness your emotions daily?

Resources:

If you would like to look at “**Harnessing Your Emotions**” sermon series in more depth, Church On The Rock bookstore has excellent resources available.

