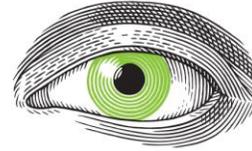


SERMON NOTES

HARNESSING YOUR EMOTIONS



October 22 - 23, 2016

“Controlling your emotions is a skill.”

2 Kinds of Faith:

1. Supernatural Faith –

- Faith Christians have.
- Christians walk by faith.
- Faith is still believing even though you don't see it and don't feel anything!

2. Natural Faith –

- Faith non-believers have.

2 Corinthians 5:7 (KJV)

⁷ For we walk by faith, not by sight.

Romans 12:3 (KJV)

³ For I say, through the grace given unto me, to every man that is among you, not to think of himself more highly than he ought to think; but to think soberly, according as God hath dealt to every man the measure of faith.

- Receive a measure of faith, a God-kind of a faith.
- Receive the same faith that Jesus had on earth.
- Learn to develop faith and exercise faith.

Galatians 5:16 & 22 - 23 (AMP)

¹⁶ But I say, walk *habitually* in the [Holy] Spirit [seek Him and be responsive to His guidance], and then you will certainly not carry out the desire of the ^[a]sinful nature [which responds impulsively without regard for God and His precepts].

²² But the fruit of the Spirit [the result of His presence within us] is love [unselfish concern for others], joy, [inner] peace, patience [not the ability to wait, but how we act while waiting], kindness, goodness, faithfulness, ²³ gentleness, self-control. Against such things there is no law.

- Controlling your emotions is a skill. It is learned through renewing your mind daily.
- Emotions limit what God can do in your life, where God can take you and how fast God can take you there.
- When your soul lines up with your spirit and is renewed, then you will have power over your flesh.
- Be under the control of the Holy Spirit and respond through the Holy Spirit.

How to Respond Through the Holy Spirit:

1. Live by the Holy Spirit.
2. Be led by the Holy Spirit.
3. Be controlled by the Holy Spirit.
4. Be spirit filled.
5. Speak in tongues.
 - Stay spirit filled by speaking in tongues daily.
6. Respond with the Fruits of the Spirit.
 - Your response can be a witness.

Fruit of the Spirit is...

1. Character of Christ.
2. Nature of Christ.
3. Emotions of Christ.

Emotions of Christ are:

1. Love
2. Joy
3. Peace
4. Patience
5. Kindness
6. Goodness
7. Faithfulness
8. Gentleness
9. Humility
10. Self-Control

John 14:1 (AMP)

¹⁴ "Do not let your heart be troubled (afraid, cowardly). Believe [confidently] in God and trust in Him, [have faith, hold on to it, rely on it, keep going and] believe also in Me.

- Stay in faith!
- Trust in God!
- Have control over your emotions!

John 16:33 (AMP)

³³ I have told you these things, so that in Me you may have [perfect] peace. In the world you have tribulation *and* distress *and* suffering, but be courageous [be confident, be undaunted, be filled with joy]; I have overcome the world." [My conquest is accomplished, My victory abiding.]

- Have perfect peace!

Psalm 37:3 (KJV)

³ Trust in the LORD, and do good; so shalt thou dwell in the land, and verily thou shalt be fed.

Matthew 11:1-6 (KJV)

¹ And it came to pass, when Jesus had made an end of commanding his twelve disciples, he departed thence to teach and to preach in their cities. ² Now when John had heard in the prison the works of Christ, he sent two of his disciples, ³ And said unto him, Art thou he that should come, or do we look for another? ⁴ Jesus answered and said unto them, Go and shew John again those things which ye do hear and see: ⁵ The blind receive their sight, and the lame walk, the lepers are cleansed, and the deaf hear, the dead are raised up, and the poor have the gospel preached to them. ⁶ And blessed is he, whosoever shall not be offended in me.

- Meditate on God's word.

How to Get a Handle on Your Emotions:

1. Pray in the Spirit.
2. Meditate on God's Word.
3. Line up the word.

Isaiah 35:3-6 (KJV)

³ Strengthen ye the weak hands, and confirm the feeble knees. ⁴ Say to them that are of a fearful heart, Be strong, fear not: behold, your God will come with vengeance, even God with a recompence; he will come and save you. ⁵ Then the eyes of the blind shall be opened, and the ears of the deaf shall be unstopped.

⁶ Then shall the lame man leap as an hart, and the tongue of the dumb sing: for in the wilderness shall waters break out, and streams in the desert.

- Jesus gave a promise when in prison to strengthen his emotions.
- Quote God's Word!
- Love God! Love God's Word!

Discussion Questions:

1. How can you get a handle on your emotions?
2. How can you respond through the Holy Spirit?

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.

