

How to Manage Your Emotions? PART 2

Lamentations 3:19-24

MAIN TAKEAWAY

Controlling our emotions starts with managing our thought life. All change starts on the inside. When we shift our focus to think about **Jesus**, think about **eternity** and think about **others**, we change our thoughts, change our emotions and we change our life.

Big idea: Be more intentional with your thought life.

We are a trichotomy: spirit, soul and body. And our soul is made up of three parts: mind, will and emotions.

Our emotions are a gift from God, we are to control our emotions, they should not be controlling us.

KEY SCRIPTURES & TAKEAWAYS

1. **John 14:1-3 KJV** “Let not your heart be troubled: ye believe in God, believe also in me.² In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you.³ And if I go and prepare a place for you, I will come again, and receive you unto myself; that where I am, there ye may be also.”
 - a. We decide if we let our hearts be troubled.
 - b. Jesus taught His disciples how to control their emotions:
 - i. Think about **Jesus**.
 - ii. Think about **eternity**.
 - iii. Think about **others**.
2. **Matthew 6:31 KJV** “Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?”
 - a. The thought has no power until we say it.
3. **James 3:2-3 KJV** “For in many things we offend all. If any man offend not in word, the same is a perfect man, and able also to bridle the whole body. ³Behold, we put bits in the horses' mouths, that they may obey us; and we turn about their whole body.”
 - a. If I can't control my mouth, I can't control my emotions.
 - b. If we can master our tongue, we can master the direction of our life.
4. **Lamentations 3:19-24 CEV** “
 - a. **Thinking** bad thoughts gives us emotional draining, it **makes** us miserable.
 - b. If we have no **hope** in the future, we have no **power** in the present.

- c. We can have an “and then” moment, remembering that the Lord is good, merciful, and kind, that He loves us, He never lets us down, that He protects us, and always comes through, it gives us **hope**.

REFLECT & REVISIT

Go back and read **Lamentations 3:19-24**. Don't let your thought life be filled with bad thoughts, have a mind shift this week. Our thoughts could empty us, or they can fill us up. Remember God's goodness, His faithfulness and mercy. We all can be emotionally drained, but changing our thinking to Godly thoughts gives us hope.