

How to Manage Your Emotions? PART 1

Psalm 139:17

MAIN TAKEAWAY

Our emotions are a product of our thinking. All change starts in our thought life. When we change our thoughts, we change our emotions, and we change our life.

Big idea: Be more intentional with your thought life.

KEY SCRIPTURES & TAKEAWAYS

1. Turn the channel.

- a. Psalm 139:17-18 (TLB) How precious it is, Lord, to realize that you are thinking about me constantly! I can't even count how many times a day your thoughts turn toward me. And when I waken in the morning, you are still thinking of me!
- b. You have the remote, change the mental channel: from comparison, negativity, holdup, defeat, to God's truth.
- c. Meditating on God's thoughts toward you shatters any self-pity and insecurity.

2. Three-step plan to manage our emotions.

- a. Think about eternity (John 14:1-3): Jesus told His disciples to take control of their emotions, to think about Heaven.
- b. Think about Jesus (2 Timothy 2:8, Hebrews 12:2): When we think about Jesus as our Savior, provider, healer, peace, it removes the negativity.
- c. Think about others (Philippians 2:4): We should be thinking about how we can add value to others, how to be a blessing, how to serve those around us.

REFLECT & REVISIT

Go back and read **Psalm 139:17-18**. Reflect on how God loves you, He thinks about you all the time. Turn the mental channel this week, think about **eternity**, about **Jesus** and about **others**. Replace the negative thoughts that bring the negative emotions. Rethink how you think tomorrow morning as you get up to go to do anything else. And remember that what you **think** about, you **bring** about.