

missing Heaven (Galatians 5:19-21). But, putting on the fruit of the Spirit will result in responding to your emotions in the right way (Galatians 5:22-23). These two are in conflict with each other (i.e. the flesh and spirit, Galatians 5:16-17, 24-25). If you want to please God, you must consider your fleshly desires to be crucified so your life is all about pleasing Jesus (i.e. not about your feelings). Then, each piece of fruit (Galatians 5:22-23) will have a positive impact on controlling your emotions God's way. For example, think about self-control. Satan wants you to allow your emotions to carry you into sin without putting the brakes on your emotions. However, though you may not have control over how you feel in many respects, you do control how you respond (your decisions and actions)!

Learn to deal with each emotion God's way. You must educate yourself concerning each emotion you experience so you know how God wants you to respond. For, if you do not know how to respond, the devil will surely defeat you (Hosea 4:6). As a starting point, you must recognize God does not allow you to be tempted beyond what you can endure (1 Corinthians 10:13). So, don't fall for the temptation of feeling like you are overwhelmed and can't serve God! Instead, be careful to understand the will of God concerning each emotion (Ephesians 5:15-17). Consider anger (Ephesians 4:26-27; James 1:19-20). Consider worry (Matthew 6:25, 31, 34; Philippians 4:6-7). Consider fear (Matthew 10:28; Joshua 1:9). Consider grief (Philippians 3:12-14; 1 Thessalonians 4:13). You must study each one of these emotions carefully to properly learn how God desires you to respond to them!

Conclusion

Have you given control of your emotions to God? Are you entirely committed to using your emotions to accomplish God's purposes? You do not have to be a slave to your emotions so as to please Satan. Instead, you can recognize God's standard for your emotions and allow His standard to rule how you respond to your emotions and please God! In fact, not only can you give God control over your emotions, but you must if you desire to please God and be accepted by Him when He judges you! If you have not given God control of your emotions, repent quickly and turn them over to God today!



Giving God Control Of Your Emotions

You must give full control of your life to God (Proverbs 3:5-7), including full control of your emotions. God has created you with the ability to feel many different ways (Genesis 1:26-27). Six basic emotions are: Happiness, sadness, fear, anger, surprise, and disgust. Yet, not every way you respond to your emotions works to accomplish the purposes of God and glorifies Him. In fact, if you do not exercise control over your own spirit, there is all kinds of evil and danger that will work to rush into your life like a city without walls was without protection against the enemy in ancient times (Proverbs 25:28).

The purpose of this lesson it to learn the importance of giving God control of your emotions and how you can accomplish this.

The Importance Of Giving God Control Of Your Emotions

Your emotions can be used for good. Since God has created you to experience various emotions and He is the giver of good and perfect things (James 1:17), emotions (if used properly) are a great blessing from God – not a curse! For one, your emotions help you experience the various seasons of life (Ecclesiastes 3:1-8). You see, there is a right and good use of emotions. Jesus demonstrated this (John 11:34-35; Mark 3:5; Matthew 9:36). Yet, you should notice how Jesus kept His emotions under the proper control so His actions pleased God!

Your emotions can show you to be a fool or wise. Many trust in their emotions so much they are controlled by them (i.e. determining what is right or wrong based on how they feel). Yet, this is an improper use of emotion (Jeremiah 17:9; Proverbs 28:26). Other people will also recognize your foolishness when you act in these ways (i.e. whether you allow emotion to control how you act). This is one way you will be known as either a foolish or wise person (Proverbs 14:29; 29:11; Ecclesiastes 7:9). Yet, while

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unwise people get swept up in emotion and do not properly consider God's will, wise people pay careful attention and process their emotions according to God's will (Ephesians 5:15-17)!

Your emotions can lead to sin. You will not be able to justify your actions, words, and thoughts before God by saying, "I felt like it" or "I just couldn't help myself." Just as God has created you with emotions, He also created you with the ability to control how you respond to your emotions (Proverbs 25:28). Your enemy (the devil) will see your lack of self-control over your emotions as an easy opportunity to lure you into sin and destroy you spiritually (James 1:14-15). Consider several passages that demonstrate sin connected with a person's lack of self-control over emotions (Matthew 5:22; Matthew 12:36-37; Galatians 5:20; Ephesians 4:31).

Your emotions can rob you of true joy and peace. God has given Christians many wonderful spiritual blessings to experience through Jesus Christ (Ephesians 1:3). This includes true joy and peace, that are more than just mere emotions based on earthly circumstances (Romans 5:1; Acts 5:40-42; Philippians 4:4, 6-7). Yet, if you fail to give God control of your emotions, you will be robbed of them and get caught up in such emotions as sadness, anger, and fear instead (Proverbs 15:18; Proverbs 17:22).

Your emotions can do great damage. Emotions that are not properly controlled can do great damage in a person's life – and even far beyond one individual's life (Proverbs 25:28). Think about how this can do great damage to yourself (Proverbs 17:22). Some people are always unhappy, worried, sad, depressed, afraid, angry, etc. – like dried up bones (dead on the inside) because they have allowed their emotions to consume them. Then, think about how this can do great damage to your relationships and to others (Proverbs 29:22). Some destroy relationships with their own emotions, cannot help others overcome their emotions, and even pass their emotions on to others (i.e. fear, worry).

Your emotions can destroy your sober-mindedness. As we have seen, if the walls of your city are broken down, the enemy will attack you, and all sorts of destruction (physically and spiritually) will be left behind! So, God teaches us to be sober-minded (1 Peter 1:13-16; 5:8-9). This is to be clear-minded so as to make rational decisions using all your mental faculties. While there are many things that try to distort your sober-mindedness so you become irrational and unable to make clear-minded decisions (i.e. alcohol, drugs), not controlling your emotions also does this. For, you get caught up in your emotions to act according to how you feel! Consider how Naaman demonstrated this whenever he was given the

opportunity to be healed (2 Kings 5:11-12). Uncontrolled emotions destroy rational thinking and distort reality!

How To Give God Control Of Your Emotions

Recognize God has a standard for your emotions. God has not created you to be a slave to your emotions. Rather, He has created you to possess free will capable of ruling your own spirit. Now, you must recognize that your emotions are not the standard to determine how you act, speak, and think and do everything according to Jesus's authority (Colossians 3:17)! Therefore, you must evaluate how you handle your emotions by what God says in the Bible, as you will be judged by this standard (John 12:48; Revelation 20:11-15). Failing to respond to your emotions in a way that has God's approval results in failing to please God. While there are many general principles in the Bible about handling your emotions God's way, notice some specific instructions (Ephesians 4:26-27, 31-32; Colossians 3:8). Clearly, you cannot just choose to live in whatever way you desire and allow your life to be driven by your emotions. Instead, you must choose to always let God's word control your emotions rather than allowing your emotions to control whether or not you obey God's word!

Be humble. When we get caught up in our emotions, we lose sight of God. While this may sound harsh, people who get caught up in their emotions conduct themselves in ways God does not approve (i.e. anger that results in hateful words, infatuation that results in fornication, grief that results in not serving God, fear that results in denying Christ, worry that results in focusing on things you can't control). Such a life is focused more on yourself than God and makes your emotions the god you worship and serve rather than using your emotions to help you serve God! Think about Job, who suffered greatly (Job 1-2). Although he initially responded to his emotions appropriately (Job 1:22; 2:10), this seemed to change as time went on. Interestingly, God responded at the end of the book by giving Job a lesson in humility (Job 38-41), which led Job to repent (Job 42:1-6). We must learn this lesson about humility and keep the focus on God rather than becoming consumed by our emotions (1 Peter 5:6-11). So, humble yourself before God so much you recognize His ways are *always* right. Trust Him more than your own emotion. Remember how great and awesome He truly is. Don't allow your emotions to impair your mental faculties so you respond in evil ways. Instead, cast your cares on God, keep yourself in the right mind, and resist the devil – fully trusting God will exalt you at the proper time!

Put on the fruit of the Spirit. Improperly controlling your emotions results in works of the flesh (either directly or indirectly) that will result in