

HANDLING OUR EMOTIONS WELL



God

- loving
- jealous
- gracious – kind, warm, compassionate

Jesus

- wept (John 11:35)
- felt compassion (Mark 6:34)
- felt anguish in Gethsemane (Matthew 26:38)

humanity

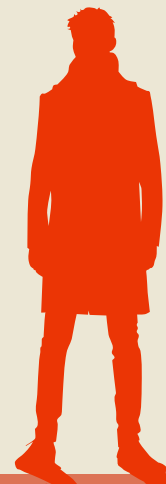
- made in God's image
- capacity to feel emotionally


37 Answer me, O Lord, answer me, that this people may know that you, O Lord, are God, and that you have turned their hearts back.” 38 Then the fire of the Lord fell and consumed the burnt offering and the wood and the stones and the dust, and licked up the water that was in the trench. 39 And when all the people saw it, they fell on their faces and said, “The Lord, he is God; the Lord, he is God.”

1 Kings 18:37-39



7,000





For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places.

Ephesians 6:12 (NLT)

lament

“To express profound sorrow for or concerning; also, in modern use, to feel sorrow for; to mourn for the loss of (a person); to bewail (an occurrence, etc.: with simple object or clause).

Oxford English Dictionary







And “don’t sin by letting anger control you.” Don’t let the sun go down while you are still angry, for anger gives a foothold to the devil.

Ephesians 4:26-27 (NLT)

think first
be reflective
steward well

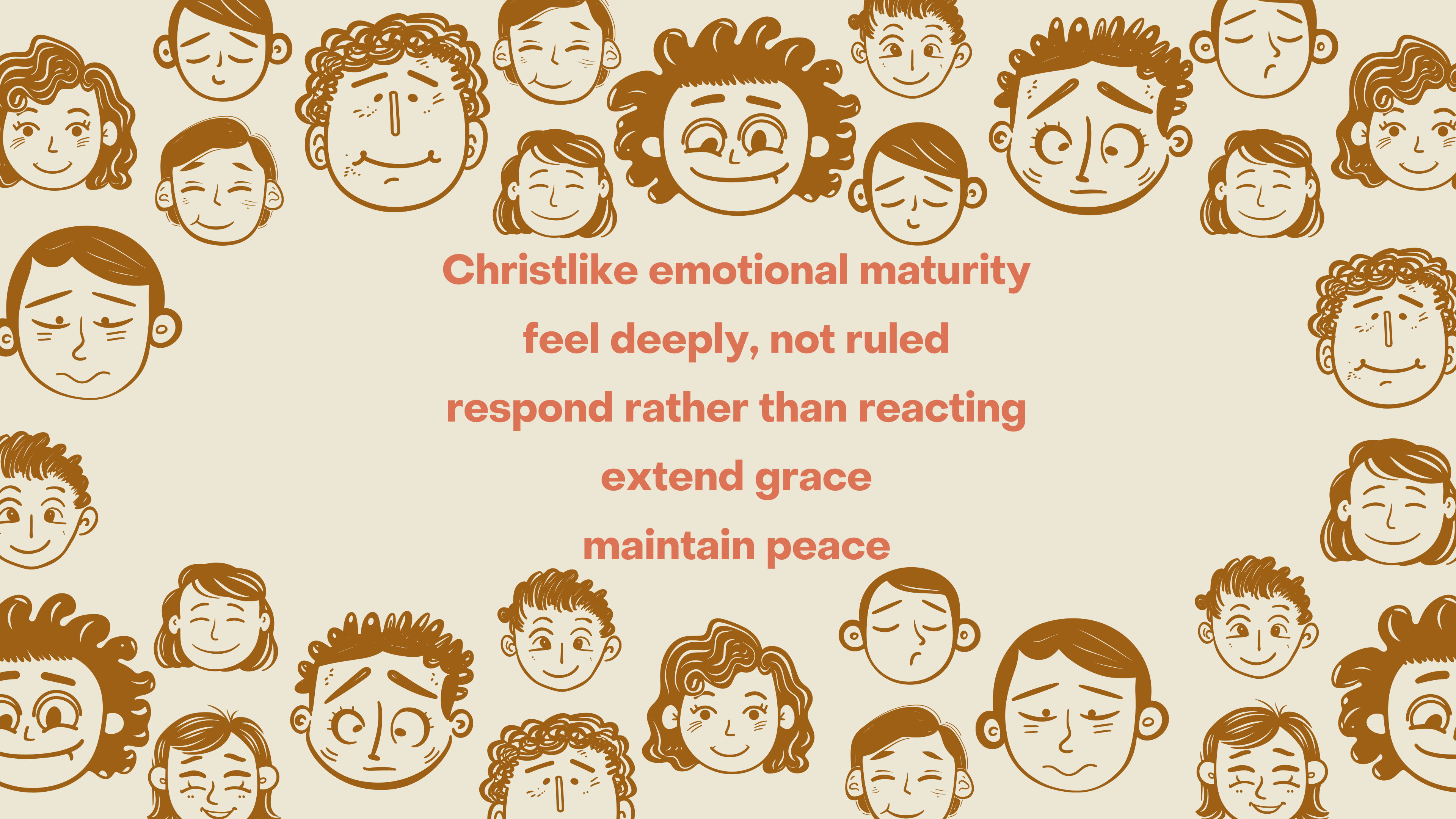


**fester or
freedom?**



we remain in bondage to the past, not because of the traumatic experience itself, but because of the lies it caused us to believe.”

Freedom in Christ



Christlike emotional maturity

feel deeply, not ruled

respond rather than reacting

extend grace

maintain peace