

New Strength: Renewing Your Strength From The Inside Out! Renewed Pt. 3

September 15, 2019

New Strength: Renewing Your Strength From The Inside Out!

Renewed: Living Life God's Way! Pt. 3

The Positive: Our Emotions Are A Gift From God!

Genesis 1:27, *So God created mankind in His own image, in the image of God He created them; male and female He created them. 28 God blessed them...*

The Negative: Our Emotions Can Get The Best Of Us!

Ecclesiastes 2:17, *So I hated life*, because the work that is done under the sun was grievous to me. **All of it is meaningless**, a chasing after the wind.

1 Kings 19:4, *while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and **prayed that he might die**. "I have had enough, LORD," he said. "**Take my life**; I am no better than my ancestors."*

Jonah 4:8, *When the sun rose, God provided a scorching east wind, and the sun blazed on Jonah's head so that he grew faint. **He wanted to die**, and said, "**It would be better for me to die than to live**."*

2 Corinthians 1:8, *We do not want you to be uninformed, brothers and sisters, **about the troubles we experienced ... We were under great pressure, far beyond our ability to endure, so that we despaired of life itself**.*

Why I Need To Learn To Control My Emotions:

-My Emotions Are UNTRUSTWORTHY

Proverbs 14:12, *There is a way that appears to be right, but in the end it leads to death.*

-My Emotions Will Keep Me From Being SUCCESSFUL In Life

Proverbs 5:23, *For lack of discipline they will die, led astray by their own great folly.*

-My Emotions Will MANIPULATE ME

Proverbs 25:28, *Like a city whose walls are broken through is a person who lacks self-control.*

-My Emotions Will Make Me An Easy Target For SATAN

1 Peter 5:8, *Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.*

How Do I Manage Unwanted Feelings?

-Guard Your HEART

Proverbs 4:23, *Above all else, guard your heart, for everything you do flows from it.*

-Control Your TEMPER & TONGUE

James 1:19, *My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, 20 because human anger does not produce the righteousness that God desires.*

Proverbs 13:3, *Those who guard their lips preserve their lives, but those who speak rashly will come to ruin.*

Proverbs 29:11, *Fools give full vent to their rage, but the wise bring calm in the end.*

-Don't Be So JUDGMENTAL & UNFORGIVING

Luke 6:37, *“Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. **Forgive, and you will be***

forgiven.

Proverbs 19:11, *A person's wisdom yields patience; it is to one's glory to overlook an offense.*

-Ask God To Give You The FRUIT OF THE SPIRIT

Galatians 5:22, *But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law.*

-Overcome Your Feelings With POSITIVE ACTION

Psalm 55:1, *Listen to my prayer, O God, do not ignore my plea; 2 hear me and answer me. My thoughts trouble me and I am distraught 3 because of what my enemy is saying, because of the threats of the wicked; for they bring down suffering on me and assail me in their anger.*

Romans 12:21, *Do not be overcome by evil, **but overcome evil with good.***

Action Steps:

-Make Worship a priority during the Renewed Series: Saturday 5:00p, Sundays 9:30a & 11:00a, or Online at www.cottonwoodcreek.org

-Go by the Connect Wall and find a Life Group or Home Group to join for the Renewed Series.

-Read or listen the Pastor's Daily Devotional on social media FB: John Mark Caton or Instagram.

-Get the Renewed verse of the day by texting VERSE to 77978