

SPIRITUAL BOOTCAMP
Emotional Stability!

Emotion-

1. Agitation of the passions or sensibilities, often involving physiological changes. Any strong feeling, as of joy, sorrow, resistance, hate, or love, arising *subjectively*, rather than through conscious mental effort.

1. Variant of Latin-*emovere*-to move out; to stir up; excite.
2. Out + *movere*, to move-hence-“to move out!”
3. Synonyms,-feeling, emotion, passion.
4. Emotions- E/motions/E-mote-to move from. This is where we get the word '**motor**'; from the word 'emotions'. A 'motor' moves us towards something.
5. Emotions are a 'moving'/motivating force. They are either 'moving' you towards something, prompting you forward or they are pushing you backwards.

Our emotional health is directly related to understanding Who God is-His nature-His character; how He feels and what His emotions are like!

God has emotions...perfect emotions....I am created in the image of God; Gen. 1:26... my emotions are to be as His are....

1. God is Spirit-I am too!
2. God has a personality –God is personal-individual capable of feeling, choosing, social....when we say, “God, I want to talk,”...He doesn’t say, “I’m not in the mood...” He is social! He loves people!

God is personal...He is not abstract...He is not an equation or a force-He has a Name! Moses pressed into it!- Who are You?” Exodus 3:14-“And God said to Moses, ‘I AM WHO I AM.’ And He said, ‘Thus you shall say to the children of Israel, “I AM has sent me to YOU.”’”“ He is, Yahweh...Jehovah...Lord....Jesus Christ
Jesus moves into each situation so perfectly...He is so individual....to your teen...if you are a single parent...mom...dad...educator....

3. God is alive! Characterized by life! A living God! *What would Jesus be like! life!...Your emotions should have some God-life in them!...When your emotions are tuned into the Holy Spirit, (clean...)you enjoy things! Even the little things of life...
4. God is unchanging
5. God has feelings-emotions-
 1. Love-1 John 4:8-“He who does not love does not know God, for God is love.”
 2. Compassion-(bowels)-Matthew 9:36-37-But when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.”
 3. Grief-Genesis 6:6-“And the Lord was sorry that He had made man on the earth, and He was grieved in His heart.”

4. Anger-Deut. 3:26-"But the Lord was angry with me on your account, and would not listen to me. So the Lord said to me: 'Enough of that! Speak no more to Me of this matter.'"
5. Rejoicing-Isaiah 62:5-"For as a young man marries a virgin, so shall your sons marry you; and as the bridegroom rejoices over the bride, so shall your God rejoice over you."
6. Weeping-John 11:33-"Therefore, when Jesus saw her weeping, and the Jews who came with her weeping, He groaned in the spirit and was troubled."
7. Groaning-John 11:38-"Then Jesus, again groaning in Himself, came to the tomb. It was a cave, and a stone lay against it."
8. Skipping-Song of Solomon 2:8-"The voice of my beloved! Behold, he comes leaping upon the mountains, skipping upon the hills."
9. Laughing-Psalm 37:13-"The Lord laughs at him, for He sees that his day is coming."

Emotions before the cross and then after the fall

Gen. 1:26-Let us make man in Our image...Our likeness...We are to re-produce Him! At the fall-Adam's lamp went out-*his emotions changed*...Adam and Eve felt shame for the 1st time...they hid-withdrawal...no more pure response-a new emotional world springs forth...And not a good one! They hid...isolation...anger...murder...(Cain and Able...) sin brought change...

Gen. 49:3-4-Reuben, you are my firstborn, My might and the beginning of my strength, The excellency of dignity and the excellency of power. v. 4-UNSTABLE AS WATER, you shall not excel! Reuben had 'boiling emotions'! He followed his impulses and never experienced the rights of the first born.

Jesus came...

Reversed what Adam had done, positionally...experientially, however, it takes time to walk out!

Did your emotions get changed immediately when you got saved?

No...**Salvation-is instant, but transformation**-maturing-living it out-takes a lifetime...but we should see ourselves progressing in this area!

1 Corinthians 3:1-4-...and I brethren, could not speak to you as to spiritual people but as to carnal...(ruled by carnal emotions: jealousy, envy, hatred, etc.)

Emotions are good! But in order for them to function as God intended, they must go to the cross (Matthew 10:38-39) (in order to destroy its fiery nature, with its confusion, and to subject it totally to the spirit.)

Emotions shift often. The slightest threat from outside or the smallest increase in work shall upset them and render them helpless.

Emotion is highly self favoring. The cross aims to accord the spirit authority to rule over every activity of emotion. Whoever genuinely desires to be perfect must let the cross cut deeper into his emotion.

Our Goal- Emotional Stability! Stability-1. resistance to sudden change, dislodgment, or overthrow; 2. a constancy of character or purpose; tenacity; steadfastness. 3. reliability; dependability. Not tossed to and fro; not wavering; know what you believe; be doctrinally sound.

The proper use of emotion.

If God's children permit the cross to operate deeply upon their emotions, they shall find afterwards, that it no longer obstructs, but rather cooperates with, their spirit. A spiritual man is not a spirit, but neither is he a person devoid of emotion; on the contrary, the spiritual man will use his feelings to express the divine life in him. Before it is touched by God, emotion follows its own whim. The inner man needs emotion to express its life; it needs emotion to declare its love, and its sympathy towards man's suffering. To be entirely spiritual by delivering his emotion to the cross, does not denote that henceforth he is stripped of his feeling. It means to live no longer after self, and its desires, but to submit unexceptionally to the will of God.

Eph. 4:23-24-“And be renewed in the spirit of your mind, and that you put on the new man which was created according to God, in true righteousness and holiness.”

1. Go deep with the love of God! Know that Jesus understands-Heb. 4:15...He experienced all of these negative emotions, but they never destroyed Him-It is because the love of God is more powerful than any hurt or rejection-Drink deeply of Christ and feed regularly at the at the Lord's Table. Get to know Christ intimately.

Psalm 91-AMP.-He who dwells in the secret place of the Most High shall remain stable and fixed under the shadow of the Almighty (Whose power no foe can withstand). **Dwell and receive Christ's strength, power and ability to remain stable! Refuel!**

2. Ask the Holy Spirit for help-He is the Helper, the Strengtheners...”Holy Spirit, please reveal to me the source of these feelings...” Yield to Him...

3. Sow into your spirit, spiritual things. The cleaner you become in your spirit, the less attracted you will be to anything of a polluted, perverted, or unclean nature.

Galatians 6:7-8-Do not be deceived; God is not mocked; for whatever a man sows, that he will also reap. V.8-For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life.

4. Bring your emotions to the Cross! Use your faith to control your spirit; not just your circumstances. There will be times when you won't get your way and you must learn to be adaptable! **God will work stability in your life if you let Him!**

5. Wisdom-do now what you will be satisfied with later on...It is wisdom to say “no” to your flesh...(Remember the law of “sowing and reaping”)

6. “Press” forward...it takes time...remember Paul, Phil. 4:12-“I have learned...” Phil. 3:13-“...forgetting those things which are behind and reaching forward to those things which are ahead!”

7. Know yourself-If it's that time of the month-don't go and get a bathing suit!
Over a period of time you will catch the thoughts more quickly-you will reject them quickly-then, eventually, because you dismissed it, the 'feeling' that went along with it will go...

***Remember- You exercise your decision making ability until it is strong-Daily practice-For example, if you are 'feeling' depressed- stop and say, "why do I feel this way?"

a. was it a thought that caused this?

b. was it a comment?

Did I see something?

8. Don't expect to others to heal your hurts-you have to do it!

After the cross

Emotions are to be redeemed-empowered-channeled properly to serve God-this is the power we have through Christ after the cross!

1. You can rule your emotions-**Pv. 25:28**- "*Whoever has no rule over his own spirit (his own emotions), is like a city broken down (life open for devastation), without walls (no protection).*"

2. Your emotions can be changed-**Psalm 42:11**- "*Why are you cast down, O my soul? And why are you disquieted (no help from my emotions) within me? Hope in God; for I shall yet praise Him, the help of my countenance and my God.*"

3. Your emotions can be aligned to God and His Word-**2 Cor. 5:7**- "*For we walk by faith, not by sight.*"

4. Your emotions can be focused on the right thing-**Matthew 22:37**- "*Jesus said to him, 'You shall love the Lord your God with all your heart, with all your soul, and with all your mind.'*"

5. Your emotions can be Holy Spirit empowered-**Galatians 5:22**- "*But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness.*"

Resources: Frank Dimazio-The Spiritually Healthy Believer, Managing Your Moods-Women of Faith Series, Anna Donahue-Walking In The Spirit

Extra!

For every **negative emotional outburst**, there is a **fruit of the spirit** to yield to in order to combat that negative emotion. Paul was stable even when his circumstances didn't suit him.

Philippians 4:11-for I have learned how to be content (satisfied to the point where I am not disturbed or disquieted) in whatever state I am.

Verse 12 I have learned in any, and all circumstances, the secret of facing every situation, whether well fed or going hungry, having a sufficiency and enough to spare or going, without and being in want

Verse 13 I have strength for all things in Christ Who empowers me. (I am ready for anything and equal to anything through Him Who infuses inner strength into me); I am self-sufficient in Christ sufficiency.

Romans 8:13-“For if you live according to the dictates of the flesh, you will surely die. But if through the power of the Holy Spirit, you are (habitually) putting to death (Making extinct, deadening) the evil deeds prompted by the body, you shall (really and genuinely) live forever.