

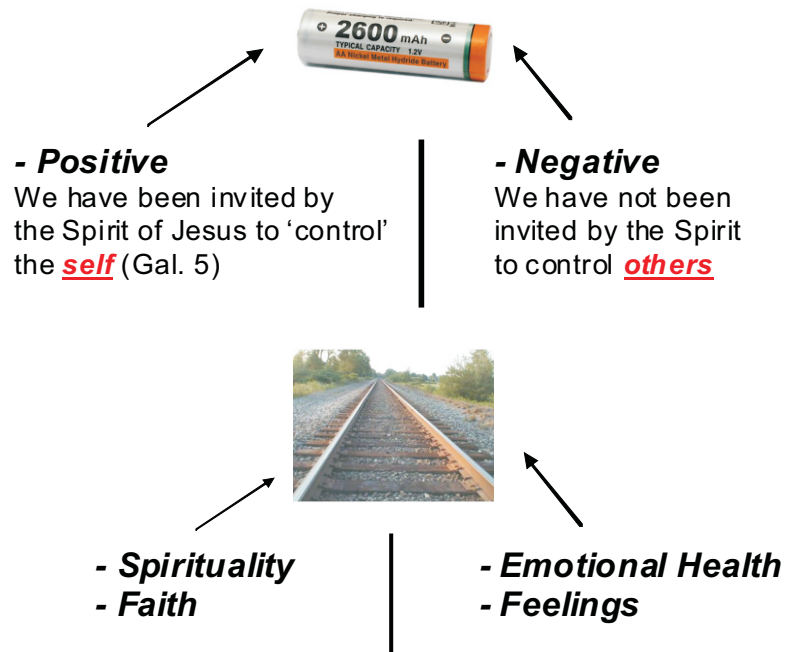
Leading an Emote-controlled Life
 Part #1 – **Emotions: What Influence do they have on my Life?**

Sunday November 9, 2008
 Audio available at www.kingstreet.org/audio

- Consumption
- Broken marriages
- Unemployment
- Financial loss
- Dwarfed spiritual development

Q – What is the 'unseen' problem?

“Something is desperately wrong with most churches today. We have so many people who are passionate for God and his work, yet who are unconnected to their own emotions or those around them.” **Pete Scazzero**



1. Emotions – What are they and where do they come from?

“Jesus was anything but an emotionally frozen Messiah”
Pete Scazzero (Emotionally Healthy Church)

We are fearfully and wonderfully made
 (Psalm 139:14)

Feelings that make us **GLAD**
 (Psalm 31:7; Luke 10:21)

Feelings that make us **SAD**
 (John 11:35; Luke 7:13; Mark 14:34)

Feelings that make us **MAD**
 (Mark 3:5)

Feelings that make us **DISTRESSED**
 (Luke 12:50; Luke 22:44)

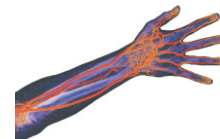
2. Emotions – How have we managed them in the past?

We have **denied** them

God created us to see in 3 dimensional color, but when we deny our feelings, we see a still picture in black and white. (**Bill Hybels**)

→ We have allowed them to have **power** over us

1. Emotions – How should we direct them?



They are supposed to function like **nerve** endings on our finger tips

3. Emotions – How should we direct them?

- Acknowledge our feelings and **name** them
- Deal with the feeling (Talk with **God**, talk with **others**)
- Look for patterns from your family of origin (Genogram)