

Emotions - A Gift from God

“Seek the Lord and his strength; seek his presence continually!” (Psalm 105:4, ESV)

Emotions : A natural instinctive state of mind deriving from one’s circumstances, mood, or relationship with others.

Mood management comes through great stewardship of the word of God and reliance on God - the gift giver.

Stewardship is designed to develop His people, whose very gifts are a recognition that all belongs to Him and comes from Him.

Hobbs, H. H. (1990). *My favorite illustrations* (pp. 106–107). Nashville, TN: Broadman Press.

Psalm 139: 1-7 The Lord knows what going on with you.

Proverbs 3:5-6 Trust in the Lord

God gives us emotions, but sometimes they make us:

-cause trouble in relationships

-crazy

-insecure

-confused

Proverbs 18:6, 28:26

- a fool’s folly

But through God's eyes emotions:

- help us to practice self-control
- helps us to show compassion
- helps us to be empathetic

Using wisdom will help us manage our emotions:

Proverbs 1:5-7

Proverbs 33:20

Psalm 33:20

Psalm 147:11

Wisdom will control our minds: Proverbs 2:1-11

Match Up These Emotions and Scriptures

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| Proverbs 17:13 ---- | a.) I'm feeling angry towards someone |
| Proverbs 19:11 ---- | b.) I'm happy |
| Proverbs 18:2 ---- | c.) Sound Judgement |
| Proverbs 18:13 ---- | d.) Discernment |
| Proverbs 17:27 ---- | e.) Cool Spirit |
| Proverbs 3:7 ----- | f.) I'm seeking revenge |
| Proverbs 16:3 ----- | g.) I'm not a great listener |
| Proverbs 8:14 ----- | h.) I'm God reliance |
| Proverbs 3:21 ---- | i.) I answer before I hear them out |
| Proverbs 17:22 ---- | j.) I'm independence in everything |