



# TAKE CHARGE OF YOUR *emotions*

2020  
VISION  
partners

MAR 2019

Negative circumstances can be like unexpected curve balls thrown to strike us out of the game of life. If you feel overwhelmed by unexpected situations, realize that how you play the game makes all the difference.

I know what it's like to be stressed out to the point of wanting to give up. I've had days when all I wanted to do was sulk. I can't tell you the number of times I wanted to quit the ministry and move to a remote island where Taffi and I could leave everything behind. But I've learned that running away from trouble doesn't make things better, because it will eventually catch up with you. No matter what, you have to stand firm and face your problems head on.

I'm sure we all want to live a stress-free life—no worries, no bill collectors calling us, no one coming against us. However, the reality is that stress and all kinds of negative emotions work 24 hours a day, seven days a week, to keep us in bondage. So what we do all day, every day, in our stance

against negative emotions means a lot. That's why it's strong on my heart to share with you how to avoid becoming burned out by the pressures of life. The key is taking charge of your emotions.

I used to allow negative emotions to influence my attitude and decisions. In my early years of ministry, I would often lose my temper and take my anger out on the staff. If things didn't go the way I wanted them to, or if people didn't do things my way, I would lose it. I used to be a dictator, and that had a negative impact on a lot of people. Had I continued on that destructive path, my life would be full of turmoil today.

When a person feels a sense of powerlessness, they attempt to control other people; that was my issue. It took the Lord and Taffi to open my eyes to the truth about who I was. I thank God I had enough sense to listen and change my thinking. I learned how to put my emotions in check, instead of allowing them to control me.

We all have emotions; God made us

that way. Unfortunately, some people allow their emotions to govern their lives. When a person is ruled by their emotions, it affects their decisions and, ultimately, their actions. Make no mistake about it, living an emotionally-ruled life will lead you to the wrong destination.

I have learned that emotions are feelings on the inside, caused by pain or pleasure, designed to move you in a certain direction. They can move you toward or away from God's will for your life.

Think of a stringed puppet for a moment. A puppeteer can control his puppet by pulling its strings in any direction he chooses. He can make it dance, jump, sit, stand, bow, turn, wave, smile, frown—you name it. So, who's really in control? The puppeteer, of course. Likewise, when you allow negative emotions to govern your life like a puppet master controls his puppet, you become a slave to those emotions. You cannot allow that to happen. That's not how God intended for you to live your life.

God created you to be in control of your emotions so you can rule in life. That's why He created you in His image, which is the reflection of His love, power, and authority. God gave you a soul, made up of your mind, will, and emotions.

Contrary to popular belief, it's okay to express emotions. However, problems occur when you allow your decisions to be influenced by your emotions. Think about it, how many times have you called in sick to work, but weren't actually sick? You just felt like staying home and didn't feel like dealing with the day-to-day stress at your job. Or, what about those times you may not have felt like going to church? Maybe the weather was bad and staying indoors was a more attractive option.

Again, we can't be led by our emotions. Sadly, Adam and Eve made a bad decision brought on by negative emotions. We read in the book of Genesis (Genesis 1:26-28) that they were created by the Father, and given everything they needed to live the life He intended. But, they were seduced by Satan through their emotions. The devil tempted them to question God, which led to their decision to disobey God. The temptation caused them to think they were missing out on something, even though God had already blessed them with everything they needed to have abundant life.

I imagine Adam and Eve felt slighted by God when they listened to Satan's words. But those feelings were based on a negative suggestion introduced by the enemy. The Bible tells us we are to be rooted and grounded in the love of God (Ephesians 3:17). God

expressed His love toward Adam and Eve, and that's where they should've remained established—in His love. You see, if we lose sight of God's love for us and become distracted by our feelings, we'll make the wrong choices.

There are lots of people who make decisions because of hurt, rejection, anger, feelings of inferiority, loneliness, and other negative emotions. Life is a series of decisions. That's why no one should live life controlled by their emotions. If you let your feelings dictate your decisions, you'll miss it every time; emotions can change from day-to-day, even moment-to-moment.

Some people believe that women are emotional. Well, I believe that men and women can experience the same emotions. Hurt is hurt no matter who holds on to it. The difference is in how men and women express their emotions. Typically, women tend to be more aware of their emotions, and express them more than men. It's easy for some women to vocalize exactly how they're feeling. If they're happy or hurt, you'll know it.

Men, on the other hand, tend to internalize or hide their feelings, usually as a defense mechanism. Typically, when a man is hurt or experiences feelings of rejection, he expresses it through anger. A hurt man may even wear a smile to cover the pain he's feeling.

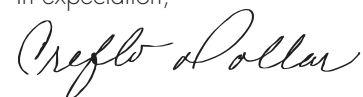
The answer to overcoming negative emotions, whether you're a man or woman, is to take charge of them through the power of God's Word. As a believer, you have authority over your emotions. You must allow

the Word of God to govern your decisions and, ultimately, your life. Casting down thoughts that don't line up with the Word, by speaking what God says, is critical to controlling your emotions. If you're hurting and possibly confused right now, turn to the Word of God for direction. Move past the pain and head toward the will of God for every area of your life.

Increase your time of prayer and meditation in the Word. Every day, make the following confession: "I have emotions, but they don't have me! I control my emotions; they don't control me. I live a God-directed life!" Praise God!

Be in high expectation of great things. When you write in to sow your love gift this month, be sure to send us your prayer requests so Taffi, myself, and our entire ministry can agree with you in prayer. Remember that Jesus is Lord, and "... In all your getting, get understanding" (Proverbs 4:7, New King James Version).

In expectation,



Creflo Dollar

**P.S.** Be sure to take advantage of this month's teaching resource, Take Charge of Your Emotions at

**<https://bit.ly/2Ozu2IX>**, which I pray will be a great source of encouragement for you. God loves you!



# 2019 CONFERENCES

---

## **CHANGE EXPERIENCE CONFERENCE**

May 3, 2019 – Detroit, Michigan

June 7, 2019 – Columbia, South Carolina

September 13, 2019 – Omaha, Nebraska

September 27, 2019 – Birmingham, England

October 11, 2019 – Woodbridge, Virginia

November 8, 2019 – Philadelphia, Pennsylvania

## **2019 RADICAL WOMEN'S MINISTRY CONFERENCE**

March 14 - 16, 2019 – College Park, Georgia

## **2019 GRACE LIFE CONFERENCE**

July 8 - 12, 2019 – College Park, Georgia



# CAST DOWN NEGATIVE THOUGHTS

I control my emotions; they  
don't control me.

**2 Corinthians 10:5**

I love a God-directed life

**Psalms 37:23**

# MONTHLY OFFERS

Offers expire April

Please request a gift resource today. Thank you, and God bless you!

## "GOD CAN HEAL YOUR FEELINGS"

EBOOK FORMAT CAN BE OBTAINED  
ON CDM ESTORE

## FANTASTIC FRIDAYS

CALL TO RECEIVE YOUR **FREE SHIPPING** WITH  
ORDERS OVER £20.00

### ☐ MAINTAINING A SOUND MIND™



OR

### ☐ SOUND MIND COMBO



Maintaining a Sound Mind (3-CD), The Sufficiency of God's  
Grace (Mini-Book) & No Fear Here (Mini-Book)

WITH YOUR LOVE GIFT OF **£10/€11**

PRODUCT CODE: 26944093

WITH YOUR LOVE GIFT OF **£18/€20**

PRODUCT CODE: 269440MC



### ☐ EMOTIONAL STABILITY COMBO

Maintaining a Sound Mind (3-CD), The Sufficiency of God's Grace  
(Mini-Book), No Fear Here (Mini-Book), The Triumph of Righteousness &  
Grace Book & The Secret to Stable Emotions (7-CD)

WITH YOUR LOVE GIFT OF **£40/€45**

PRODUCT CODE: 2269440CB

ENCLOSED IS MY GIFT: ☐ £10/€11 ☐ £18/€20 ☐ £40/€45 ☐ £\_\_\_\_\_

PLEASE POST OR EMAIL THIS PAGE WITH YOUR GIFT TO CREFLO DOLLAR MINISTRIES.  
EMAIL: CDMEUROPE@CDMUK.ORG — PLEASE CONFIRM RECEIPT BY PHONING +44 121 359 5050.

## E-PARTNERSHIP

## GET YOUR LETTER FASTER

Receive your monthly partner letters by email. No more waiting for paper mail.

☐ YES, I would like to receive my partner letters via email!

Please remove me from the standard mailing distribution.

Name: \_\_\_\_\_

Email: \_\_\_\_\_





# Exclusive TO OUR PARTNERS THIS MONTH

*this is our gift to you...*



SCAN THE QR CODE TO  
DOWNLOAD **YOUR  
PARTNER BENEFITS**

[bit.ly/2EOoMB2](https://bit.ly/2EOoMB2)

## YOUR 2020 PARTNERSHIP BENEFITS INCLUDED IN THIS MONTH'S LETTER

Be part of our Soul winning team

- Download to your phone anytime! Simply scan with your smartphone.
- Discounted Products • Monthly Confessions • Monthly letter written by Pastor Dollar

# CAST DOWN NEGATIVE THOUGHTS

I control my emotions; they  
don't control me.

**2 Corinthians 10:5**

I love a God-directed life

**Psalms 37:23**

# Make A Donation

BY USING ANY OF THE FOLLOWING METHODS

## 1 BY CREDIT CARD DEDUCTION

Credit Card Holder: \_\_\_\_\_

Card Number: \_\_\_\_\_

VISA, MASTERCARD, SOLO CRD



Credit Card Expiration Date: \_\_\_\_\_ Credit Card CVW Number: \_\_\_\_\_

Name on Card (please print): \_\_\_\_\_

Signature: Date: \_\_\_\_\_

## 2 BY STANDING ORDER

Account Name: Creflo Dollar Ministries Account Number: 401 133 28

Bank and Branch: Barclays Sort Code: 205300

(Please quote partner number when paying by this method)

For Non UK Bank Transactions

IBAN No: GB19BARC20530040113328

SWIFT BIC: BARCGB22

## 3 BY PLEDGE DONATION

Enjoy the convenience of giving your monthly donation by enrolling in our automatic giving program while continuing to make a difference worldwide!

☐ Yes, please sign me up for the automatic giving program, and each month, begin to automatically deduct

£/€ \_\_\_\_\_ from my: ☐ Credit Card (please fill in card details in Box 1)

Please deduct my monthly donation on the following day of the month: \_\_\_\_\_

GIVE MONTHLY.  
CHANGE LIVES.

*let us* **PRAYER REQUESTS** *for you*

Please provide your current e-mail address for ministry news and updates: \_\_\_\_\_

**UPDATED DETAILS CAN BE POSTED USING PRE-PAID ENVELOPE ENCLOSED.**

### OUR VISION

As we proclaim Jesus, the Christ, as the Head of the Church and the manifested Word of God, our goal is to teach the Word of God with simplicity and understanding so that it may be applied to our everyday lives in a practical and effective manner; thereby being transformed into World Changers—changing our immediate world and all those with whom we come in contact—ultimately making a mark that cannot be erased.



**Disclaimer:** Thank you for your generous contribution. Payments made via Standing Order or manually are for the sole purpose of ministry operations. Although every care will be taken to ensure that payments have been made to the correct account, Creflo Dollar Ministries cannot be held responsible for erroneous debits. In addition to this, the Subscriber understands and agrees that the contents of the Subscription products are unedited, provided "as is", an exact replica of the original message as it was preached to a live congregation without any alteration to the message. As a result, therefore, you agree to hold WCCI and CDM harmless for such content, including but not limited to any damage, real or imagined which may be perceived or realized, in whatever format or nature



**Radical**  
REVOLUTION

# Unfiltered

WOMEN'S CONFERENCE

**MARCH  
14 - 16  
2019**

## TO REGISTER:

log-on to **TAFFIDOLLAR.ORG**,  
text **UNFILTERED2019** to **51555**  
or call **1-866-477-7683**.

2019 CHANGE EXPERIENCE

**SEE CREFLO  
& TAFFI LIVE!**

DETROIT, MICHIGAN  
MAY 3RD

COLUMBIA,  
SOUTH CAROLINA  
JUNE 7TH

SEPT 13 OMAHA, NEBRASKA  
SEPT 27 BIRMINGHAM, ENGLAND  
OCT 11 WOODBRIDGE, VIRGINIA  
NOV 08 PHILADELPHIA, PENNSYLVANIA

register  
today



## CREFLO DOLLAR MINISTRIES MOBILE APP

- ✓ Live Streaming
- ✓ Daily Devotionals
- ✓ Study Notes
- ✓ Sermons
- ✓ Events
- ✓ Resources
- ✓ Bible Translations
- ✓ And More...

**DOWNLOAD OUR MOBILE APP!**



changing  
your world  
network



**WATCH THE STREAM,  
24 HOURS A DAY.**

Go to **CYWN.TV** to view  
on your mobile device, or  
stream it on these devices:



**Begin sharing the  
message of grace  
today!**



**CONTACT  
OUR OFFICES**



**Grace Life Academy**

- » VIDEO BIBLE COURSES
- » JUST 15 MINUTES A DAY
- » ANYWHERE, ANYTIME

**SIGN UP FOR A  
30-DAY FREE TRIAL!**  
TEXT GLA TO 51555.

GO TO **WWW.MYGRACELIFEACADEMY.COM**.