



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, Taking Authority over 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

PLEASE REQUEST A GIFT RESOURCE TODAY. THANK YOU, AND GOD BLESS YOU!

YOU HAVE AUTHORITY OVER YOUR EMOTIONS!

OFFERS EXPIRE APRIL 2019

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Creflo & Taffi, Enclosed is my seed to Creflo Dollar Ministries. I'm excited to take part in spreading the message of grace and impacting people all around the world.

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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 Understanding Grace | Empowering Change.

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