

## **Mastering Your Emotions with Peace**

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### **Scripture References**

John 16:33

2 Corinthians 13:11

Colossians 3:15

John 14:27

Proverbs 4:20-23

Romans 14:19

Romans 8:6

John 6:63

Isaiah 26:3

Romans 10:15

Luke 2:14

Philippians 4:6, 7

### **Summary**

*Our emotions can either take us to a bad place that is away from God's will for us, or to a good place that moves us toward where He wants us to be. Everyone has a choice of what feelings they will allow to stay in their minds. God has given believers authority over emotions; therefore, we get to decide where we will go. Most people do not understand how feelings work, and they think they cannot control them. However, we are all accountable for the way we feel. Christians who know God's Word in this area have the power to take charge of their emotions and refuse to be dominated by them. The emotion of peace is from God, and this is one of the most powerful weapons we can use to find emotional stability. Peace is found in His Word, which is where we need to go when negative feelings come on us.*

#### **A. The Word of God gives us peace, which is something the world does not have.**

1. These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world (John 16:33).
  - a. Peace is a result of hearing the Word of God. Jesus plainly told His disciples that what He said was specifically designed to bring them peace.
  - b. When we lack peace, we must ask ourselves how often we go to the Word.
2. Finally, brethren, farewell. Be perfect, be of good comfort, be of one mind, live in peace; and the God of love and peace shall be with you (2 Corinthians 13:11).
  - a. When we decide to live in peace, we are also making the decision to live in the Word.
  - b. Not everyone lives in peace. God is with us when we are at peace; therefore, we must fight to remain at peace.
  - c. And let the peace of God rule in your hearts... (Colossians 3:15).
  - d. Negative emotions are designed to move us away from peace and away from God's will.
  - e. Getting in the Word increases our confidence in Christ. When we are confident in Christ, we have peace. Peace is freedom from worry, anxiety, fear, and stress.
3. Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid (John 14:27).
  - a. We are responsible for wielding authority over our emotions. We have the power to keep negative emotions from controlling us.

**B. Reflecting on the things of the spirit, not the things of the flesh, brings us closer to God.**

1. My son, attend to my words; incline thine ear unto my sayings. Let them not depart from thine eyes; keep them in the midst of thine heart. For they are life unto those that find them, and health to all their flesh. Keep thy heart with all diligence; for out of it are the issues of life (Proverbs 4:20-23).
  - a. We have the ability to keep our hearts from being troubled. We exercise this authority by giving attention to God's Word.
  - b. We guard our hearts by guarding our eye gates, our ear gates, and our mouth gates.
  - c. Issues are born out of the attention we give them.
2. Let us therefore follow after the things which make for peace, and things wherewith one may edify another (Romans 14:19).
  - a. On the spiritual level, to follow after the things that make for peace is to follow after God's Word. In the natural, it is to separate ourselves from people who cause us stress.
3. For to be carnally minded is death; but to be spiritually minded is life and peace (Romans 8:6).
  - a. A carnal mind is a mind dominated by the five senses. God gave us our senses so we can enjoy life, but He does not want us to be dominated by them.
  - b. Allowing our senses to dominate our lives leads to separation from God.
  - c. It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, they are spirit, and they are life (John 6:63).
  - d. Renewing our minds with the Word, which is spirit, makes us spiritually-minded. This is what gives us life and peace.

**C. There are always opportunities to worry. However, we have authority over our emotions.**

1. Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee (Isaiah 26:3).
  - a. We have peace when we fix our minds on the Word and think on it continually.
2. And how shall they preach, except they be sent? as it is written, How beautiful are the feet of them that preach the gospel of peace, and bring glad tidings of good things! (Romans 10:15).
  - a. The gospel of peace is the good news about God's unmerited favor.
  - b. Glory to God in the highest, and on earth peace, good will toward men (Luke 2:14).
  - c. The gospel of peace is everything Jesus did to bring us peace from self-effort, condemnation, fear, and performance-based Christianity.
3. Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus (Philippians 4:6, 7).
  - a. We have daily opportunities to be anxious and full of care. The Word gives us authority over worry even when we are in the midst of an issue.
  - b. Instead of keeping what is troubling us, we can give it to God.
  - c. When we continue to worry, it is because we are too proud to obey these instructions.

For more on how peace is a part of God's plan for our emotional state, click on the link below for the CD, *Mastering Your Emotions with Peace*.

<https://bit.ly/MasteringYourEmotionswithPeaceCD>

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