

## Dealing with Your Emotions

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### Scripture References

3 John 1:2	3 John 1:2, <i>AMPC</i>
3 John 1:2, <i>NLT</i>	Proverbs 23:7
2 Corinthians 5:8	Proverbs 16:32

### Summary

*Most people think that emotions cannot be controlled, but Christians have been given authority over our emotions. God gave us emotions as a gift, but we should not allow them to govern us or control our lives. Feelings of depression, rejection, or inferiority always have the potential to overwhelm us, but there is no reason to be emotionally out of control. The enemy uses our emotions to try to move us away from God's will for our lives, so we must be vigilant against attacks in this area. When we find ourselves in a situation, we must not allow it to dictate how we feel. Instead of letting our emotions deal with us, we have the power to take charge and proactively deal with our emotions. Doing this gives us victory.*

#### **A. It is important to understand the connection between our spirits and our souls.**

1. Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth (3 John 1:2).
  - a. Prosperity on the physical level cannot happen unless our souls and spirits prosper, first.
2. Dear friend, I hope all is well with you and that you are as healthy in body as you are strong in spirit (3 John 1:2, *NLT*).
  - a. We are spirits possessing souls and living in physical bodies. Our souls are our minds, wills, and emotions.
  - b. If we are saved when we die, our spirits and souls go to heaven.
  - c. We are confident, I say, and willing rather to be absent from the body, and to be present with the Lord (2 Corinthians 5:8).
  - d. When we get born again, it is our spirit man that gets saved.
3. Beloved, I pray that you may prosper in every way and [that your body] may keep well, even as [I know] your soul keeps well *and* prospers (3 John 1:2, *AMPC*).
  - a. When we prosper, we want to prosper in all areas—body, soul, and spirit. This is the state of being whole.
  - b. Our emotions cannot automatically make us do something we cannot control. We have the choice to either bless or curse someone. *We* make the decision, not our emotions.
  - c. The inability to maintain emotional control makes a person weak. What happens in our souls, where our emotions reside, determines the course of our lives.
  - d. We can make serious mistakes when we make decisions based on our emotions.
  - e. We must learn to master our emotions. Self-control is one of the fruits of the spirit.
  - f. For as he thinketh in his heart, so is he... (Proverbs 23:7).

**B. Emotions can bring us together or keep us apart. We must know how to handle them.**

1. Men and women handle emotions differently.
  - a. Women are more aware of, and in touch with, their emotions. Men also have emotions, but “man law” says they are not supposed to show them.
  - b. If boys do not have a way of expressing their emotions, eventually those emotions will be expressed in destructive ways.
  - c. “Man law” keeps husbands from sharing their true feelings and emotions with their wives.
  - d. Many men are afraid to share their emotions for fear of being shamed.
  - e. Women tend to express their emotions outwardly; men tend to internalize them. Burying emotions is unhealthy.
  - f. Unless they are born again, both men and women are under the curse of being controlled by their emotions.
2. He who is slow to anger is better than the mighty, he who rules his [own] spirit than he who takes a city (Proverbs 16:32, *AMPC*).
  - a. If we can control our emotions, there is no limit to what we can accomplish.
  - b. Anger is an expression of fear.

Category: spiritual growth

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