

Mastering Your Emotions with Peace (Part 2)

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Scripture References

3 John 1:2	John 16:33
3 John 1:2, <i>AMPC</i>	Psalms 34:14
Mark 14:33-35, <i>AMPC</i>	Matthew 7:7
John 14:1	2 Corinthians 13:11
Romans 8:6	John 14:27
John 6:63	Mark 4:37-39
Proverbs 4:7	

Summary

God is a God of peace; He wants us to enjoy His peace in our own lives. Life has many interrelated moving parts, and whether we dominate it, or let it dominate us, depends on our emotional state of mind. God has already made peace available to us. Therefore, when we encounter situations that threaten to trigger negative emotions, we will know how to access this peace and stay in control of our feelings. This is not to say that stressful or unpleasant things will not happen to us. They will, but God has given us a way to deal with them and remain peaceful. His Word on how to use peace to master our emotions gives us the upper hand.

A. Taming our emotions and bringing our feelings under control allows us to prosper.

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. Whether or not we prosper in every area and stay in good health is based on what happens with our souls.
 - b. The soul is made up of the mind, the will, and the emotions. It is composed of our thinkers, our feelers, and our choosers.
 - c. As go our emotions, so go our lives.
2. 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. Our success and our physical health depend on what is going on with us emotionally.
 - b. We can go through the motions of trying to stay healthy, but if we are stressed out we will not achieve the desired results. Our cells can actually close up from prolonged stress, negating any effort to keep well.
3. And He took with Him Peter and James and John, and began to be struck with terror *and* amazement and deeply troubled *and* depressed. And He said to them, My soul is exceedingly sad (overwhelmed with grief) so that it almost kills Me! Remain here and keep awake *and* be watching. And going a little farther, He fell on the ground and kept praying that if it were possible the [fatal] hour might pass from Him (Mark 14:33-35, *AMPC*).
 - a. Even Jesus had emotions. His negative emotions tried to stop Him from accomplishing God's will for His life. This is how negative emotions work against us.

- b. The enemy rides our emotions like a surfer rides a wave, trying to stop us away from God's plan for our lives.
- c. The emotions Jesus felt were specifically designed to stop Him from moving forward with the Father's plan. The closer we get to fulfilling God's will, the wilder our emotions will get.
- d. In the midst of the emotional attack, Jesus continued doing what He knew He was supposed to do.

B. Being spiritually-minded, not carnally-minded, allows us to dominate our emotions.

- 1. Let not your heart be troubled: ye believe in God, believe also in me (John 14:1).
 - a. We are responsible for our own feelings. Even in the midst of trouble, we do not have to be troubled.
- 2. For to be carnally minded is death; but to be spiritually minded is life and peace (Romans 8:6).
 - a. Carnal means "of the five senses." We must not be dominated by our physical senses or let them control our emotions.
 - b. The alternative to a carnal mind that leads to death is a spiritual mind that leads to life.
 - 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. Anything spiritual that is to be in our minds is deposited through the understanding of the Word.
 - e. Too many people simply read the Bible and go to church, but do not understand what they read or hear preached.
 - f. Wisdom is the principal thing; therefore get wisdom: and with all thy getting get understanding (Proverbs 4:7).
- 3. 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 comes from what Jesus spoke, which is the Word of God.

C. God's kind of peace lets us remain at rest even when the storms of life threaten us.

- 1. Depart from evil, and do good; seek peace, and pursue it (Psalm 34:14).
 - a. We seek peace when we seek God's Word. When we look for it, we will find it.
 - b. Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you (Matthew 7:7).
- 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. We are told not to live in stress, depression, or frustration, but in *peace*.
 - b. It is not God's will for us to live in anything other than peace. We must resist negative emotions.
 - c. To be at peace, we must be okay with the way God made us.
- 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. Peace is freedom from care, stress, and worry in the midst of trouble. It gives us security in the middle of turmoil.
 - b. Being righteous does not exclude us from trouble.

4. And there arose a great storm of wind, and the waves beat into the ship, so that it was now full. And he was in the hinder part of the ship, asleep on a pillow: and they awake him, and say unto him, Master, carest thou not that we perish? And he arose, and rebuked the wind, and said unto the sea, Peace, be still. And the wind ceased, and there was a great calm (Mark 4:37-39).
 - a. Jesus was able to sleep on the same boat as the disciples because He was at peace.
 - b. Even when circumstances change, God's Word never will.
 - c. We must learn to trust in what God said.

For more on maintaining our peace no matter no matter what is going on around us, click on the link below for the CD, *Mastering Your Emotions with Peace (Part 2)*.

<https://bit.ly/MasteringYourEmotionswithPeacePart2CD>

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